

When cravings come...

- Do something with your hands. Keep your hands and mind busy.
- Curb the use of alcohol and caffeine.
- Live one day at a time. Concentrate on getting through today without tobacco use. Worry about tomorrow, tomorrow.
- Go places that you cannot smoke, like the movies, or non-smoker's house.
- Reward yourself as often as possible.
- Recognize that you are having a craving for nicotine.
- Take a few deep breaths and remember your determination to be free from cigarettes.
- Think of your most important reason to quit tobacco use.
- Say it out loud!
- immediately turn your attention to something else.
- Remember that the craving will only last 4-6 minutes and will go away whether you smoke or not.
- Do not feel sorry for yourself. Feel proud that you were strong enough to follow a program and stop tobacco use.