

HANDLING TEMPTATIONS TO SMOKE DURING STRESSFUL TIMES

- Separate the cigarette from the situation. Think back to a recent stressful situation that you went through. Ask yourself what a cigarette could have done to make the situation any better.
- Step back, take a deep breath, and say to yourself, "I am in control" or "I can handle this." Then deal with the problem.
- If you become angry or upset with someone, tell yourself, "If I smoke I am only hurting myself, not that person." Remind yourself that smoking is not a good way to get back at anyone.
- Leave the room or setting if necessary.
- Distract yourself. Always have something to read or do with you. (Do a crossword puzzle, write your next shopping list, read a magazine, knit, etc.)

RELAXATION TECHNIQUE

Taking some time to relax each day will reduce the stress in your life. It will also give you the energy to deal with problems when they do occur. Practice this simple routine for at least fifteen minutes each day. You will be surprised at how calm and refreshed you will feel!

FIND

a quiet place where no one will bother you.

SIT

in a comfortable chair or lie on the floor.

THINK

of a sound or a short word that you can say over and over to yourself.

CLOSE

your eyes.

LET

yourself relax.

BEGIN

to breathe deeply and slowly, taking the air in through your nose and letting it out through your mouth. As you do this, say your special word over and over to yourself.

DO

this for fifteen minutes each day.

DON'T WORRY

if you have trouble clearing your mind the first few times you do this.

Just like everything else, it will become easier as you practice.

Ask your pharmacist for any or all of these other specialized handouts for new non-smokers: Weight Management, Withdrawal Symptoms, Routines, Meals and Coffee, Alcohol and Socializing, Being Around Smokers.