

## **50 Ways to Resist the Urge to Smoke**

CONGRATULATIONS! You've decided to quit smoking. But even if your head says no to smoking, it can take a while for the rest of your body to get the message. The next time you get the urge to light up, reach for this list instead!

1. Count backwards from 100 sloooooowly... By the time you reach one, the urge will have passed.
- 2. WRITE DOWN ALL THE REASONS YOU DECIDED TO QUIT. ADD SOME MORE!**
3. Reward yourself.
4. Find a new way to relieve stress. Meditate or visualize yourself on a tropical island.
5. Relax. Breathe. Stretch.
- 6. WALK THE DOG**
7. Bake bread. (Smell warm dough instead of smoke.)
- 8. PUT 25 CENTS IN A JAR FOR EVERY CIGARETTE YOU DON'T SMOKE. Count the money you've saved!**
9. Buy something really special!
10. Write a no-smoking contract with yourself.
11. Surf the Internet. Change the oil. Fix something. Garden. Write letters
12. Play with a paper clip, pencil, or rubber band
13. Eat celery and carrot sticks
14. Get support
15. Download a Smokefree app on your phone
- 16. CALL OR TEXT A FRIEND OR SOMEONE WHO'S QUIT. CALL OR TEXT SOMEONE WHO'S TRYING TO QUIT**
17. Call your doctor. Ask about nicotine replacement and other medications that may help with cravings.
18. Call Quit Now Indiana at 1-800-Quit Now or visit [quitnowindiana.com](http://quitnowindiana.com)
- 19. MAKE "NO SMOKING" SIGNS FOR YOUR HOME, OFFICE, OR CAR**
20. Take a nap. Take a shower (You can't smoke in the shower!)
- 21. CHEW ON A TOOTHPICK OR SUGARLESS GUM**
22. Suck on sugarless candy
23. Kiss someone! (No smokers breath here!)

24. Drink water, fruit juice, or herbal tea

**25. JOIN A QUIT SMOKING SUPPORT GROUP**

**26. WRITE TO A TOBACCO MANUFACTURER AND TELL THEM YOU'RE NOT BUYING IT ANYMORE!**

27. Call your representatives in Washington and tell them you won't support anyone who supports the tobacco industry

**28. STAY BUSY**

29. Go somewhere you're not allowed to light up: A library, theater, restaurant, or store. Stay until the urge passes

**30. HIDE YOUR ASHTRAYS. THROW OUT YOUR MATCHES AND LIGHTER.**

31. Paint. Sculpt. Make a mess. (Your hands will be too dirty to light a cigarette)

32. Wash your dog. Wash your car. Wash your hair.

33. Buy flowers. Enjoy their scent.

**34. EXERCISE**

35. Swim. Jog. Play tennis or basketball. Do jumping jacks.

36. Join a gym. (Right now, go ahead!)

**37. TAKE 10 DEEP BREATHS. EXHALE SLOWLY. FEEL YOUR LUNGS WORKING!**

38. Brush your teeth.

39. Make an appointment with your dentist for mouth freshening cleaning

**40. AVOID TEMPTATION/TRIGGERS**

41. Think positive thoughts

42. Hang out with a nonsmoker

43. Start a quitter's diary

44. Plan how you will celebrate one whole day without cigarettes. (One week. One month. One year!)

45. Look at pictures of your family and friends. Plan to be around for their birthdays, graduations, and weddings

**46. DON'T GIVE UP!**

47. Hold out for five minutes. Ten minutes. Fifteen

**48. SAY OUT LOUD "I CAN DO THIS! I CAN QUIT!"-or- "I AM FREE FROM THE CHAINS OF NICOTINE ADDICTION!"**

49. Know that you can

**50. YOU CAN!**