

COPING WITH... THE **URGE...!!!...TO SMOKE!!!**

TIPS TO REMEMBER: CHECK OFF THE ONES YOU'LL USE.

- Remember you are now a non-smoker.
- Start planning a perfect vacation.
- Buy yourself fragrant flowers.
- Listen to your favorite music.
- Count up the money saved.
- Keep your mind and hands busy.
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- Dance around the room.
- Take a long walk. Exercise.
- Speak with a reformed smoker.
- Stretch + feel your body being healthy.
- Wear an elastic on your wrist.
and snap it!
- Eat meals in a different location.
- Keep a supply of gum on hand.
- Munch on carrots, celery, raisins.
- Write about your new life!
- Imagine your body cells healing.
- Take it one day at a time.
- Daydream about fun times!
- Breathe in deeply and hold it.
- Do a crossword puzzle.
- Make a list of gifts for yourself.
- Think about why you stopped.
- See yourself as successful.
- Set some new goals.
- Sit in non-smoking sections.
- Remember loving moments.
- Wash your car and wax it.
- Pay attention to the urge.
and wait it out.
- Energy = 4 ounces of juice.
- Chew a cut-off drinking straw.
- Call a friend to talk.
- Visualize walking on the beach.
- List 5 great personal assets.





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