

# TRIGGER TIPS

## Coping strategy: Remember the D's:

- Deal with a desire the moment it strikes - Use the Choosing Routine card (see below)

## Then do one of the other D's...

- Distract yourself
- Do something you enjoy
- Drink plenty of water
- Do something differently
- Declare N.O.P.E. - Not One Puff Even
- Deep breaths; slowly release each one
- Dial the NHS Smoking Helpline 0800 169 0 169 or your stop smoking advisor

## Seeing others smoke

- Tell yourself, *Deep down they wish they could quit too. I'm free to be like them, but is that what I really want?*
- I feel good about myself for doing something I have wanted to do for years.
- Move away from the smokers until you feel in control of yourself again.

## Getting bad news

- Ask yourself, *Will smoking make the news any better?*
- Take 5 deep breaths, slowly letting the air out of your lungs.
- Take your mind off your own feelings. Maybe you could help others affected by the news.

## Feeling stressed

- Calm down, drop your shoulders & breathe deeply. Imagine being in a place you love.
- Take a 10-minute break. Walk away from the source of stress.
- Ask yourself, *Why do I feel stressed?*
- Remind yourself that using nicotine to relieve your stress is no longer what you choose to do.

## When you're bored

- Make a list of worthwhile things that need doing; do one thing on the list; tick it off after you finished.
- Start a new hobby or a project - something that makes you feel good about yourself.
- Surf the net; read a good book; leaf through a magazine.
- Contact a friend; arrange to meet up
- Go for a walk around the block

## Having a drink

- Avoid drinking too much alcohol; make some drinks non-alcoholic.
- Nibble on something while you're drinking.
- Keep your hands busy with your glass, a bunch of keys, a rubber band.
- Take 5 deep breaths; while you're letting your breath out, remind yourself that it's your choice not to smoke.

## After a nice meal with family or friends

- Have a cool glass of water to sip on
- Fiddle with a toothpick, a pen or pencil
- Go brush your teeth or rinse your mouth out with cold water.
- Suck on a mint or hard sweet, or chew gum
- Get up and do something; wash the dishes

## COPING WITH THE CRAVING

### WHEN YOU'RE CRAVING A SMOKE

- Use the "CHOOSING ROUTINE" (See over).
- Stay positive - you are doing the right thing!
- Stay determined - whatever you are feeling, it's going to be worth it!
- Stay optimistic - you're going to be glad you stayed an ex-smoker!
- Stay busy; Do something active.

### IF YOU ARE FEELING STRESSED

- Sit comfortably, close your eyes.
- Take three deep breaths.
- Relax all your muscles one by one.
- Empty your mind of all your worries.
- Imagine being in a place you love.



## When the going gets tough

- Remind yourself of your reasons for quitting.
- Think of what you enjoy about not smoking.
- Think of how proud your family are of you.
- Count the money you've saved.
- Imagine being a successful ex-smoker, enjoying better health, no longer harming yourself.
- Remember what you hated about smoking...the smell, the taste, having to worry about where you can smoke, constantly wanting to quit.

## Getting good news; feeling really happy

- Phone a friend; tell them the good news.
- Jump with joy; do a dance.
- Treat yourself to something special...a meal in a restaurant, new clothes.
- Tell yourself, *I have even more to celebrate by not smoking.*

## Feeling upset; in a bad mood

- Remind yourself, *Smoking will not change the situation.*
- Think about how bad you'll feel later if you have a cigarette now.
- Take 5 deep breaths; think of something that makes you feel happy.
- Get away from the situation. Go outside; take a walk around the block; breathe fresh air.

## Testing yourself; over confidence

- Never think that you can have just one; think N.O.P.E. - Not One Puff Even.
- Remind yourself of why you stopped & the good things about being a non-smoker.
- Remind yourself that having just one cigarette is a big risk. It can lead you back to smoking by reawakening nicotine receptors in your body.

## When you're in a traffic jam

- Keep a stress ball in the car
- Keep sugar free sweets in the ashtray
- Roll down the window; take 5 deep breaths, letting the air out of your lungs very slowly
- Distract yourself - think of words beginning with the last three letters in licence plates.
- Turn up the radio volume; sing along!
- Keep a bottle of water in the car; have a sip.

## Smoked a cigarette?

- You're in a risky situation, but all is not lost. Learn as much as possible from the experience & move on.
- Tell yourself, *A slip-up does not make me a failure.*
- Don't feel guilty; it's your coping plan that failed.
- Get right back on the smoke-free path again.
- Congratulate yourself for what you have achieved so far.
- Promise yourself that no matter what happens you won't give up giving up!

## Helpful Details:

- My advisor: \_\_\_\_\_
- My advisor's contact number: \_\_\_\_\_
- My quit date: \_\_\_\_\_
- Rewards I am planning to give myself: \_\_\_\_\_

## Have a plan of action

Prepare for times when temptations may strike:

Times when a desire to smoke is likely to strike	Things to think - things to do instead of smoking

## THE CHOOSING ROUTINE



- I have a desire to smoke**  
This is understandable. I have been a smoker for many years.
- I am free to choose**  
I can take the desire away with a cigarette, OR I can accept the desire.
- One cigarette and I will be smoking again**  
Is this what I want? (remind yourself why you've stopped)
- Now I will make my choice . . .**  

I choose to return to smoking.	I choose to accept this desire, rather than smoke.
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For support in stopping call free 0800 169 0 169



Adapted from "How to stop smoking and stay stopped for good" by Gillian Riley, published by Vermilion. Nov 2002