

## Tobacco Trigger Tips

Certain things trigger, or turn on, your desire for a cigarette. They can be a number of things; activities and places are common examples. Triggers make it tough to quit. Once you are able to recognize your own personal triggers, you can use a few simple strategies to diffuse or avoid them before they wear down your resolve.

### Being Around Other Smokers

- Ask others to help you in your attempt to quit. Give them specific examples of things that are helpful (such as not smoking in your presence) and things that are not helpful (offering you a cigarette).
- If you are in a group and others light up, excuse yourself and do not return until they have finished.
- Do not buy, carry, light or hold cigarettes for others.

### Facing Boredom

- Plan more activities than you have time for.
- Get active. Do not stay in the same place for too long.
- Carry something (a cell phone, rubber band, stress ball, crossword puzzle) to keep your hands busy.

### Facing the Morning

- Create a new morning routine. Examples include beginning each day with deep breathing, a glass of water, or a preplanned activity that will keep you busy for an hour or more, like exercise.

### Handling Irritability, Frustration or Stress

- Take a walk, exercise, reduce caffeine, soak in a hot bath or read up on relaxation or meditation techniques and try them out. Close your eyes and take a minute or two to pay attention to your breathing pattern. Inhale deeply through your nose and exhale through your mouth.
- Set aside relaxation time in your daily schedule.

### Enjoying Meals

- Know what kinds of foods increase your urge to smoke and stay away from them.
- Create a new habit after your meal. Brush your teeth, use mouthwash, go for a walk or wash the dishes by hand after eating.

### Driving or Riding in a Car

- Remove the ashtray, lighter, and cigarettes and clean it or use deodorizers to reduce the smell.
- Turn your radio on or put on your favorite CD or playlist (as long as it does not distract you from driving safely).
- Take an alternate route to work.
- Keep snacks handy in your car (sunflower seeds, licorice, sugarless gum and hard candy).

## Resources

- Smokefree.gov: <http://smokefree.gov>
- Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- Be Tobacco Free: <http://betobaccofree.hhs.gov>

## Here when you need us.

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