

Know your smoking triggers

Get to know the habits and emotions that trigger you to smoke. Once you know these, think of things you can do instead. Here are some examples:

If you smoke...	What you can do instead...
first thing in the morning	<ul style="list-style-type: none"> • Try getting in the shower straight away. • If you normally go outside for a smoke stay inside. • Get busy getting yourself or family ready for work.
with a cup of coffee or tea	<ul style="list-style-type: none"> • Change the drink - have a juice or herbal tea instead. • Have the drink in a different location that you do not associate with smoking, e.g. the bedroom or dining room. • Have your hot drink at a different time that you would not normally associate with smoking, e.g. at your desk when you get to work, or as a relaxing treat before dinner.
when socialising or drinking alcohol	<ul style="list-style-type: none"> • Avoid alcohol until you feel stronger, as it can lower your inhibitions • Stay inside or in non smoking areas • Let people know you have quit - and ask them not to offer you cigarettes • Choose non smoking thoughts or affirmations to use • Keep your hands and mouth busy with a straw, toothpick, lollipop. You could also try texting, marbles, or a stress ball • Have an escape plan if things get too much
when talking on the phone	<ul style="list-style-type: none"> • Doodle. • Make your home smoke-free and stay indoors. • Use a stress ball to keep your hands busy.
after eating or a meal	<ul style="list-style-type: none"> • Get straight up from the table and do the washing-up. • Go for a walk. • Go and brush your teeth. • Make the house smokefree, then stay indoors after your meal.
in the car	<ul style="list-style-type: none"> • Make the car smokefree. • Make sure you have your drink bottle with you. • Have some chewing gum or mints in the glove box. • Clean the car out so it doesn't smell of smoke and trigger you to want a cigarette.
when you're feeling stressed	<ul style="list-style-type: none"> • Talk to a friend. • Exercise. • Use a stress ball.
when you're bored	<ul style="list-style-type: none"> • Take up a new hobby. • Take a night class. • Do some volunteer work. • Get busy - tidy the house, the garage or the car. • Join the gym. • Take the dog for a walk.