



## Ways to Get Through a Tobacco Craving



Congratulations! You decided to quit smoking, but the cravings may be getting to you. Don't give up, it does get better!

When you encounter a craving, try one of these easy activities or make up your own:

- Write down all the reasons why you wanted to quit on an index card and look at them every time you have a craving to remind you of why quitting is so important.
- Write down the positive things you noticed since you quit. Then when you have a craving look over the list to help you remember what you would be giving up by giving into the craving.
- Brush your teeth, especially after each meal.
- Call one of your friends or family members who support your decision to quit smoking.
- Go for a walk, go to the gym, or do something physical that you enjoy.
- Take a shower.
- Drink a glass of water.
- Eat a snack like carrots, yogurt, celery, or apples.
- Write a story, poem, or song.
- Play a game, whether it is a board game, computer game, video game, or even a card game.
- Pop some Bubble Wrap.
- Watch a Movie.
- Take up a new hobby, preferably one that will keep your hands busy like putting together puzzles.
- Chew gum.

If you do slip up remember “the difference between a slip and a relapse is within your control. A slip is a one-time mistake that is quickly corrected -- a relapse is going back to smoking. You can use the slip as an excuse to go back to smoking, or you can look at what went wrong and renew your commitment to staying away from smoking for good (American Cancer Society).”

**“It's easy to quit smoking. I've done it hundreds of times.” Mark Twain**

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