

## Coping Strategies for

# Quitting Tobacco

### The 3 As Approach

**Alternative:** Use an alternative product to satisfy the desire to have tobacco products in the hands or mouth.

- Chew candy, gum, mints, sunflower seeds, straws or toothpicks
- Occupy your hands with silly putty, rubber bands or stress balls
- Brush your teeth

**Alter:** Change the situation or environment that triggers your use of tobacco.

- Pay for your gas at the pump instead of going inside convenience stores Ride your bike instead of driving
- Drink tea instead of coffee
- Clean your car so that it doesn't smell like tobacco
- Take breaks by watching funny videos online
- Take deep breaths or go for a jog after an argument
- Spend more time with your friends and family members who do not smoke

**Avoid:** Avoid your triggers.

- Take your work breaks inside instead of going out back with the smokers Avoid spending a lot of time in places that allow smoking
- Avoid drinking coffee while quitting

### The 4 Ds Approach

**Delay:** By lengthening the amount of time that passes between a craving and tobacco use, you strengthen your resistance to cravings and build confidence in your ability to quit. Try to increase the length of time between cravings and tobacco use until you are able to completely avoid tobacco use. Cutting down the number of cigarettes smoked or tobacco products used over time can be a successful way to quit.

**Deep Breathing:** Triggers for tobacco use, such as stress, sadness and anger, can often be managed by deep breathing. Taking several deep breaths can also help alleviate cravings and the symptoms of nicotine withdrawal.

**Drink Water:** Similar to deep breathing, drinking water can alleviate cravings and the symptoms of nicotine withdrawal.

**Distract/Do Something Else:** Distracting yourself by doing something else allows time for cravings to pass. Staying busy and engaged in hobbies, sports and other activities is an important part of a successful quit attempt.

# My Personalized Quit Plan

Name: \_\_\_\_\_

My Quit Date: \_\_\_\_\_

Follow-Up Appointment: \_\_\_\_\_

## Reasons to Quit

**Examples:** It costs too much, I can't use tobacco in a lot of places

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

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## Triggers

Triggers are situations that prompt you to want to smoke.

**Examples:** After a meal, driving, stress, feeling bored, feeling sad

Trigger 1	What will I do?
Trigger 2	What will I do?
Trigger 3	What will I do?
Trigger 4	What will I do?
Trigger 5	What will I do?
Trigger 6	What will I do?

## Things to do Instead

**Examples:** Go for a walk, Call a friend who supports your quitting, Hang out in places you're not allowed to use tobacco

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

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## Support

Who can support me at home?

Who can support me at school?

Who can support me at work?

Which friends will help me the most when I'm quitting?

Which friends will be less helpful when I'm quitting?

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## Other Support Strategies

**Examples:** Nicotine Replacement Therapy patches or gum, Call 1-800-QUIT-NOW, Get online support at [www.becomeanex.org](http://www.becomeanex.org)

- 1.
- 2.
- 3.
- 4.

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## Rewards of Quitting

- 1.
- 2.
- 3.
- 4.