

Common Cues for *Smoking* and Tips to Avoid Them

Change your coffee routine: Drink it in a different place, with a new mug and at a different time.

Try changing to tea or hot chocolate for a short time.



Chew gum after meals.

Get up from the table right away.

Start a new activity after meals like walks.

If drinking alcohol triggers your smoking, try not to drink when you are first quitting.

Drink something without alcohol like cranberry juice and soda water.



Women find it harder to quit or reduce smoking when their partner and others who are close to them smoke. If it is possible for you and your partner to quit or reduce smoking at the same time, this would be best.

Tell your coworkers that you are quitting or cutting back.

Don't go to the smoking areas at your workplace and spend time with people who don't smoke during breaks.



Use the phone in a different room when you are at home.

Keep your hands busy when you are talking: Use a stress ball, doodle with a pen and paper or knit.

Remove the ashtray from your car or fill it with candies or coins.

Drive a different way to work to keep your mind busy with directions.



When you are bored, do an activity that you enjoy such as knitting, reading, photography, painting or gardening.

Do anything to keep your mind and body busy.

Try to watch less TV at first and do other activities for fun.

Keep your hands busy when you are watching TV.



When you are angry or down, try to find other ways to express your feelings.

Try writing in a journal or calling a friend to talk.

Go for a walk to clear your head and get some exercise.

Lots of people say stress is their top smoking cue. To learn more about stress, [click here](#).

