

# But I really want that one...

**Do you have that one special cigarette that you feel will be impossible to live without?**

**Check out these tips and see if they can help you out...**

**The I JUST WOKE UP cigarette:**

- ~ Smoke and OJ don't mix, try having a glass of OJ as soon as you wake up
- ~ Brush your teeth right away. Use mint flavored toothpaste.
- ~ Read the paper.
- ~ Take time to prepare something for breakfast.

**The COFFEE BREAK cigarette:**

- ~ Decaf is much better for you.
- ~ You can get juice instead of coffee.
- ~ Get a coffee that you usually don't get.
- ~ Try a healthy or low-calorie snack.

**The AFTER A MEAL cigarette:**

- ~ Take up a hobby that you can do anywhere and that you can do for short periods of time (knitting, needlepoint, drawing, or even reading).
- ~ Get outside, take a short walk.
- ~ Clean your room or apartment or do some laundry.
- ~ Breathe deep, try some deep breathing exercises.

**The WHILE I AM DRIVING cigarette:**

- ~ You are in the car by yourself, right? Sing! SING loudly!
- ~ Offer to drive when you know you will be driving non-smokers.
- ~ Eat your veggies. Try some carrots or celery sticks.
- ~ Try holding a pencil or a straw in your hand.
- ~ Clean your ashtrays! If you can remove them from your car, even better!

**The MID-MORNING cigarette:**

- ~ Take a quick walk.
- ~ Try some deep breathing exercises. Or at least a couple big deep breaths.
- ~ Try drinking some water or juice.
- ~ Call someone, get your mind off it.

**The I'M ON THE PHONE cigarette:**

- ~ Draw, doodle, write, do something else with your hands.
- ~ Hold the phone differently. If you hold the phone with your right hand, try using your left.
- ~ Find a toy to play with. Silly putty, play dough, legos: anything that will keep your hands busy.

# But I really want that one too!

## **And on with more tips to fight cravings for those special cigarettes...**

### **The BATHROOM cigarette:**

- ~ Keep yourself busy, read something.
- ~ Brush your teeth while you are in there.
- ~ Try to breath deep.

### **The BEFORE A MEAL cigarette:**

- ~ Change your routine. Do something different before your meal.
- ~ Get a drink. Water or juice, perhaps?
- ~ Talk with a friend.
- ~ Keep your hands busy.

### **The MID-AFTERNOON cigarette:**

- ~ A diet, decaf soda might help. Or try some juice.
- ~ Snack on carrots or celery sticks.
- ~ Get up and stretch.
- ~ Try some deep breathing exercises.
- ~ Take a short walk.

### **The COCKTAIL cigarette:**

- ~ Just don't take your cigarettes with you, it's harder to smoke if you don't have them with you.
- ~ Get something to eat while you are out and about.
- ~ Try drinking something other than alcohol (soda, juice, water, etc.).
- ~ Compromise with yourself. Don't spend as much time out as you normally do.
- ~ Ask a non-smoker friend to help you out.

### **The LAST CIGARETTE OF THE DAY:**

- ~ When you brush your teeth, be sure to use mint flavored paste.
- ~ You can use mint flavored mouth wash, too.
- ~ Change your routine. If you watch TV on the couch, try reading in your bedroom. Or take a short walk before going to sleep.
- ~ When your tired, don't fight it—go to sleep.

**Just one cigarette, can cause a full blown relapse, sometimes causing someone to smoke more than they did before.**

For more information, please call  
The Center for Health Education & Promotion at 288-5217

Adapted from the American Lung Association of Wisconsin