

## Is it really possible for me to quit smoking?

Many smokers use smoking to cope with the stresses and problems of everyday life.

- ✓ It's hard for smokers to think of a life without smoking until they learn new ways to manage stress and problems.
- ✓ Remember that different methods work for different people. What may seem silly to others may be just what you need to quit - so don't be embarrassed to try something new.
- ✓ Pick a coping strategy that make sense to you and then follow through by practicing it. It will get easier the more you practice.
- ✓ When you are feeling stressed, use your new coping skills.
- ✓ When you are ready to quit smoking, new coping skills will give you a much better chance of success.

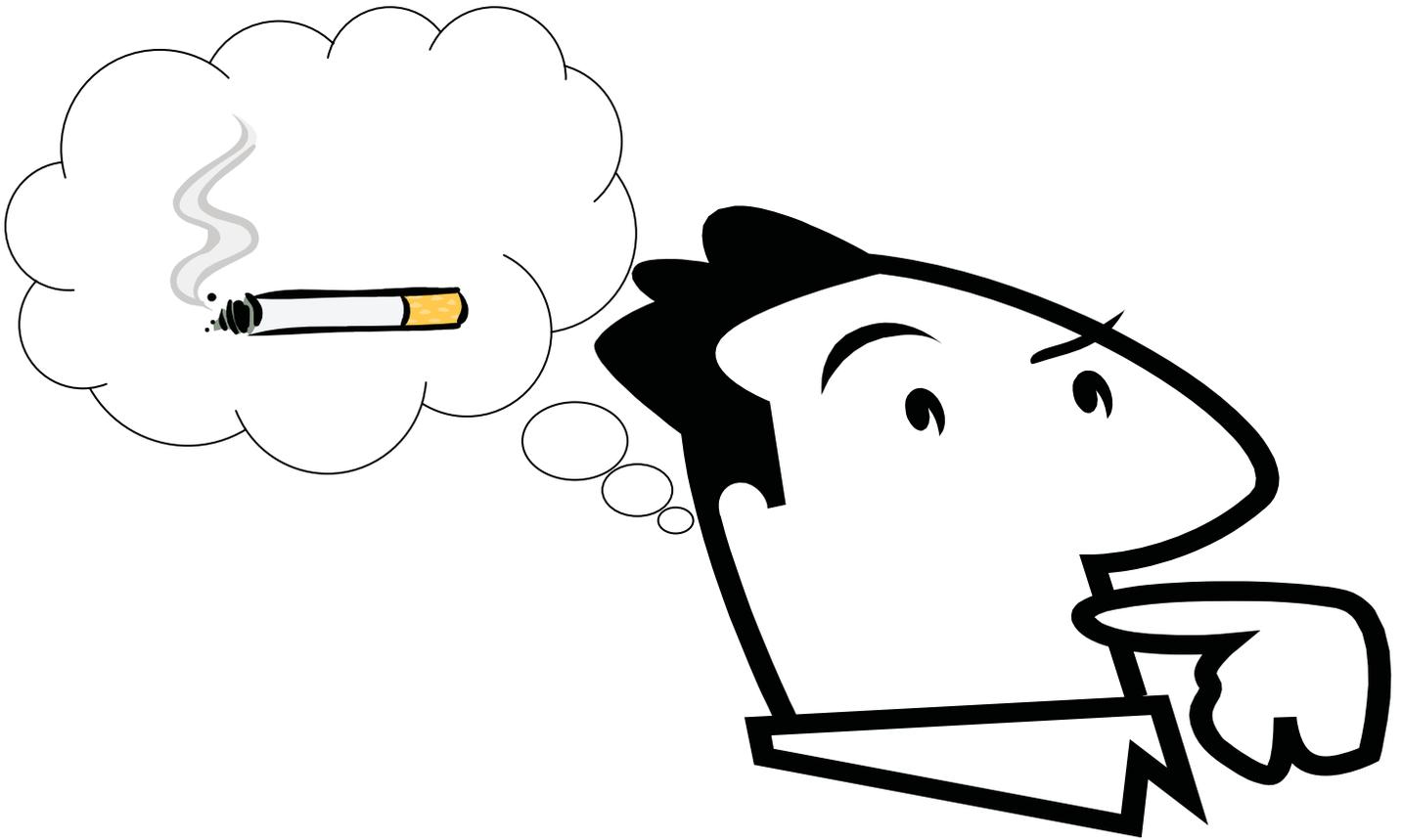
### **IMPORTANT POINT TO REMEMBER**

Many smokers believe that stressful situations and problems in life is the reason that they smoke. It is important to recognize that when your body withdraws from nicotine, you may feel anxious and stressed and want to smoke. After a short time, these feelings will go away. Don't confuse withdrawal symptoms, with stress.

## **Better Coping Strategies**

### **THINGS YOU CAN DO INSTEAD OF SMOKING!**

1. Take a long walk
2. Put together a list of household jobs to keep your hands busy.
3. Take a hot bath or shower
4. Smile a lot
5. Keep your hands busy by squeezing a stress ball or playing with “silly putty”.
6. Keep a sense of humor
7. Sing with a group or by yourself
8. Read a book
9. Jog or speed walk
10. Do needlework
11. Walk or window-shop at the mall
12. Get outside for some fresh air
13. Learn to accept things you cannot change
14. Help someone else
15. Write a letter to a friend
16. Go to a movie
17. Practice deep breathing.
18. Pray or go to church
19. Talk to a friend.
20. Listen to music that you like and helps you to relax or energizes you.
21. Take a short nap.
22. Think positive thoughts about yourself. Recognize and take pride in learning a new coping skill today.



**Think about a time when you used smoking to cope with the stresses and problems of everyday life.**

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**Are you satisfied with using smoking as a coping strategy?**

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**Why or why not?**

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**Is smoking the best coping strategy for you?  
Why or why not?**

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**Name 3 things you can do to manage your stress instead of  
smoke.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_