

Triggers and Solutions

Trigger

Possible Coping Strategy

Driving

- Listen to music
- Chew gum or hard candy
- Chew on a straw or toothpick
- Remove ashtrays and lighters
- Place cigarettes in trunk
- Other:

First thing in the morning

- Go for a walk or do another exercise
- Shower and brush your teeth first thing when you wake up
- Other:

After meals

- Go for a walk or do another exercise
- Brush your teeth
- Other:

Phone calls

- Play with a pen or other object while on the phone
- Draw something
- Other:

Watching TV

- Sit in a different chair
- Chew on a straw or toothpick
- Listen to music or use the computer instead
- Other:

Trigger

Possible Coping Strategy

Social events

- Ask a non-smoking friend to go with you
- Leave the room while friends smoke
- Ask friends to avoid tobacco use around you
- Other:

Workplace

- Take a walk during breaks at work
- Eat a healthy snack
- Take a water break
- Other:

Coffee

- Drink your coffee in a different location
- Change your coffee flavor or change to tea
- Other:

Bedtime

- Deep breathing exercises to relax before bedtime
- Take a shower or bath
- Other:

Stress

- Exercise
- Deep breathing or meditation
- Take a shower or bath
- Read a book or magazine
- Other: