

NYC Quits!

Coping With Triggers

Here are some common triggers and coping techniques:

TRIGGER:	COPING TECHNIQUE:
Being around other people who smoke	Go to places where smoking isn't allowed. Tell friends that you're trying to quit.
Feeling bored	Find new ways to occupy your time. For example: read, take walks or start a hobby .
Drinking alcohol	Avoid drinking alcoholic beverages when you are trying to quit. Don't go to bars.
Feeling hungry	Have a healthy snack or drink some water.
Drinking coffee	Switch to tea, or hold your cup in the hand that once held your cigarette.
Talking on the phone	Put something else in your hand, such as a pen. Doodle on scrap paper.
Watching TV	Don't sit in your usual chair. Keep healthy snacks on hand.
Finishing a meal	Brush your teeth right after eating. Take a walk.
Feeling nervous, stressed or anxious	Try relaxation techniques . Breathe deeply. Call a friend.
Being in the car	Keep sunflower seeds or sugar-free gum or candy on hand.
Feeling sad or depressed	Take up a new hobby or play with a child or pet. Exercise can help too.
Waking up in the morning	Take a shower, eat breakfast or brush your teeth as soon as you wake up. Change your usual routine.
Taking a break at work	Try stretching or talk to a co-worker instead.

Identify your triggers and specific ways you will cope.

MY TRIGGER IS...	I WILL COPE BY...
1.	
2.	
3.	
4.	
5.	

Print out this list to help you in a time of need.