

Managing Cravings

When you feel like smoking, plan how to deal with the urges by using coping skills such as **taking action** or **positive self talk** until the craving is gone.

Take Action!

Remember the 4Ds to get through cravings:

DELAY

DEEP BREATHING

DO SOMETHING ELSE

DRINK WATER

Positive Self Talk!

Believe in yourself!

Remind yourself of how far you've come!

"I can do this"

"This urge will pass whether or not I smoke"

"I am not a smoker"

"Not a single puff"

"_____"

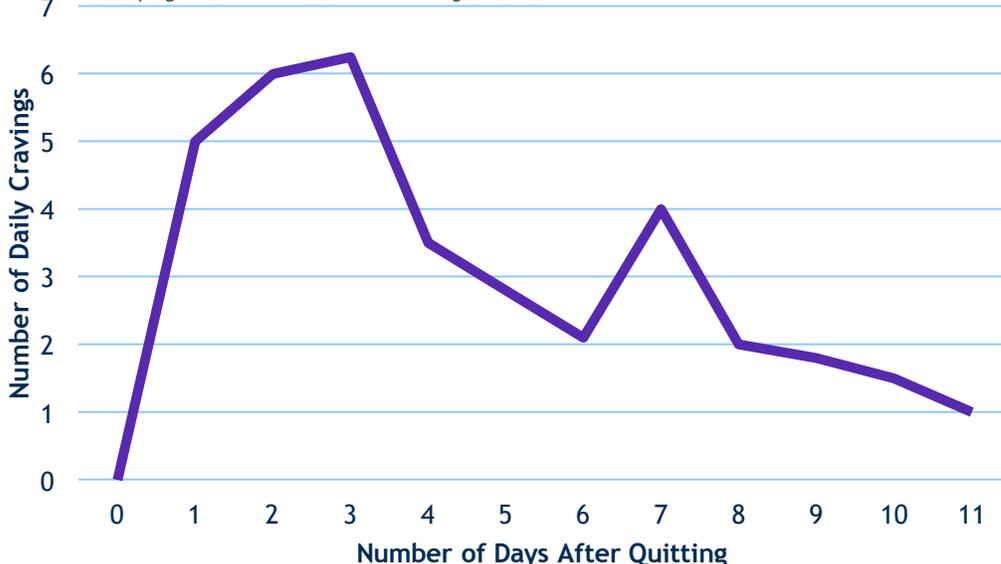
(write your own personal message)

- When quitting, urges or cravings are normal!
- Overtime cravings will become milder and easier to handle, and they won't last as long.
- Withdrawal symptoms are the strongest within the first few days of stopping smoking.
- Eventually they will become milder and then go away.

"When I had a craving; I talked myself down. If you can make it past 3 minutes, you don't need it. Just breathing and relaxing without cigarettes." – Elizabeth

Cravings decrease after the first week of quitting:

Source: Coping in Real Time. Research in Nursing & Health.



Remember, cravings will go away in a few minutes, even if you don't smoke!

Cravings only last **3-7 minutes!**

101 Ways to Manage Cravings

"Once you're over that hump of initial cravings; it's easier to deal with."—Erika

KITCHEN

1. Chew a piece of gum
2. Eat something crunchy
3. Drink a glass of ice water
4. Clean out the refrigerator
5. Organize a drawer
6. Bake cookies
7. Cook something new
8. Wash the dishes
9. Make a cup of tea

BATHROOM

10. Trim or file your nails
11. Take a bath or shower
12. Wash your face
13. Clean the tub
14. Brush and floss your teeth
15. Put on make-up
16. Organize your toiletries
17. Change your hairstyle

LIVINGROOM/BEDROOM

18. Play video games
19. Make your bed
20. Vacuum or sweep
21. Organize your closet
22. Make a "sell" pile of clothes/ accessories you don't wear
23. Do a load of laundry
24. Lay down and close your eyes for a few minutes
25. Take a nap
26. Rearrange the furniture

WITH BABY

27. Read a book to your baby
28. Write a letter to your baby
29. Recite a nursery rhyme
30. Sing a song
31. Organize baby clothes or toys
32. Give baby a bath
33. Put him/her in a cute outfit and take pictures
34. Take him/her for a walk
35. Take a video of him/her doing something cute

WITH OLDER KIDS

36. Do a puzzle
37. Read a book together
38. Look at old baby photos
39. Play a board game
40. Have a dance party
41. Do their hair
42. Look at funny animal videos
43. Teach them 5 new words
44. Ask them to teach you something
45. Tell them all the reasons you love them

COMPUTER/PHONE

46. Play a phone game
47. Sign up for an online class
48. Look at old photos on Facebook or Instagram
49. Call 1-800-QUIT-NOW
50. Visit women.smokefree.gov
51. Listen to your favorite song
52. Research a topic that interests you
53. Look at job openings and find your dream job
54. Take a personality quiz
55. Look up your horoscope

BE ACTIVE

56. Do 50 jumping jacks
57. Walk around the block
58. Run up/down the stairs
59. Dance to your favorite song
60. Try a free work-out video on YouTube or Daily Burn
61. Do 10 push-ups
62. Stretch your back and neck
63. Leave the house
64. Get the mail
65. Go to the grocery store
66. Go to the library

IN THE CAR

67. Sing along to your favorite song
68. Suck on hard candy
69. Practice deep breathing
70. Enjoy the view

WITH ANOTHER ADULT

71. Go for a walk
72. Play a card game
73. Tell each other about your days
74. Talk about where you see yourself 5 years from now
75. Watch a movie together
76. Cook a meal together

CRAFTY/CREATIVE

77. Draw a picture
78. Color in a coloring book
79. Scrapbook
80. Write a poem
81. Compose a song
82. Play an instrument
83. Take or edit photos
84. Make a vision board

QUIET TIME

85. Do a crossword
86. Read a chapter in a favorite book
87. Pray
88. Take a nap or just close your eyes
89. Practice deep breathing
90. Write in your journal
91. Write a bucket list
92. Write your short & long-term goals
93. Make a to-do list

REACH OUT

94. Call or text an old friend
95. Write an email to someone
96. Visit a neighbor
97. Comment on someone's Facebook post
98. Check in on a relative
99. Write a thank-you note to someone who helped you
100. Join an online support group
101. Plan a night with a friend

ADD YOUR OWN IDEAS!
