

Many people who are trying to quit smoking say that there is nothing to distract them from wanting a cigarette. Hopefully this leaflet has helped you to start thinking differently and even start to think up your own personal activities which will help you to stop thinking about smoking. The possibilities are only limited by your own imagination!

**It takes time** and patience to change old habits and keeping occupied will help to overcome nagging cravings. Here are some great ideas from others who have given up smoking

Clean your bicycle, ride your cycle, wash the car, go for a drive to somewhere nice, take up gardening or an allotment, start swimming again, go for a brisk walk, groom the dog, walk the dog, spring clean the house and make it a smokefree zone

### Get support ...

One of the most effective ways to help you stop smoking and help you find ways to stop thinking about your next cigarette would be to contact your local Stop Smoking Service. Evidence shows that you are 4 times more likely to quit and stay smokefree with the use and support of a stop smoking service than trying to go it alone.

In Cornwall and Isles of Scilly there will be 1:1 or group support near you. Why not give the service a call today:

**01209 215666**

**Friendly, supportive and non-judgemental support;**

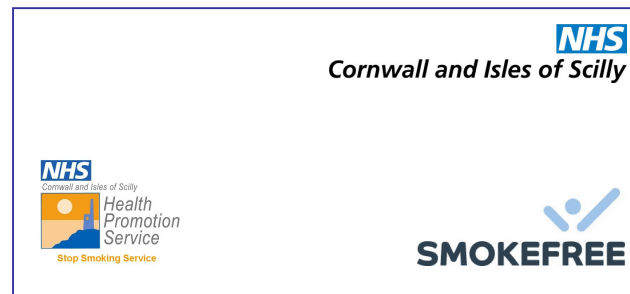
**Nicotine replacement therapy (NRT) on prescription;**

**A stop smoking plan tailored to your needs and lifestyle.**



Can't stop thinking  
about smoking?

50 tips to help  
you think of  
something  
else ...



## **Instead of smoking right now, I could ...**

... play with a Rubik cube, Sudoku, playing cards, cross stitch, fiddle with a biro, squeeze a stress ball, play computer games, blow up a balloon, drink water or fruit juice, peel and eat a nice fresh orange, paint my nails, use a twang band, play mobile phone or computer games, suck a glucose tablet. Gobstoppers, aniseed balls, sugar-free lollipops, Fishermen's Friends, Victory V's, Rescue Remedy...

## **I could ...**

... write a To Do list and a Rewards list, write down the side effects of stopping smoking – including the positives! Smile at No Smoking signs, write down a five year plan – a vision for the future, don't tell others you are quitting – or do – some may be more support than others! Perhaps you could quit with a friend. , buy a new perfume or aftershave as a reward for not smoking

## **Visual aids ...**

... write yourself notes and leave them around on the fridge, bedside table, doors etc. Pictures of healthy positive images etc.

## **Or I could ...**

... take up a physical activity, do Tai chi, Yoga or even a martial art. Practice breathing exercises, count to 10 then reassess the need for a cigarette.



## **Be aware ...**

Alcohol can lower your resolve and have you smoking before you know it especially when other smokers are around you.

Watch out for triggers – annual events, holidays, social occasions etc.

Never have “just one” – just one is all it takes to rekindle an old habit.

## **The five senses ...**

Touch, taste, sound, smell and sight are all strongly involved in cigarette smoking. However, there are things you can do to occupy yourself with to distract yourself which include at least one or all of the five senses to help you move away from this strongly addictive habit.

Tactile stress balls with different feels can help. Tastes such as citrus fruits or mint can help to put your taste buds off the taste of tobacco for enough time to forget your cravings and you can relax to soothing music while you occupy your sense of smell with a scented candle or essential oil burner. Your sense of sight can be occupied with a walk in a favourite place (leaving your ciggies at home of course) or looking at positive images or reading an uplifting article.

## **The possibilities are endless!**

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