

High risk situations	Possible coping strategies	High risk situations	Possible coping strategies
On waking up	Brush your teeth right away. Have some breakfast.	On waking up	Brush your teeth right away. Have some breakfast.
Meal times	Get up from the table right after eating and do something else, e.g. go for a walk, do the washing up	Meal times	Get up from the table right after eating and do something else, e.g. go for a walk, do the washing up
Watching television	Keep snacks or soft drinks readily available. Have something nearby to occupy your hands, e.g. a pen, rubber band, newspaper or magazine. Have carpets and upholstery cleaned when you stop and make the room a non-smoking area if other people in the family/visitors usually smoke.	Watching television	Keep snacks or soft drinks readily available. Have something nearby to occupy your hands, e.g. a pen, rubber band, newspaper or magazine. Have carpets and upholstery cleaned when you stop and make the room a non-smoking area if other people in the family/visitors usually smoke.
Driving	Have the car valeted and deodorised when you stop. Keep snacks or chewing gum in the car.	Driving	Have the car valeted and deodorised when you stop. Keep snacks or chewing gum in the car.
Taking a break at work	Chew gum or have a snack instead of a cigarette. Tell workmates you have stopped and ask them not to offer you cigarettes. Go for a walk if time permits. Use a non-smoking room if available.	Taking a break at work	Chew gum or have a snack instead of a cigarette. Tell workmates you have stopped and ask them not to offer you cigarettes. Go for a walk if time permits. Use a non-smoking room if available.
In the pub or club	Avoid if possible in the first few weeks. Let friends know you have stopped Drink soft drinks or alternate to avoid weakening resolve to stay smoke-free.	In the pub or club	Avoid if possible in the first few weeks. Let friends know you have stopped Drink soft drinks or alternate to avoid weakening resolve to stay smoke-free.
Being with friends or family who smoke	Let them know you are stopping and ask for their support. Ask them not to smoke in front of you. Go into a different room if someone lights up. Stop along with someone else if possible to support each other.	Being with friends or family who smoke	Let them know you are stopping and ask for their support. Ask them not to smoke in front of you. Go into a different room if someone lights up. Stop along with someone else if possible to support each other.
Stressful situations	Remember that smoking only makes stress worse. Remove yourself from the stressful situation as soon as possible or take a stress-break.	Stressful situations	Remember that smoking only makes stress worse. Remove yourself from the stressful situation as soon as possible or take a stress-break.
Under pressure, lonely, feeling down	Get out of the house, get some exercise, listen to uplifting music, take a shower/bath, eat something.	Under pressure, lonely, feeling down	Get out of the house, get some exercise, listen to uplifting music, take a shower/bath, eat something.
Having the odd cigarette	Recognise the lapse as a small slip-up, not a failure. Don't give up. Get rid of any cigarettes you may have bought and make a new beginning. Identify the reason for the lapse and plan how to avoid or cope with the situation next time.	Having the odd cigarette	Recognise the lapse as a small slip-up, not a failure. Don't give up. Get rid of any cigarettes you may have bought and make a new beginning. Identify the reason for the lapse and plan how to avoid or cope with the situation next time.
Remember – you are doing this for <b>YOU</b> . <b>Never give up</b> giving up.		Remember – you are doing this for <b>YOU</b> . <b>Never give up</b> giving up.	