“It was great to talk with you.

Thank you for your interest in learning how to tame your urges to smoke. I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”

Quitting smoking is easier when you have fewer urges to fight. You can avoid many urges to smoke by making some simple changes.

**I Can Change How I Think by . . .**

- Looking at my beliefs about smoking. Smoking is not the only way to deal with my problems.
- Reminding myself of the risks of smoking and the benefits of quitting.
- Saying to myself, “I am in control.”
- Diverting my thoughts. I can picture myself on a sunny beach or in a lush forest.
- Realizing the smokers around me are not happier or have more fun just because they smoke.
- Asking myself, “How could a cigarette fix the problem?” and then taking action to cope with my urge.

**I Can Change What I Do by . . .**

- Changing my old smoking routines.
- Keeping active.
- Avoiding temptations to smoke.
- Taking deep breaths.
- Having ways to keep my hands busy.
- Leaving the scene when I feel tempted to smoke.

But, no matter how careful you are, some urges to smoke will get through. And they will always seem to come at the worst times. The key thing is to *do something*. Any action you take will be likely to help.

(continued on next page)
5-D Coping Skills for Urges to Smoke

**Dose**
- Use a dose of nicotine from a quit-smoking product – gum, lozenge, nasal spray, or oral inhaler – to reduce the urge. Make sure you are using any quit medication properly.

**Deep Breath**
- Take a deep breath through your mouth.
- Hold the air in your lungs for five to seven seconds.
- Breathe out slowly through pursed lips.
- Repeat until the urge leaves.

**Distract Your Thoughts**
- Don’t focus on urges to smoke. Your attention will make the urge stronger.
- Think about something else until the urge passes. Remember that all urges will pass, no matter how strong they are at the moment.
- Think of the benefits of not smoking, and think of all your reasons for quitting.
- Picture yourself on a beautiful island beach or in a lush tropical forest.
- Say to yourself, “I am calm, relaxed, and in control.”
- Picture a stop sign as big as a house. Think “Stop!” Then quickly shift your focus away from smoking.

**Do Something**
- When you can, get away from things that trigger an urge. A short walk or change of scenery can do wonders.
- Put something other than a cigarette in your mouth. Try sugarless gum or mints, a cinnamon spice stick, breath spray, a toothpick, or a coffee stirrer.
- Get active. Enjoy a brisk walk or other activity that speeds up your breathing and heart rate.
- Drink a glass of water. Drown that urge!

**Delay**
- Tell yourself that in five minutes you will check back in on the urge.
- Then get busy thinking about and doing something else.
- The five minutes will pass, and so will the urge.
- Repeat as often as you need to. Your urges will begin to come around less often. They will also become less intense over time.
At the moment a sudden urge hits, try any of the 5–D coping skills. If one doesn’t work, try another. As long as you try to do something to cope, most urges will pass in a few minutes.

You’ll be glad you have taken the time to learn the five key ways to cope. And you will feel very good about staying tobacco-free!

## Take Action

<table>
<thead>
<tr>
<th>My SMART* goal for this week</th>
<th>Check when completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do your best to reach the SMART* goal you set with your health coach. Write it here. Check the box when you have completed it.</td>
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<thead>
<tr>
<th>Staying on the path to wellness</th>
<th></th>
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<tbody>
<tr>
<td>When you are ready, choose two tips from this tip sheet: 1) one from the tips for changing how you think or what you do, and 2) one related to practicing the 5-D coping skills for urges to smoke. For each tip you choose, write a related SMART goal below.</td>
<td></td>
</tr>
<tr>
<td>SMART Goal 1:</td>
<td>☐</td>
</tr>
<tr>
<td>SMART Goal 2:</td>
<td>☐</td>
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</tbody>
</table>

Do your best to reach your goals, and check the boxes when you have completed them.
*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “When I have an urge to smoke during the coming week, I will use nicotine gum, as directed by my doctor.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.