

HOT TIP SHEET

“Special Cigarettes” and How to Cope Without Them

Wake Up Cigarette

- ❖ Drink a glass of fruit juice immediately upon waking – try orange juice – many find that smoke and orange juice do not mix well.
- ❖ Brush your teeth with mint-flavored toothpaste.
- ❖ Read a newspaper.
- ❖ Try something special for breakfast (e.g., fresh pineapple or something to bake or prepare).

Coffee Cigarette (should be drinking decaf as much as possible)

- ❖ Switch to juice
- ❖ Try a specialty coffee (flavored, mocha)
- ❖ Nibble on a low-calorie treat that appeals to you

After Breakfast Cigarette

- ❖ Try reading, knitting, needlepoint
- ❖ Shower, shave, etc., after breakfast
- ❖ Take a short, brisk walk
- ❖ Pick up the house – dust
- ❖ Use deep breathing exercises

Driver’s Cigarette

- ❖ Sing with the car radio
- ❖ Seek nonsmoking riders and don’t offend them
- ❖ Eat carrot or celery sticks
- ❖ Hold a straw or pencil in your hand
- ❖ Remove ashtrays

Midmorning Cigarette

- ❖ Take a brief walk
- ❖ Try deep-breathing exercises
- ❖ Drink a glass of juice or water
- ❖ Call a friend

Telephone Cigarette

- ❖ Doodle
- ❖ Change our normal telephoning position (switch hands on the receiver)
- ❖ Find a toy to play with

Bathroom Cigarette

- ❖ Read something
 - ❖ Time yourself to see how quickly you can get out of the bathroom
 - ❖ Brush your teeth
- Try deep breathing exercises

Before Lunch Cigarette

- ❖ Change your lunch routine
- ❖ Drink a glass of water or juice
- ❖ Talk with your partner
- ❖ Keep your hands busy

After Lunch Cigarette

- ❖ Eat slower
- ❖ Take a brief walk
- ❖ Visit someone
- ❖ Read
- ❖ Use deep breathing exercises
- ❖ Get up from the table as soon as a meal is finished

Midafternoon Cigarette

- ❖ Drink a glass of juice or diet decaf soda
- ❖ Nibble on carrot or celery sticks
- ❖ Stand up and stretch – breathe deeply
- ❖ Take a short walk

Cocktail Cigarette (tough one)

- ❖ Don't take cigarettes with you
- ❖ Eat hors d'oeuvres (nonfattening)
- ❖ Give up alcohol (drink diet soda, tomato juice, water, or seltzer)
- ❖ Limit your time in that environment – compromise
- ❖ Enlist the help of a nonsmoking friend

After Dinner Cigarette (relaxing)

- ❖ Leave the table promptly
- ❖ Wash dishes by hand
- ❖ Get involved in a hobby
- ❖ Read a newspaper or book
- ❖ Go to a movie or another smoke-free place
- ❖ Go for a walk – take the dog

Nightcap Cigarette (not with alcoholic drink, rather last cigarette of the day)

- ❖ Brush your teeth with min-flavored toothpaste and use mouthwash
- ❖ Do your evening reading in bed (not in chair). When you feel drowsy, go to sleep



Remember...just one cigarette will hurt.

Unfortunately, most people who relapse, smoke as much if not more than ever.

If you catch yourself in time, you can avoid this. Try, try again!

