

Plan for Your Smoking Urges: What to Do Instead of Smoking!

Check off those items you can do instead of smoking.

<input type="checkbox"/> 1	Leave the table after eating.
<input type="checkbox"/> 2	Get out of bed and brush your teeth right away when you get up.
<input type="checkbox"/> 3	Have water or non-caloric drinks handy or non-caloric hard candies.
<input type="checkbox"/> 4	Do something with your hands to avoid smoking, such as picking up a straw or a pen.
<input type="checkbox"/> 5	If alcohol is a problem for you while first quitting smoking, avoid having a drink or avoid going to a bar.
<input type="checkbox"/> 6	Start an exercise program. Be sure to check with your health care provider before you begin.
<input type="checkbox"/> 7	Find a buddy you can call if you get an urge to smoke or relapse.
<input type="checkbox"/> 8	Stop seeing friends that are still smoking for a month after you quit.
<input type="checkbox"/> 9	Keep low-calorie foods in your refrigerator so you can grab them if you get the urge.
<input type="checkbox"/> 10	Go for a two-minute walk when the urge hits you.
<input type="checkbox"/> 11	List hobbies that you enjoy. Start a hobby you can use if you have an urge to smoke, for example, knitting.
<input type="checkbox"/> 12	Focus on the positive benefits of kicking the habit.