

## SMOKING REDUCTION TIPS

- Keep a smoking record of when and why you smoke. Then, gradually cut out the cigarettes you smoke, from least to most important.
- Set a daily quota of cigarettes. Put only this number in your pack in the morning.
- Delay your first cigarette of the day - perform a start of day ceremony instead.
- Delay smoking for 15 minutes whenever you have a craving. Taking deep breaths or chewing gum also helps.
- Smoke only half of each cigarette.
- Keep your pack in an inconvenient place, like the cupboard above the fridge or in the closet.
- Stop whatever you're doing — even driving — when you have a cigarette, and think only about your smoking.
- Have a practice quit day. Stop smoking for 24 hours.
- Avoid situations in which you usually smoke and plan activities that don't involve smoking. For example, spend time with your kids without a cigarette.
- Brush your teeth often, especially during a craving.
- Keep on hand celery or carrot sticks, sugarless gum or candy-flavored toothpicks.
- Drink lots of water (6-8 glasses per day).
- If you roll your own cigarettes, roll only a few at a time.
- Change the brand you smoke each time you buy a pack.
- Smoke with the opposite hand.
- Place a white ribbon in your cigarette package or pouch. Accepting the white ribbon acknowledges your addiction to tobacco and your desire to quit. Carry the white ribbon from package to package for as long as you need. Look at the white ribbon every time you reach into your package and consider doing something else other than smoking. When you are finished with your addiction to tobacco, place the ribbon and some ceremonial tobacco in a clean place where no one walks. This will mark the moment that you have released your addiction back to Mother Earth and the Great Spirit. Pray for guidance on your journey of healing.