

CATEGORY SPECIFIC TIPS ON HOW TO QUIT

Stimulation

- If you scored high in this category, your brain prefers the stimulating effects of nicotine.
- When you quit, you need to find substitutes that stimulate. For example
 - take a brief walk, ride a bike, do calisthenics, or simply make yourself busy around the house.
- Plan ahead. Organize your day ahead of time so you won't need a cigarette to get going.
- Chew sugar-free gum, or carrot sticks, rinse with mouthwash, or brush your teeth to give your tongue and mouth some stimulation.
- Avoid fatigue. With plenty of sleep, you won't need a stimulant to get you going.

Pleasure

- If you scored high in this category, you just have to find other pleasures. Here are some alternatives:
 - keep a list of the pleasures of being a non-smoker (smell great, extra money, taste food, etc.).
 - substitute another pleasure such as mix with friends, going to the movies, or reading.
 - get involved in a sport or another hobby - you'll be surprised how good you feel.
 - treat yourself to something special.
 - contemplate the harmful effects of smoking. You may find that's enough to help you quit.

Handling

- A high score here means you like to handle a cigarette or watch the smoke. There may be other parts of the ritual of smoking that are also habit forming for you. Luckily there are many ways to keep your hands busy.
 - doodle with a pen or pencil when you're on the phone, in meetings, etc.
 - handle a coin or polished rock or play with a paper clip.
 - do a crossword or jigsaw puzzle.
 - squeeze a small ball (also great for your wrist muscles).
 - clean or polish your fingernails.
 - knit, sew, or crochet (you'll be way ahead on birthday and holiday presents).

Relaxation/Tension Reduction

- Many smokers use their habit as a crutch in moments of discomfort. If you're this type, you may find it easy to quit when things are good, but tough when things go wrong.
- Activity is a great tension reducer and distraction. Exercise clears stress chemicals from the body. Get out there and find an exercise you could love.
- Consider learning meditation, yoga, and other stress relieving hobbies.
- Try some deep breathing exercises. (Believe it or not, they do work for many people). Or feel free to talk to your health care professional about other relaxation techniques.
- Think about what you really need when you're upset. Talk with a friend.