



Tips for When Cravings Strike

<p style="text-align: center;"><u>ORAL</u></p> <ul style="list-style-type: none">■ Carrots■ Celery■ Cinnamon sticks■ Toothpicks■ Brush teeth■ Sugarless gum■ Sugarless candy■ Licorice■ Sunflower seeds■ Raisins	<p style="text-align: center;"><u>GENERAL</u></p> <ul style="list-style-type: none">■ Notice the craving. Don't ignore, suppress or fight it.■ Review reasons for quitting.■ Change your habits.■ Drink lots of water or juice.■ Go to places where smoking is prohibited: library, mall, museums, movies.
<p style="text-align: center;"><u>HANDS</u></p> <ul style="list-style-type: none">■ Pencil, paper clip, marble■ Knit■ Doodle■ Write a letter■ Gardening	<p style="text-align: center;"><u>SUPPORT</u></p> <ul style="list-style-type: none">■ Call the Quitline■ Call a friend■ Join a support group■ Seek professional support
<p style="text-align: center;"><u>RELAX</u></p> <ul style="list-style-type: none">■ Go for a walk■ Exercise■ Take deep breaths■ Take a hot bath or shower■ Get more sleep■ Listen to music■ Watch a movie	<p style="text-align: center;"><u>AVOID</u></p> <ul style="list-style-type: none">■ Alcohol■ Caffeine (coffee and soda)■ Smokey places