

TIPS FOR NEW NONSMOKERS

Facing the beginning of your day

You're going to think a lot about cigarettes today. Just be aware of this ahead of time. Let the thoughts come into your mind. Big deal. Don't deny their existence. Let them come in, sit down and complain for a minute and then show them the door. They'll show up a lot at first, and then their visits will become fewer and farther between.

What to Expect:

Put on your nicotine patch or use your other nicotine replacement medication right away. Dress, eat, grab a bottle of water and some candy or toothpicks and just GO.

As you head into the day, remember that life's not going to be different just because you stop smoking. Life will have the same surprises and unexpected events; the bus might not come or the boss might be mad. But what you'll discover is that smoking never got rid of any of these stresses anyway. Not once. Not ever. Smoking never made the next bus come sooner.

What to Do:

- Use your NRT (patch, gum or lozenge)
- Plan a different wake-up routine before you go to sleep
- Take your attention off smoking right away with something like breakfast or stretching
- Be sure no cigarettes are available
- Begin each day with deep breathing and one or more glasses of water
- Make a list of early morning triggers, then avoid them
- Begin each day with a preplanned activity that will keep you busy for an hour or more. It will keep your mind and body busy so that you don't think about smoking.

Source: National Cancer Institute



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and Kentucky Cancer Program coordinate the Cooper/Clayton Method to Stop Smoking program in collaboration with community partners.