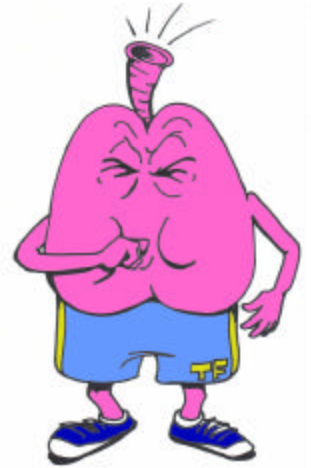


TIPS TO REDUCE URGE TO SMOKE



Wait it out
Drink lots of water
Cut down on coffee, sugar, and especially alcohol
Change the order of activities in your day

Keep yourself busy

stretch, go for a walk, go for a bike ride, call your support person, snap a rubber band around your wrist, read a magazine or book, sing, whistle, or listen to your favorite music, dance to your favorite music, brush your teeth right after eating, use mouthwash to rinse your mouth, take a shower or bath, practice deep breathing, practice deep muscle relaxation, start or finish a hobby, clean your house, your car, wash clothes, play a game with kids, take a nap

Reward yourself

have someone give you a back rub, get a new CD, buy a lottery ticket, listen to some of your favorite music, take a warm bubble bath, buy a new maternity top or a pair of fun socks, give yourself a manicure, buy new make-up such as lipstick, have someone else do the laundry or the dishes, get a free facial or make-up consultation at a department store or beauty salon, get your teeth cleaned, get a new haircut, buy a new hair clip or earrings, rent a movie tape or go to a matinee movie, buy a magazine or a paperback book, ask your support person, friend or family member to take care of your kids so you can go on a walk or do something fun for yourself.

