

BE MINDFUL OF YOUR ENVIRONMENT:

- **Know where you can smoke on your property**—find a place that you feel safe, secure and comfortable.
- **Do something fun that distracts you from your cravings** and at a place where you know you won't be able to grab a cigarette.
- **Remove triggers** for cravings. For example: remove any ashtrays from your residence, and keep your cigarettes and lighter by the door.
- **Plan ahead for cravings**—Have nicotine replacement therapy on hand to help you through cravings. Also, buy word puzzles, Sudoku, adult coloring books, etc. Whether or not you choose to smoke, the urge will go away.
- **Stock your house with things to fight cravings**—carrot and celery and other crunchy vegetables; drinking straws cut down to cigarette size to provide that oral fixation.

SMOKING CESSATION *Tips & Tools for Managing Cravings in Smokefree Housing*



Tools for Residents Not Ready to Quit Smoking

Does a smokefree policy mean that I cannot live in my building?

No. A smokefree building does not mean that people who smoke cannot live in the building, or that people who smoke must quit. It simply means that people cannot smoke inside the building or in other areas specified in the policy, such as on balconies and patios.

Does this mean I have to quit? No, it doesn't mean you need to quit. There are resources available to help manage your cravings and urges should you continue smoking. Managing these cravings would help control timing of when you smoke.

HOW TO GET SUPPORT:

- **Call or text someone**—whether it be to distract yourself from smoking, or to seek out support.
- **Surround yourself with people** you trust that have you and your health in their best interest.
- **Focus on people** who can help you follow the policy.
- **Grow your social circle** to include people who are not tobacco users.
- **Be supportive of others** in their efforts to quit.

HOW TO FIGHT CRAVINGS:



- **Do hands on projects**—by busying your hands and mind, you may become distracted from the urge to smoke a cigarette.



- **Keep your mouth busy**—chew gum instead of picking up a cigarette, have hard candy or peppermints on hand, or drink more water.



- **Do something different**—Changing your routine may help reduce your cravings.



- **Go for a walk or jog**—healthy activities, getting fresh air and being physically active will help make you feel better, and distract you from a cigarette craving.



- **Breathe**—take slow, deep breaths when you feel a craving coming on. Repeat several times until you begin to feel relaxed.



- **Nicotine Replacement Therapy**—even if you are not ready to quit, this can help control cravings and urges.