

Don't give into cravings

Try these six tips to stay tobacco-free.

Congratulations on quitting! Now you need to fight the cravings for a cigarette. Cravings usually last for about 5 to 10 minutes so it's important to have a plan to deal with them. Here are six things you can do to overcome the urge to smoke.

1 Get Help



- Schedule a visit with your health coach on LiveHealth Online Tobacco Free.
- Reach out to a friend or a loved one by phone or text.
- Have texts sent to your phone by signing up for SmokefreeTXT at smokefree.gov/smokefreetxt.
- Chat with a National Cancer Institute counselor at livehelp.cancer.gov/app/chat/_launch.
- Talk to a quit smoking expert by calling the National Cancer Institute's quit line at **1-877-44U-QUIT (1-877-448-7848)**.
- Connect to your state's quit line by calling **1-800-QUIT-NOW (1-800-784-8669)**.
- Try an app such as the **QuitGuide app** to help you track cravings and when you slip up. Learn more at smokefree.gov/tools-tips/apps/quitguide.

2 Remember why you quit



- Go over the reasons why you want to stop smoking — this can motivate you to stay smoke-free.
- Add up how much you're saving by not smoking and what you want to buy with the extra money.

3 Keep yourself busy



- If you feel a craving, stop what you're doing and try another activity.
- Breathe slowly and deeply by inhaling through your nose and exhaling with your mouth. Try this 10 times or until the craving eases up.
- Have sugar-free candy or gum handy, or drink water to keep your mouth busy.
- Take a walk or go for a jog or bike ride. Even a little exercise can give you energy to fight a craving.

4 Visit a place that's smoke-free



- Since most public places don't allow smoking, try going to the store, a movie, a coffee shop or other smoke-free places.
- If you still have a craving, think about what worked before when you were in a similar situation.

5 Try nicotine replacement therapy (NRT)



- You still might have cravings, but NRT can help you deal with them.
- Use a combination of short-acting NRT, like gum, and long-acting NRT (such as the patch) to overcome cravings.

6 Help others



By assisting a friend, co-worker or family member, you can focus on someone else's needs and better deal with your cravings. This can also reduce stress and have other positive effects on your health.

Do what it takes to fight the urge!

By trying one or more of these ideas, you can successfully beat your cravings. Don't give in! Check out how other people are dealing with their cravings on the [Smokefree Facebook page](#).



Source:
Smokefree.gov website, *How to Manage Cravings* (accessed July 2018): smokefree.gov/challenges-when-quitting/cravings-triggers/how-manage-cravings.

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