

Inova TobaccoNET

Planning for Success

It will take some time to find out what activities will work best for you. The substitute activity may not be as satisfying at first, but you are building a new lifestyle and soon it will be second nature. You can create or choose situations that support abstinence from tobacco. Successful ex-tobacco users have found the following recommendations extremely useful.

- Throw away all cigarettes and smoking paraphernalia. Clean out the ashtray in your car. If you live with a smoker, ask him/her to keep cigarettes with them.
- Vary your daily routine.
- Reward yourself. Buy a CD of your favorite artist. Sign up for a class that interests you. Put the money that you would have spent on tobacco in a jar, and in a few weeks spend the money on something nice for you.
- Have healthy snacks on hand (sugarless gum, carrot/celery sticks, fresh fruit, popcorn).
- Get enough sleep. Take a twenty-minute nap when possible.
- Become a volunteer – doing something good for others helps you feel good about yourself.
- Set a long-term goal related to some type of physical activity, i.e. a hiking vacation, running in a 10k, joining a health club or a sports team.
- If you enjoyed handling a cigarette, find a healthy substitute (lucky coin, rabbit's foot, coffee stirrer, drinking straw).
- Avoid tobacco users and situations particularly at the beginning of your recovery.
- Go to the dentist and have your teeth cleaned.
- After a meal, go for a fifteen-minute walk.
- Minimize caffeine consumption to reduce irritability.
- Maximize the joy in your life. Make time for those activities and people that bring you happiness.
- When talking on the phone, have a glass of water handy and a pad and pen available to doodle.
- Share your feelings with those who support you. Write in a journal.
- Eat sensibly. Do not skip meals. Minimize intake of junk foods.
- Keep busy. Make plans to fill your idle time.
- Foster a tobacco-free image. Use your imagination to see yourself going through the day without any tobacco, feeling calm and content.
- Keep your sense of humor.
- Remember - One will hurt! One cigarette generally leads to another.