

# Coping with Emotional Triggers

When you are stressed, nervous or upset you may feel the need to use tobacco. These emotional situations are called triggers.

Now that you've stopped using tobacco, these emotional triggers still happen.

To stay quit, it may take work to lessen the impact these emotional triggers have on you.

Reminders of your smoking days, like ashtrays, lighters, cigarette packs, or other tobacco products may tempt you to start using tobacco again.

Look around your house, car and workplace and get rid of everything that reminds you of tobacco, even things you may have hidden away.

Stress and other emotions can be a trigger for many.

And quitting smoking is likely to make you feel even more stressed – at least in the beginning.

That's why it's important to learn healthful ways to relieve stress.

*"I will pick up the phone and call a mentor, who can help me through a stressful moment. And then, I get centered again."*

Do things you enjoy.

Like enjoying time with a friend.

Taking a bubble bath . . . or listening to some soothing music.

Get regular exercise.

Exercise affects your brain in very healthful ways, making you feel good. It can also help reduce cravings.

Exercise can be as simple as taking a walk around the block, or doing an outdoor hobby...

Exercise helps prevent weight gain, and it's a great way to relieve stress...

Also consider professional help. Hypnosis is a technique that can help you deal with stress. It may help curb cravings and lessen withdrawal symptoms.

Acupuncture is another method of stress relief. Some people have found it to lessen withdrawal symptoms and cravings.

Many people find meditation an excellent way to relax both mentally and physically. Sit in a quiet place and focus your mind on a word or phrase. You can also visualize a relaxing scene or a vacation at the beach.

*"The way that I deal with my stress now, instead of picking up a cigarette, is that I will take a time out and meditate and pray."*

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Prayer is very helpful for some.

*“A little bit of determination and a lot of prayer, or a lot of prayer and a little bit of determination.  
Between the two, it's helping.”*

Finding out how you can cope with the emotions in your daily life is a key part of your ability to stay quit. If you are having trouble finding ways to cope, talk to your healthcare provider.