

Beat Your Smoking Triggers

[Host] You quit smoking for lots of good reasons.

But now you may need a way to cope with the situations, feelings, and things that make you want to smoke.

Those things are called your triggers.

Some triggers can be avoided.

But others? Not so much. They're a part of life.

[Working man] "I get so stressed out at work.

And being stressed makes me want to smoke.

But I can't quit my job just because I quit smoking."

[Host] So what can you do when the desire to smoke hits?

The key is to break the connection between the trigger and lighting up.

And you do that by finding something else to do when you're triggered.

It's important to find something different that offers relief.

Or something that might give you almost as much, if not more, pleasure than smoking did.

[Stressed woman] "After a stressful meeting, I play a game on my phone."

[Host] Find something to do that you enjoy or that gives you a good feeling.

[Mom] "I realized that what I need is to just be alone for a few minutes.

So instead of smoking, I use the time to close my eyes and breathe in and out deeply and think of my daughter's sweet face.

Because she is my 'why' for quitting."

[Host] Sometimes it can take a physical hand-to-mouth action to push the desire to smoke out of your mind.

[Working man] "Now when work ramps up, instead of cigarettes, I chew sunflower seeds."

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[Host] Here's another idea. Time your cravings.

When you first quit, a craving may last about 20 minutes.

But over time they decrease to about 5 to 10 minutes.

So, what can you do while you wait for the feeling to pass?

Because it will pass.

[Video guy] "Whenever I feel a craving coming on, I set my timer for 15 minutes to remind me it'll pass.

I know it sounds silly, but I just pull out my phone and I'll watch a few funny cat videos to get my mind thinking about something else."

[Host] It may not feel like it when you're up against a trigger, but it can help to remember that the rewards of not smoking last longer, help you feel better, and let you live your best life.