

10 things to do when CRAVING having a

1 PAUSE & TAKE A BREATH

Cravings usually last only 3 to 5 minutes. When a craving hits, just take it minute by minute. Take a slow deep breath for 6 seconds, then exhale out for 6 seconds.



2 MASSAGE YOUR NECK

It's normal to feel irritated or restless when you're first quitting. The longer you stay smoke free the less you will feel this way! So get through this craving by rubbing the tension out of your neck.



3 TAKE A SHOWER

You'll feel less like lighting up when you're clean and refreshed! A shower can be the perfect thing after a stressful day at school or work.



4 RUN, SKIP, JUMP!

Any exercise that'll pump fresh oxygen into your body will help distract you from your craving, so run, skip, or do 20 jumping jacks!



5 EAT A HEALTHY, CRUNCHY SNACK

Satisfy the craving for an in-your-mouth experience, without packing on too many calories, by snacking on fruits and veggies! Be adventurous, and try a kiwi or jicama. Your friends will be impressed!



6 READ A BOOK

Use your newfound time when waiting in line at the store, at the movies, or outside of class to read a good book.



7 PHONE A FRIEND

You can also use this time to call up a friend who will support you, or rekindle an old friendship by calling someone you haven't spoken to in a while.



8 TAKE A SIP OF WATER

A cool, refreshing drink can help you feel calm and reinvigorated. Staying hydrated, in addition to getting regular sleep and exercise, helps reduce cravings.



9 TEXT 'CRAVE' TO YOUR STOP MY SMOKING NUMBER

If you're enrolled in the Stop My Smoking program, you have access to Text Crave, an on-demand service that will text you in-the-moment advice on dealing with your craving.



10 CELEBRATE EACH STEP OF THE WAY!

Treat yourself, even if it's small, with the money you've saved from not buying cigarettes. Each time that you overcome a craving is a moment to celebrate!



If you have any questions about Stop My Smoking, kindly contact us at: help@stopmysmoking.com. Visit us at stopmysmoking.com