25 Ways to Handle Urges

After you quit, you never know when the urge to use tobacco will hit. That's why it pays to be prepared with some workable solutions to resist the urge. Need some ideas? This list of 25 top tips can help.

1. Doodle. Keep a pencil and paper handy.
2. Take a relaxing shower: It's hard to smoke when you're all wet.
3. Do some easy stretching exercises to relieve muscle tension.
4. Find the nearest pool or beach, and go for a swim.
5. Work on a crossword puzzle or jigsaw puzzle.
6. Make a wish list. Write down the items' costs and convert it into equivalent number of tobacco products you don't buy. (Treat yourself to those items as you accumulate your unspent money.)
7. Play solitaire with cards or on your computer.
8. Work on your hobby: Knitting, gardening or yardwork, or crafts keeps your hands busy.
9. Squeeze a "stress" ball or hand exerciser when the craving to use tobacco hits.
10. Sip ice water, chew sugarless gum or candies, or munch on carrot or celery sticks to fight off the urge.
11. Exercise: Ride your bicycle or exercise cycle, take a walk, or do aerobics.
12. Take a warm bath, and read something relaxing.
13. Go out to a movie.
14. Have someone give you a back or foot rub.
15. Clean out your car, closets, storage room, garage, etc.
16. Brush your teeth to remind yourself how white your teeth are getting.
17. Keep a rubber band on your wrist, and snap it when you crave tobacco.
18. Go to bed early to get in some extra zzzzzz's.
19. Learn some new computer programs.
20. Write an entry in or read through your Tobacco-Free Journal.
21. Go for a mall walk, and window-shop.
22. Go to the library or a museum.
23. Drink a refreshing glass of cool water.
24. Listen to your favorite music. Or buy yourself a new recording.
25. Do a relaxation exercise: Take 10 slow, deep breaths; hold the last one. Then breathe out slowly. Relax all your muscles.

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