



Tips for Controlling Cravings

Take a Different Route

Used to using tobacco at certain places on your commute? Try taking a different route to work or rideshare with a tobacco-free friend.

Don't Drink

Used to using tobacco while drinking alcohol? Avoid places you'd normally drink and try limiting or stopping your alcohol intake within the first few weeks after quitting.

Beat the Stress

Overwhelmed by stress and craving tobacco? Remember that a craving usually only lasts 3-5 minutes. Instead of giving in, call a friend, call a Quit For Life Quit Coach, take deep breaths or take a short walk.

Tobacco-Free Morning

Used to using tobacco within your first hour of waking? Have some breakfast or drink your coffee in a different location.

Busy Hands

Need to keep your hands busy? Instead of using tobacco, fiddle with straws, knit, play cards or play with your children or pets.

Keep Yourself Accountable

Whenever you have an urge or a craving, write down the date, time and circumstances that made you want to use tobacco.

Reward Yourself

When you quit using tobacco, set up a money jar and fill it daily with the amount you used to spend on tobacco. Soon you'll have enough saved to treat yourself to a reward for your hard work.

5-Step Plan

Worried about relapsing? Make a 5-step plan that is made up of activities you pledge to do before you pick up a cigarette or use tobacco. Once you've completed the steps, your craving will subside.