COPING WITH THE URGE TO SMOKE

Quitting smoking is like breaking up with your best friend – you may know it’s the right thing for you but your “friend” thinks otherwise. Try these tips in response to smoking urges:

**STAY BUSY:** Fill the time that you formerly used for smoking with other activities, such as hanging out with non-smoking friends, going to a movie, or working on a crossword puzzle.

**ESCAPE:** When possible, get away from a situation that triggers an urge. For example, go on a quick walk or take a bathroom break.

**DISTRACT:** Change your mental or physical activity. Stand up from your chair or think of something different, perhaps what you will do on your next vacation.

**AVOID:** Avoid situations that are associated with smoking, if possible. Avoid parties, friends that are smoking, and places/activities closely linked with smoking.

**RELAX:** Take a bath, get a massage, or do deep breathing exercises. Do what you can to relax when the urges strike. There are some tools here.

**DELAY:** Simply waiting out the urge can be very effective.

**ADAPT:** Change your daily routines — walk a different way to class, reverse the order of your morning activities, or eat lunch at a new time or place.

**ELIMINATE:** Get rid of things that remind you of smoking. Throw or give away ashtrays, lighters, matches, cigarettes, etc.

**REMEMBER:** At first, this may seem hard to believe, but if you don’t feed your urges they will eventually weaken and lose their urgency.

For more hands-on support quitting, check out the NYU Quit & Win program.