

RELAXATION TECHNIQUES

You may still want to reach for a cigarette whenever you relax.

You may have reached for a cigarette in order to ease anxiety.

BUT, NOW THAT YOU ARE TOBACCO FREE...

WHAT SHOULD YOU DO:

Repeat this to yourself: "I can learn to relax without having a cigarette."

Do activities that keep your hands busy, like sewing, carving, working puzzles, playing cards, etc.

Make an extra effort to share your leisure time with a friend, a child or even a pet.

If the urge to smoke gets too strong, start doing something physical until the urge passes, like taking a walk.

Deep breathing is a good way to deal with tension almost anywhere and at any time.

Make sure you are drinking plenty of water (plain water) each day to flush out the leftover tobacco toxins from your body.