*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**Triggers**

It’s like second nature.

**Common triggers:**

* coffee or alcohol;
* other people smoking;
* first thing in the morning;
* after school or work;
* talking on the phone;
* driving in the car;
* after eating;
* at parties;
* stress;
* anger;
* feeling lonely or sad;
* feeling bored.

Most smokers reach for a cigarette automatically when they do or feel certain things, when they’re with other smokers, or as part of their daily routines.

These are your **triggers** – things that may make you want to smoke.

Your Action Plan: 4 Ds.

**DRINK** plenty of water – at least 8 glasses per day.

**DELAY** for 5 – 7 min. The urge should pass.

**DO** something else.

**DEEP** breathing.

Ways to cope with triggers.

* In the short term, stay away from social situations where others will be smoking, and ask friends not to smoke around you.
* Keep your home, car and workplace smoke-free.
* Avoid alcohol and coffee. Choose water or fruit juices instead.
* Change your routine when you get up in the morning.
* Get up immediately after you eat and brush your teeth if it helps.
* Try to avoid situations that you find stressful.
* Continue to visualize yourself as a non-smoker.
* Remind your family and friends that you have quit smoking and you need their support.
* Remind yourself of why you quit smoking and the positive things you have experienced since you have quit. Remind yourself you can do it.
* Go for a walk or do some other physical activity.
* Reward yourself for not smoking by going to a movie or buying yourself a treat.
* Chew on a toothpick, chew gum or munch fresh veggies.
* Do an activity that will take your mind off your craving, such as playing cards, listening to music, doing a crossword puzzle, doodling or watching TV.

Knowing what triggers you to smoke will help you deal with temptations. Use your **Triggers Tracking Sheet**. It will help you avoid these situations.

Source: [www.gosmokefree.gc.ca](http://www.gosmokefree.gc.ca)