

Your daily routines provide strong triggers for you to smoke. You may have started every day for the last 20 years with a cigarette and your morning coffee. You may have lit up every day during your break at work. For years, you may have had a cigarette after every meal.

To help control your urge to smoke, it is best to change your routines, at least for a while. Starting to change your routines before you even quit is most helpful.

Meals and Coffee

- Eat in a different place or sit in a different chair at the table.
- Try drinking something other than coffee, change your brand of coffee, or add a flavored creamer.
- Brush your teeth right after a meal.
- Have a piece of Nicorette® gum ready for after a meal.
- Don't linger at the table. Go for a short walk after your meal.

In the Morning

- Change the order of the things you do. If you normally shower first, eat breakfast first and then take your shower.
- Get up earlier or later than usual.

- Eat a different breakfast in a different room or even outdoors.
- Start each new day with a positive outlook.

On the Way to Work

- Make sure all ashtrays are clean.
- Place a picture of a loved one or a special object in the ashtray.
- Don't hide any cigarettes in the car.
- Clean your car to rid it of the smell of cigarette smoke.
- Sing. It's hard to smoke and sing at the same time.

Alcohol and Socializing

- Alcohol lowers your defenses, so avoid it when you can. Limit yourself to two drinks. Try changing what you drink.
- Go outside for a breath of fresh air.
- Try to do new things that don't involve smoking, such as going to a museum or a show.
- Try to socialize more with nonsmokers.
- Ask friends who smoke not to smoke in front of you.

