

## The Seven "D's"

**D**rink water or fruit juice to help flush the nicotine out of your system. Squeeze lemon juice in your water. Limit juice due to the calories. Satisfy your oral fixation in other ways. Get a water bottle and sip water throughout the day to replace the hand-to-mouth motion of smoking. Drink herbal tea instead of coffee. Don't drink alcoholic beverages.

**D**eep breathing from your abdomen. Avoid shallow breathing. Lie on the floor with a piece of paper on your navel, trying to lift the paper by using your breath. Breathe deeply through your nose for five seconds, exhaling through your mouth for five seconds. This ten-second breathing cycle will slow down your heart rate and calm you down.

**D**o something else. Get your mind off the cigarette. Keep your hands busy. Engage in substitute activities. Play a musical instrument or computer games. Do a crossword puzzle. Read a book or magazine. Write letters. Start a new hobby or learn craft projects: Knit, crochet, needlepoint, garden, paint, sculpt. Reach for a pen and paper and doodle or sketch rather than a cigarette when answering the phone. Do house or yard work. Clean out the closets or the garage. Vacuum the floor. Organize your junk drawer. Change the oil. Give yourself or someone else a manicure or pedicure. Get your hands wet. Take a shower or splash cold water on your face. Wash your hair. Shampoo the dog or cat. Do the dishes. Brush your teeth. Balance your checkbook. Surf the Internet. Google yourself. Exercise. Go for a brisk walk. If you cannot walk outside, walk the interior of a shopping mall. Walk the dog. Go bowling, play tennis, ride a bike. Go for a swim. Lift weights. Climb a flight of stairs instead of using the elevator. Stretch, touch your toes, do jumping jacks. Park a block or two away from your destination and walk. Change your routine. Replace old habits with new ones, such as: Try tea instead of coffee. Take a five minute walk after a meal. Take a walk at your break instead of going to where you used to smoke. Sit in a different chair; avoid your "smoking" seat. Eat lunch in a new place not associated with past smoking behavior. Chew on a straw, cinnamon stick, toothpick, clove, sugarless gum or candy. Have carrot or celery sticks on hand. Try eating unshelled, unsalted sunflower seeds. Eat one at a time. Go someplace you can't smoke such as the library, a museum, or the movies.

**D**elay. Wait it out; a craving will often fade and disappear in a few minutes. Count to 300 slowly or count backwards from 300 to 1. Write down all your reasons for being smoke-free. Say to yourself, "*I'll think of cigarettes five minutes from now*"; then go do something else and soon, the thought of your cigarettes will be gone. Don't say that you won't think about smoking because then that will be all that you will think about. Talk yourself out of it, tell yourself, "*This isn't going to last, it is only temporary*". Take a nap. Remember the craving will go away whether or not you smoke.

**D**iscuss with a friend. Find helping relationships and support. Call or text a non-smoking support person or your quit buddy. Go to a Nicotine Anonymous meeting. Your best support may be someone who has kept you at a distance because you smoke. Seek out others who are going through the quitting process now, or have successfully quit in the past. Avoid people who will tempt you to return to smoking, or try and sabotage your success. Bet someone you won't smoke. Put money in a jar each day. Forfeit it if you smoke. Keep the money if you don't smoke. Try it for a week then extend it to a month. Tell everyone you are trying to quit and you are making a Plan. Ask for their support. Be specific about how they can help you. Join BecomeAnEx.org and get support from others on-line.

**D**istract your thoughts. Change the way you think about smoking and get your mind off the cigarette. Listen to what you are saying to yourself about quitting; change your self-talk. When the thought of a cigarette comes up, deliberately choose to focus your mind on something else. Kiss someone. Wake up each morning and say, *"I'm proud I made it another day smoke-free."* Remember *"NOPE: Not One Puff Ever"*. Or, *"I'm a puff away from a pack a day"*.

Repeat positive affirmations such as: *"I love the thought of being smoke-free."* Or, *"I choose to be smoke-free."* Or, *"I look better, I smell better. I'm saving a ton of money"* Remind yourself of a difficult situation where you overcame the temptation to smoke and tell yourself, *"I've done it before and I can do it again."* Ask yourself, *"Do I really want this cigarette?"* Or, *"How will this cigarette help?"* Think of a negative image of smoking. Imagine this whenever the urge comes up. For example: A burn a hole in a favorite outfit, yellow teeth, 20 terrorists (cigarettes) in a pack trying to kill you, how breathless you are after exercising or walking up a flight of stairs.

**D**on't smoke no matter what. Prepare for tempting situations by mentally visualizing yourself handling the situation without smoking. Remind yourself of what's really important and it's not the cigarette. Think of your pre-commitment deal you made with yourself. Imagine writing that check. Continue to carry your Reasons to Quit Card and review as often as possible. Carry a picture of a child or grandchild who you want to be alive for in the future. Or a picture of someone who has passed—vow to quit smoking in their memory. Look at the picture every time a craving comes up. Remember, thinking and dreaming about a cigarette is not the same as craving it. Be careful to identify excuses. There are no good reasons to smoke, only excuses.