



Car Rides . . . without smoking

ARIZONA SMOKERS' HELPLINE 1-800-556-6222 - WWW.ASHLINE.ORG

What to Expect

- ▼ Expect to want to reach for a cigarette when driving a car or traveling as a passenger.
- ▼ Expect to want something to do, so turn your radio on or put on your favorite tape or CD and sing along.
- ▼ On longer trips, you may find yourself getting more sleepy than usual.

Frequency

- ▼ Like many smokers, you may like to light up when driving to and from work as a means to relieve stress, stay alert, relax, or just pass the time.
- ▼ Your desire to smoke may be stronger and more frequent on longer trips.

Self Management

- ▼ Clean your car and make sure to use deodorizers to hide the tobacco smell.
 - ▼ Tell yourself: "This urge will go away in a few minutes."
 - ▼ "So, I'm not enjoying this car ride. Big Deal! It won't last forever!"
 - ▼ "My car smells clean and fresh!"
 - ▼ "I'm a better driver now that I'm not smoking while driving."
 - ▼ Things to do: Remove the ashtray, lighter, and cigarettes from your car.
 - ▼ Ask friends and passengers not smoke in your car.
 - ▼ If not driving, find something to do with your hands.
 - ▼ Take an alternate route to work.
 - ▼ Try carpooling.
 - ▼ For a little while, avoid taking long car trips.
- If you do, take plenty of rest stops.

- ▼ Keep non-fattening snacks in your car (i.e. licorice and gum.)
- ▼ Take fresh fruit with you on long trips.
- ▼ Plan stops for water, fruit juice, sodas, etc.

Nicotine and Your Body and Mind

- ▼ You may have become used to smoking while driving—to relax, stay alert, etc.
- ▼ There is some evidence that smoking actually does make you feel more awake and alert. In the past, you may have relied upon this during both short and long rides.

Related Notes

- ▼ Remember, on longer trips, you may not be able to stay awake for as long as you used to.

References available upon request.