



Coffee & Tea . . . without smoking

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

What to Expect

- ▼ You do not have to give up coffee or tea to quit smoking.
- ▼ Expect to feel a strong urge to reach for a cigarette while drinking coffee or tea.
- ▼ You will have to note which coffee/tea drink gives you an urge, and you will have to find an alternative to keep you from reaching for a cigarette.

Frequency

- ▼ You may be used to smoking when drinking coffee or tea during or after meals, during coffee/tea breaks, in your office, or in restaurants.

Self Management

- ▼ If you used to smoke while drinking coffee or tea, tell people you have quit, so they won't offer you a cigarette.
- ▼ Between sips of coffee or tea, take deep breaths to inhale the aroma. Breathe deeply and slowly, while you count to five, breathe out slowly, counting to five again.
- ▼ Try switching to decaffeinated coffee for a while, particularly if quitting has made you irritable or nervous.
- ▼ Nibble on toast, crackers, or other low calorie foods. You may also want to do this while you drink—dip fat-free cookies etc. in your coffee/tea to keep your hands busy.
- ▼ As you drink your coffee, get out a scratch pad, doodle, or make plans for the day.
- ▼ If the urge to smoke is very strong, drink your coffee or tea faster than usual and then change activities or rooms.

Nicotine and Your Body and Mind

- ▼ Many studies have reported the euphoric, stimulating and anti-anxiety effects of smoking may actually make you feel happier, more alert, etc.
- ▼ These feelings may reinforce tobacco use and you may have also associated these feelings with drinking coffee or tea.
- ▼ Drinking coffee or tea may spark all the positive feelings that you have associated with this activity in the past. When you quit, you may feel saddened at the loss of these feelings and drinking coffee or tea without smoking may make you feel even more saddened. Be prepared and think about the long term benefits of life as a non-smoker.

References available upon request.