



Facing the Morning

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

What to Expect

- ▼ When you wake up, begin thinking of your alternatives to smoking and the changes in your routine immediately.
- ▼ Expect that your morning coffee will not taste the same without a cigarette.

Frequency

- ▼ For many smokers, lighting up is the first event of the day. Part of many people's dependence on cigarettes evolves from a routine built mostly upon their chances to smoke. The morning can set the tone for the rest of the day.

Self Management

- ▼ Plan a different waking up routine.
- ▼ Put your attention off smoking right away.
- ▼ Be sure no cigarettes are available.
- ▼ Begin each day with deep breathing and one or more glasses of water.
- ▼ Make a list of early morning triggers, and avoid them.
- ▼ Begin each day with a preplanned activity that will keep you busy for an hour or more. If you are reducing, this will push that first cigarette to later in the day and if you are quitting cold-turkey, it will keep your mind and body busy so that you don't think about smoking for a while.

Nicotine and Your Body and Mind

- ▼ After six to eight hours of sleep, your nicotine level drops and the body develops a need for a quick boost of nicotine when you wake up.
- ▼ Your body has become dependent on nicotine. Your mind must be ready to overcome this physical need. Before you go to sleep, make a list of things you need to avoid in the morning that will make you want to smoke.

Related Notes

- ▼ Once you pinpoint high-risk "trigger" situations, you can start to handle them rationally. Waking up in the morning and starting your normal routine provides plenty of triggers to tempt you to smoke. Avoid them as much as possible!

Reference available upon request.