



# Good Times . . . without smoking

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

## ***What to Expect***

- ▼ You may feel a need to smoke when you do fun things you used to do as a smoker.
- ▼ A large number of ex-smokers feel like smoking when they think back to happy times that included cigarettes, such as a cup of coffee, sitting with friends, quiet times, driving, etc.

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## ***Frequency***

- ▼ These feelings will be strongest in the first two weeks after quitting.

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## ***Self Management***

- ▼ Figure out which memories make you want to smoke most and learn to manage them.
- ▼ Take up some new activities such as walking, reading, a hobby, playing a sport or attending community events.
- ▼ Repeat the following: "If I'd known then what I know now, I never would have started smoking."
- ▼ Focus on the thought that you will be able to enjoy your good memories longer, now that you've quit smoking.

## ***Nicotine and Your Body and Mind***

- ▼ Studies have found that smoking can make people feel happy, stimulated and less anxious.
- ▼ These feelings may make you want to use tobacco and, when quitting, you may feel sad for the loss of these feelings brought on by tobacco.
- ▼ Something as simple as a smell, a sound, a color or a voice can make you think of a cigarette. You may feel that you have lost a major source of happiness, but as an ex-smoker you will gain so much more.

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## ***Related Notes***

- ▼ Twenty or thirty years ago, people would light up just about anywhere they felt like it. Now there are many places where smoking is not permitted. Even if you are free to smoke, you may find that you are the only one doing it. Let's break the habit!

*References available upon request.*