



Having a Drink...without smoking

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

What to Expect

▼ As a smoker, you may feel a strong urge to smoke when drinking beer, wine, or mixed drinks. Know this up front if you are going to drink.

Frequency

▼ Studies show that cigarette smoking is much more common among those who are regular drinkers.

Self Management

▼ Switch to non-alcoholic drinks during the first two weeks of withdrawal, especially fruit juices.

▼ Stay away from your usual haunts for awhile.

▼ Change drinks from "your usual."

▼ For the first few weeks after quitting, drink only with non-smoking friends.

▼ Don't drink at home or by yourself.

Nicotine and Your Body and Mind

▼ Studies have shown that if you are a drinker, you will tend to breathe deeper when you drink and smoke—making the negative effects of tobacco even worse.

▼ When you are drinking alcohol, your control over your behavior is limited. When you try to quit smoking, it is tough enough to take control of your behavior—drinking alcohol will make it even tougher to cope.

▼ Many studies have reported that smoking, like drinking, may actually make you feel happier, more alert, etc. Over time you begin to associate smoking and drinking with pleasure—when quitting, you may feel deprived of some of this pleasure.

Related Notes

▼ Once you pinpoint high-risk "trigger" situations, you can start to handle them rationally. When do you smoke and drink? Where?

References available upon request.