



# Watching TV . . . without smoking

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

## ***What to Expect***

- ▼ TV programs may provide you with many "triggers" to smoke (i.e. movies that show smoking, re-runs of old detective shows, etc.)
- ▼ The time of day that you watch TV may also be a smoking "trigger." For example, you may be used to smoking when watching a morning news program or a late night talk show.

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## ***Frequency***

- ▼ When smoking in the house, you may be used to smoking whenever you watch TV.
- ▼ You may also be more likely to smoke only while watching specific programs.

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## ***Self Management***

- ▼ Get rid of cigarettes, ashtrays, and lighters.
- ▼ Sit in a different place.
- ▼ Practice relaxation—take a minute and, with your eyes closed, pay attention to your breathing pattern. Breathe in deeply through your nose and breath out through your mouth.
  - ▼ If you fall asleep-enjoy it.
  - ▼ Have low-fat snacks handy.
  - ▼ Channel surf away from high trigger content shows—change the channel when you see smoking!
- ▼ Try watching at different times of the day.

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

- ▼ When you quit smoking, you may feel deprived of the increased stimulation and positive mood that is brought on by tobacco use.
- ▼ Something as simple as a smell, a sound, a color or a voice can remind you of cigarettes and of the feelings brought on by smoking—television provides many such "cues"!
- ▼ You may have also come to associate both TV and smoking with relaxing. Now that you have given up smoking, something may feel out of place.

*References available upon request.*