

How to Fight Nicotine Cravings

- ✓ Go for a walk or do exercise like yoga
- ✓ Try deep breathing, mindfulness, journaling or reading
- ✓ Sip water, have a crunchy snack, chew sugar free gum or mints
- ✓ Watch a favorite show, listen to music or do an activity that keeps your hands busy
- ✓ Talk with a friend or family member for support
- ✓ Use an FDA approved quit method (patch, gum, approved medications)
- ✓ Change your routine to avoid nicotine use
- ✓ Pet therapy
- ✓ Use items to help with oral fixation (fidget spinner, straw necklace)
- ✓ Delay the urge/self regulate

GREAT ♥ AMERICAN SMOKEOUT

*Quitting smoking isn't easy. It takes time and a plan.
You don't have to stop smoking in one day. Start with day one.*



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materials*



*Scan here to for tobacco
& nicotine
cessation resources*

Let the Great American Smokeout on the third Thursday in November be your day to start the journey toward a nicotine and smoke-free life.



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