

CRAVINGS

ARE THE LONGEST-LASTING
AND STRONGEST
WITHDRAWAL SYMPTOM

There are a lot of ways to outlast a craving. Take it one step at a time. It is helpful to find a way to distract yourself while you ride out a craving.

The good news is each craving will go away in a short while without needing to use tobacco.

MAINE
QUITLINK.COM
1-800-QUIT-NOW

10 WAYS

TO HELP RESIST THE URGE TO SMOKE OR USE TOBACCO WHEN A CRAVING STRIKES

- If able, use nicotine replacement therapy, like gum, lozenges, or the patch to help curb cravings.
- Get a change of scenery: Go for a walk when a craving hits.
- Grab a glass of ice water.
- Write a list of all the reasons why you quit.
- Keep your mouth occupied with toothpicks, gum, hard candy, or crunchy food.
- Practice taking deep breaths.
- Listen to a favorite song or play a favorite video game.
- Write down a list of things you have noticed that you like about being tobacco-free.
- Stay busy: Garden, write a letter, or start that project you've been meaning to get to.
- Call or text a supportive family member or friend.