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LEARN TO RECOGNIZE YOUR SMOKING TRIGGERS

Triggers are cues that bring on the urge to smoke. There are three types. Most people have at least one of each type.

- **EXTERNAL SITUATION TRIGGERS.** Watching TV or drinking alcohol or coffee may be an external situation trigger for you. So is being around others who smoke. You may reach for a cigarette automatically in these situations, even if you don't feel like having one.
- **INTERNAL EMOTIONAL TRIGGERS.** These may be harder to recognize. Sadness, stress or boredom may tempt you to reach for a cigarette. You may smoke as a way of calming down when you're stressed out or picking yourself up when you're feeling down.
- **INTERNAL NICOTINE CRAVING TRIGGERS.** Do you crave the taste of a cigarette? Are you having withdrawal symptoms like restlessness after not having smoked in a while? Sometimes you may smoke because your body craves nicotine and you respond by telling yourself you really "need" a cigarette.

Knowing your triggers is the first step to learning how to deal with them without smoking.

DEALING WITH TRIGGERS AND CRAVINGS There are many ways for you to deal with triggers and manage your cravings. Below are some examples of things that you can do when you feel a craving. The good news is that most cravings last less than 10 minutes. Use these strategies to get you through a craving and then watch it fade away.

CONTROLLED BREATHING Slowing down your breathing will quiet your mind and allow the craving to become less intense. Controlled breathing is a great tool for managing a craving. It also works when you feel stress or anxiety in general.

Step 1: Sit down in a quiet place where you can relax.

Step 2: Breathe in through your nose slowly while counting to 5. Send air down into your lungs as far as you can, so that your abdomen expands and feels like it's filling up with air.

Step 3: Hold your breath for the count of 5.

Step 4: Exhale slowly, counting to 5.

Step 5: When you've exhaled completely, take 2 breaths in your normal rhythm, and then repeat steps 2 through 4 above.

QUICKTAKES



LIVING WITHOUT TOBACCO

Quitting tobacco is hard. Very hard. Once you've made the decision to quit, there are many things to consider:

- **WHO IS GOING TO SUPPORT YOU?** When you're trying to do something as challenging as quitting tobacco, it's important to have people around who have quit using tobacco themselves.
- **WILL YOU USE MEDICATION?** Quitting with medicines can double your chances of success, but you'll need to make sure you are using them correctly. Talk to your doctor about which medicines might be helpful for you, and the proper way to use them.
- **WHAT ARE YOUR TRIGGERS?** Triggers are times, places, activities and feelings that give you the urge to smoke. Common triggers include talking on the phone, having a bad day or driving in the car. If you want to be successful at quitting, you'll need to take note of what these triggers are. In this month's newsletter, we'll pay close attention to identifying and managing smoking triggers.

AVOID TRIGGER SITUATIONS During the first few weeks after you quit smoking, you may find it helpful to avoid occasions that trigger strong cravings.

- Don't watch the football game with friends who smoke.
- Don't catch a ride with people who smoke in their car.
- Avoid watching movies and TV shows with characters that smoke.

SUBSTITUTES - Replace smoking with a substitute behavior. You might:

- Chew gum.
- Eat an apple, carrot sticks or low-cal mints.
- Drink a cold seltzer.
- Explore activities that keep your hands busy. Handle a worry stone or a string of worry beads. Knit or do needlework. Practice guitar chords or fingerings for another musical instrument.

PHYSICAL ACTIVITY Get active! Exercise is a proven tool for managing both cravings and stress. Even a 15- to 20-minute walk can go a long way toward helping you manage cravings and stress.

HEALTHY COOKING Your senses of taste and smell will improve within a day or two of quitting tobacco. Food will begin to taste better. Pick out healthy recipes and start some culinary exploration.

PRACTICE WHAT YOU ALREADY DO! In today's world, you will find yourself in many places where smoking is not allowed — on the job, in restaurants, church, movie theaters, just about everywhere. What do you do to keep yourself from smoking there? If you stop to think about it, you probably have many skills already and you can use them when cravings come up.

Source: smokefree.gov

PIPERADE SERVES 4

You can't beat this speedy egg dish. It's rich in vitamins E and C, two vitamins that may be depleted by smoking.

INGREDIENTS

- 4 teaspoons olive oil
- 3 red, green and/or yellow large bell peppers, seeded and sliced
- 1 large sweet onion, sliced
- 2 large vine-ripened tomatoes, seeded and chopped
- 1 clove garlic, minced
- 4 whole large eggs plus 4 egg whites, lightly beaten

DIRECTIONS

1. Heat 2 teaspoons oil in a Dutch oven or heavy-bottomed skillet over medium heat. Add peppers and onions and cook, stirring often, until soft, about 5 minutes. Add tomatoes and garlic and cook another 5 minutes. Season well with salt and pepper.
2. In a nonstick skillet, heat the remaining 2 teaspoons olive oil over medium-low heat. Add eggs; when they begin to set, stir in the pepper mixture. Cook until the eggs are no longer runny.
3. Serve the piperade straight from the pan.



NUTRITIONAL INFO

255 Calories
 12g Fat
 3g Saturated fat
 0g Trans fat
 11g Protein
 15g Carbohydrate
 5g Fiber
 120mg Sodium