

TRUMP THE TRIGGER PLAN

Identifying the triggers that make you yearn for a cigarette and planning ways to beat them gives you a leg up when the inevitable cravings occur.

For instance, one of your triggers may be sitting in the kitchen with a mug of coffee—and your first cigarette of the day. You might battle this trigger by taking your coffee to the bathroom and immediately taking a shower. An alternative? Try yoga with a DVD or CD—and focus intensely on the lesson. Another option could be sipping your coffee as you stroll through your garden to see what's new or blooming.

Trigger	How You'll Cope
	A. B. C.
	A. B. C.
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	A. B. C.

Quit Smoking—Your Way! (800) 546-9049
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a health writer's smoking cessation blog