

TIPS FOR NEW NONSMOKERS

Facing the Morning

What To Do

- Use your nicotine replacement product (patch, gum or lozenge).
- Plan a different wake-up routine.
- Take your attention off smoking right away.
- Be sure no cigarettes are available.
- Begin each day with deep breathing and one or more glasses of water.
- Make a list of early morning triggers, and avoid them.
- Begin each day with a preplanned activity that will keep you busy for an hour or more. It will keep your mind and body busy so that you don't think about smoking.

Source: National Cancer Institute

For free one-on-one help with quitting and free printed materials from the National Cancer Institute, call the NCI's Smoking Quitline at 1-800-QUITNOW (784-8669). A helpful online resource is www.smokefree.gov.