

# KICK THE CRAVINGS



BlueResource<sup>SM</sup> – Healthy Lifestyle – Living Smoke-Free

## Seven Tips to Curb the Cravings

Cravings will sneak up on you after you quit smoking. But here's the good news: Cravings usually only last about five minutes. Try giving your mind and body something else to do when they hit.

- Call or text someone for encouragement.
- Breathe deeply until you feel more relaxed.
- Chew gum, suck on candy or a cinnamon stick.
- Take a walk or climb up a few flights of stairs.
- Help a friend or coworker to redirect your focus.
- Remember why you became a non-smoker.
- Tell yourself, "I can do this!"



**Plan ahead to keep cravings under control.**

Source: How to Manage Cravings. Smokefree.gov. 2020.

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