



Smoking Cessation Health Center

Source: www.webmd.com

Quick Tips: What to Do When You Crave Nicotine - Got a craving right now?

The cravings for nicotine can be intense for the first few days when you [stop smoking](#), but they will get better with time. Here are some tips on how to cope:

- Use nicotine gum, lozenges, or an inhaler.
- Distract yourself. Stop what you are doing, and do something else.
- Remind yourself why you stopped [smoking](#).
- Remember that most cravings do go away.
- Go for a walk.
- Take a bath.
- Call a friend.
- [Exercise](#). Go for a jog, a bike ride, or a swim.
- Drink a glass of water.
- Suck on a piece of hard candy.
- Listen to music.
- Chew on a toothpick or a piece of gum.
- Relax! Try deep-[breathing exercises](#) or yoga.
- Do a puzzle or some other activity that uses your hands.
- Work in the garden—pull weeds or rake leaves.

What else works?

Use the space below to add to the list of things that help you get through a craving.



Nutritional Information Provided By

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