

## QUITTING SMOKING? IDENTIFY COPING STRATEGIES TO HELP YOU

BEHAVIOURAL (doing)	COGNITIVE (thinking)	AFFECTIVE (feeling)
<ul style="list-style-type: none"> <li> Avoid people or places that trigger problematic coping strategies (i.e. drinking, drug use, self-harm)</li> <li> Identify and avoid high-risk situations.</li> <li> Take a “buddy” when going to a risky place /situation.</li> <li> Leave risky situations, or limit how long you stay.</li> <li> Phone someone for support</li> <li> Go for a walk.</li> <li> Read a book.</li> <li> Exercise or do something physical.</li> <li> Stand tall and feel your body’s strength. Remind yourself that you are a strong adult.</li> <li> Hold onto something to ground yourself (chair you are sitting in, key ring, picture etc.)</li> <li> Clean or do housework.</li> <li> Do volunteer work.</li> <li> Try meditation, deep breathing, and relaxation tapes.</li> <li> Try new hobbies or leisure activities.</li> <li> Practice saying no with both your voice and body language.</li> <li> Stay in contact with supportive people.</li> <li> Take care of yourself if you are hungry, thirsty or tired.</li> <li> Keep a visual reminder of the negative consequences of your problematic coping strategies (i.e. court papers, photos).</li> <li> Keep visual reminders or written lists of the positive consequences of the changes you’ve made.</li> <li> Go to a support group.</li> <li> Listen to music. Sing. Dance.</li> <li> Cook and eat nutritious food.</li> <li> Practice being kind to yourself.</li> <li> Reward yourself for your efforts.</li> </ul>	<ul style="list-style-type: none"> <li> Remember the positive things about using healthy coping strategies.</li> <li> Remember the negative consequences of using problematic coping strategies.</li> <li> Tell yourself that feelings, even difficult feelings, are normal.</li> <li> Distract yourself by thinking about something else.</li> <li> Recognize when you are making self-defeating statements or rationalizations (i.e., I am such a loser).</li> <li> Plan ahead for any risky situations or “loopholes” to your plan.</li> <li> Imagine a stop sign when you are having intrusive thoughts or imagery.</li> <li> Think about your future goals and how to achieve them.</li> <li> Remind yourself that you only have to worry about what you have control over today.</li> <li> Remind yourself that you are in the present and the past cannot hurt you now.</li> <li> Make a commitment to yourself and remind yourself of it.</li> <li> Think that you are in charge of whatever decisions you make about your safety.</li> <li> Tell yourself that you are doing well so far and don’t want to interfere with the progress.</li> <li> When feeling overwhelmed, make a pro / con list and limit your decisions until you feel less overwhelmed.</li> <li> Monitor your use and urges to use problematic coping strategies.</li> <li> Think kind thoughts about yourself.</li> <li> Think about the times in your life (even if few) where you have felt good about yourself. Try to get in touch with the feelings of strength and success that went along with those events.</li> <li> When a negative belief about yourself pops into your head, try to remember where it really came from—who originally planted those beliefs? Think about challenging them with other information that you know about yourself, which proves the beliefs to be false.</li> <li> Be aware of any tendency you have to make general statements about yourself. Being human means having good and bad days.</li> </ul>	<ul style="list-style-type: none"> <li> Read inspiring literature on self-growth or recovery.</li> <li> Ask yourself what you are feeling (go through a checklist of your common “feeling triggers” –am I lonely, sad, anxious, scared?).</li> <li> Give yourself permission to feel emotions (don’t judge your feelings).</li> <li> Express your feelings (cry, smile, etc.,).</li> <li> Ask for support.</li> <li> Talk to someone about your feelings.</li> <li> Find a creative outlet for feelings (music, drawing, painting, poetry etc.,).</li> <li> Get a journal and write to yourself.</li> <li> Take time to soothe / nurture yourself.</li> <li> Praise yourself for the progress you have made.</li> <li> Use affirmations.</li> <li> Light candles to help you to focus on your thoughts and feelings.</li> <li> Write a letter to someone about how you are feeling (it is better to not send the letter, keep it, burn it, bury it, flush it).</li> <li> Get a punching bag, or hit a pillow or bed, scream into a pillow.</li> <li> Throw rocks in the lake.</li> <li> Talk to a pet / spend time with animals.</li> <li> Spend time in nature.</li> <li> Go to a spiritual place (anyplace you define as spiritual).</li> <li> Create a safe or sacred place in your home.</li> <li> Be kind to yourself.</li> <li> If you are afraid of being overwhelmed by your emotions, imagine them coming through a tap where you are able to control the flow.</li> </ul>