

COPING WITH SMOKING TRIGGERS

By Dr. Daniel Seidman

Breathe Easier:  Stop Smoking

Write down new ways you will cope with these common smoking triggers.

Being around smokers

Drinking alcohol

Depression, anxiety and nervousness

Drinking coffee

After meals

Loneliness

Everyday frustrations

Interpersonal problems

Using the restroom

Watching TV or talking on telephone

When I first get up in the morning

Weight concerns

As a reminder, always consult your doctor for medical advice and treatment before starting any program.