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Our Goal: Working with Medical Health Systems and Mental Health Systems to establish sustainable tobacco control.

Serving Chemung, Livingston, Monroe, Ontario, Seneca, Schuyler, Steuben, Wayne and Yates counties.

February 2016 Newsletter

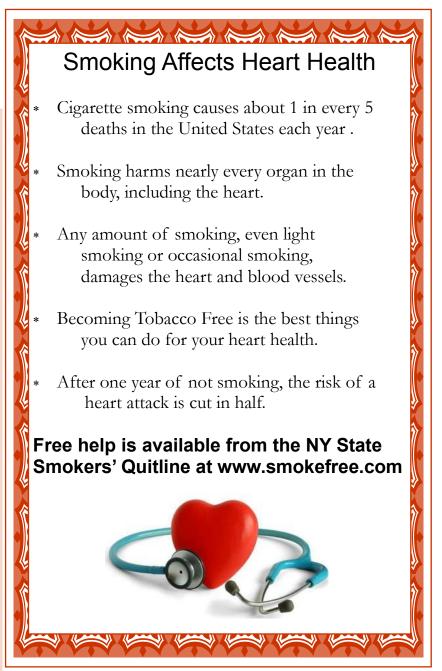


Center For A Tobacco-Free Finger Lakes



Dealing with Urges to Smoke

- 1. **Identify triggers.** Think about times when you want a cigarette.
- 2.. Select coping skills. How will you cope with each of your trigger situations?
- 3. **Time your smoking urges.** They will probably last only a minute or less.
- 4. **Put your plan into action.** Review the plan, practice and be ready to act when you feel an urge to smoke.
- 5. Use approved medication control the urges. These include, the nicotine patch, gum, lozenge, inhaler, and prescription medications like Chantix, Wellbutrin and bupropion.
- 6. **Call someone**, such as a friend, relative or the NY State Smokers' Quitline for support.
- 7. **Don't give up, keep trying.** Learn what works from previous attempts.



Contact us at: Center for a Tobacco-Free Finger Lakes for more information.

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