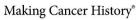
Project TEACH Coping Strategies for Tobacco Cessation Part #1

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Coping Strategies

- Multiple options needed
- Individualized
- Trial and error





Coping Strategies

- Distraction
- Delay
- Self-Monitoring
- Avoid Triggers
- Smoking Allowances



Distraction

- Hands knitting, silly putty, pen
- Oral hard candy, chewing gum
- Hand to mouth straws, lollipops, tooth picks, drink water



Distraction

- Mind reading, cross word puzzle
- Body exercise
- Keep busy activities, projects
- Incompatible behaviors behaviors that cannot be preformed while smoking



Delay

- Delay smoking during each craving
- Wait 15-30 minutes
- Combine with distraction
- Often the craving will pass
- Don't watch the clock



Self-Monitoring

- Simple tracking
 - Paper tally or creative methods
- Logs that also record other factors
- Charts
 - May include positive reinforcements



- Avoid people, locations, and situations associated with smoking
- Avoid/limit alcohol
- Remove visual cues (ashtrays, lighters, cigarettes)



- Change routine around triggers
 - Switch from coffee to tea; drink coffee in a different location
- Plan activities around triggers
- Make smoke-free zones



- Make the smoking area less desirable
- Keep cigarettes in an inconvenient location (trunk, high cabinet)
- Change to a less desirable brand



Avoid triggers to purchase cigarettes

- a. Convenience stores
- b. Tobacco line at the grocery store
- c. Stores that sell single cigarettes



Smoking Allowance

- Set limit on the amount allowed to smoke per day
- Reduce the allowed amount
- Keep only the allotted amount of cigarettes in the pack or in bags

