

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 Triggers

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

Avoid Triggers

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

Avoid Triggers

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

Avoid Triggers

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