

Plan ahead and use this table to work out how you can handle cravings more effectively. List down the times you smoke and come up with your own strategies to combat the urges.

When do I have the urge to smoke?	Activity	Feelings	How can I fight the urge?
7am	Getting out of bed	Tired	Do stretching exercises
10am	Preparing presentation	Stressed	Relax with deep breathing exercises
1pm	Lunch	Relaxed	Eat at smoke-free places/ Eat with non-smoking colleagues