



Have a drink without lighting up

One of the most common reasons why people who have stopped smoking start again involves the use of alcohol.

Some people believe a drink and a smoke just go together. If drinking alcohol triggered your desire to smoke, you can expect to feel very tempted when you're drinking.

Don't be caught off-guard. If you know what to expect ahead of time, you can prepare yourself.

Many former smokers still enjoy a drink. It's not easy at first, but it can be done.

Wondering how you can drink and still stay smoke-free? Here are some tips...

- ▶ When you first stop smoking, the smartest thing to do is to avoid alcohol for a while—maybe the first few weeks-- the period of time when staying away from cigarettes takes all your effort and determination.
- ▶ Don't set yourself up to fail! Have fruit juice instead of soda pop, or drinksoda without caffeine. Or, choose non-alcoholic beer or wine. Many mixed drinks have nonalcoholic versions.
- ▶ Don't drink when you're alone; you may be even more tempted to light up just to have that cigarette keep you company when you're by yourself.
- ▶ As you become more comfortable as a non-smoker, socialize with family and friends who don't smoke.
- ▶ Before you go out, remind yourself that you will not smoke. Tell yourself that you are a non-smoker and cigarettes are not an option for you today.
- ▶ Limit your alcohol intake. Have a drink and make your second non-alcoholic. Hold your beverage in the hand you always used to hold your cigarette. Play with a straw or swizzle stick if you need an oral substitute.
- ▶ Don't drink on an empty stomach.
- ▶ Tell your drinking buddies you've quit and ask them not to offer you cigarettes.



When you know you will be with smoking friends, practice turning down the offer of a cigarette beforehand. Be prepared for someone to say, "Go ahead, one won't hurt you!" Remember that one WILL hurt you.

Nicotine has programmed your brain forever. It only takes a puff or two to lead you right back to your full-blown addiction.

Don't let all your hard work and struggles go to waste.