

New York State Smokers' Quitline

1-866-NY-QUITS

(1-866-697-8487)

www.nysmokefree.com

TTY: 1-800-280-1213

HOW TO:

USE THE PHONE WITHOUT SMOKING



If you are used to smoking while you talk on the phone, it may be hard to think of how you'll be able to make a call without smoking. But if you keep your smokes and ashtrays away from the phone, and plan ahead, and practice, you can be as sure about having smoke-free phone calls as you are about other new non-smoking activities.

What to expect:

Nerves: It is normal to be nervous about not smoking while on the phone; many people are used to having something in their hand while they talk.

Urges: Urges that connect smoking with phone calls are different for every person. You might want to smoke during every phone call, only during some calls (depending on who you're talking to or what you're talking about), or only at certain times of the day. Be prepared for the variety of these urges.

How to plan ahead:

These simple steps will help to break down your mind's connection between smoking and the telephone. It is a very good idea to start doing these things a week or more **before** you stop smoking:

- Keep all cigarettes, matches, lighters and ashtrays away from your telephone.
- Keep gum or sweets near the phone.
- Place a pencil and a large pad next to the phone so that you may doodle or take notes.
- Keep notes of what calls make you want to smoke – is it one caller, or a certain type of call, or is it the time of day that gave you the urge?
- Each day draw a list of the hard calls you have to make and place them early in the day to ease stress.
- If you feel you must smoke, end the call, then go someplace else to light up.

How to get through a call:

You've prepared a non-smoking area around your phone – use the tools you have and try these other tips:

- Walk around while you're talking.
- Hold the phone in the hand you used to smoke with.
- Bring a large glass of water with you to the phone.

Remember: quitting smoking means that you have to practice and learn new ways of doing old things. Over time, it will get easier. In fact, every time you are able to talk on the telephone without smoking, you are gradually weakening the power of that trigger. Learning new skills to help with everyday tasks will lead to a happy and relaxing life as a non-smoker.