

# 30 DAY #STRESSAWARENESS CHALLENGE

IN SUPPORT OF NATIONAL STRESS AWARENESS MONTH, WE'RE HERE TO HELP YOU MANAGE STRESS AND IMPROVE YOUR WELL-BEING. FOR THE NEXT 30 DAYS, WE'VE CREATED SOME SMOKING TIPS TO DEAL WITH CRAVINGS AND TRIGGERS.

	First Thing in the Morning	<ul style="list-style-type: none"> <li>• Change your routine (e.g. shower before your drink)</li> <li>• Try juice instead of coffee</li> <li>• Wake up 10 mins later to reduce idle time</li> <li>• Use your NRT, vape, or medication</li> </ul>	
	On Your Journey to Work	<ul style="list-style-type: none"> <li>• Try a new route or get off a stop early</li> <li>• Keep your hands busy</li> <li>• Listen to music or podcasts</li> </ul>	
	In the Car	<ul style="list-style-type: none"> <li>• Sing along to music</li> <li>• Keep water handy or chew gum</li> <li>• Clean and freshen the car to reduce smoking cues</li> </ul>	
	Routine Breaks During the Day	<ul style="list-style-type: none"> <li>• Go to non-smoking areas</li> <li>• Plan an activity (e.g. walk, read)</li> <li>• Sit with non-smokers</li> </ul>	
	On the Phone	<ul style="list-style-type: none"> <li>• Use a fidget toy or pen</li> <li>• Take the call somewhere smoke-free</li> <li>• Sip on water or juice</li> </ul>	
	Social Settings/Alcohol	<ul style="list-style-type: none"> <li>• Stick with non-smokers</li> <li>• Choose alcohol-free drinks</li> <li>• Use NRT or vape when needed</li> <li>• Avoid triggers early in your quit journey</li> </ul>	
	After Meals	<ul style="list-style-type: none"> <li>• Get up and move (e.g. go for a walk)</li> <li>• Brush teeth or chew gum</li> <li>• Sit in a smoke-free room</li> </ul>	
	Boredom	<ul style="list-style-type: none"> <li>• Have small tasks ready</li> <li>• Read or watch something engaging</li> <li>• Go for a walk or try a new hobby</li> </ul>	
	Stress	<ul style="list-style-type: none"> <li>• Step away from the trigger</li> <li>• Try deep breathing or grounding (like 5-4-3-2-1)</li> <li>• Remind yourself: smoking increases stress over time</li> </ul>	
	Family or Partner Smokes	<ul style="list-style-type: none"> <li>• Ask them not to offer cigarettes</li> <li>• Create a smoke-free space at home</li> <li>• Use NRT or vape if they smoke near you</li> </ul>	