

COPING SKILLS TOOLKIT

*Techniques for
handling emotions
without nicotine.*



NICOTINE-FREE TOOLBOX

MY MANTRA OR AFFIRMATION

MY TOP 3 REASONS FOR QUITTING/ REDUCING

1. _____

2. _____

3. _____

5 GO-TO DISTRACTION TOOLS
(e.g., fidget toy, gum/candy, painting nails)

3 PEOPLE I CAN REACH OUT TO IF I NEED SUPPORT OR A DISTRACTION:
(Tip: Live Chat with QuitNow's coaches!)

1. _____

2. _____

3. _____

WATER



MOOD



DEALING WITH EMOTIONS

FILL IN THE BLANK: WHEN I FEEL _____, I SMOKE/VAPE.
INSTEAD OF SMOKING/VAPING, I CAN:

Text a Friend	Go for a Walk	Listen to Your Favorite Music
Take a Bath or Shower	Take An Afternoon Nap	Try a Grounding Exercise
Do a Breathing Exercise	Doodle Anything On A Paper	Clean Up

Use the ideas above or create your own for each of the prompts below!

WHEN I FEEL BORED, I CAN _____
INSTEAD OF SMOKING/VAPING.

WHEN I FEEL ANGRY, I CAN _____
INSTEAD OF SMOKING/VAPING.

WHEN I FEEL LONELY, I CAN _____
INSTEAD OF SMOKING/VAPING.

WHEN I FEEL STRESSED, I CAN _____
INSTEAD OF SMOKING/VAPING.

WHEN I FEEL SAD, I CAN _____
INSTEAD OF SMOKING/VAPING.

WHEN I FEEL EXCITED, I CAN _____
INSTEAD OF SMOKING/VAPING.

BREATHING EXERCISES

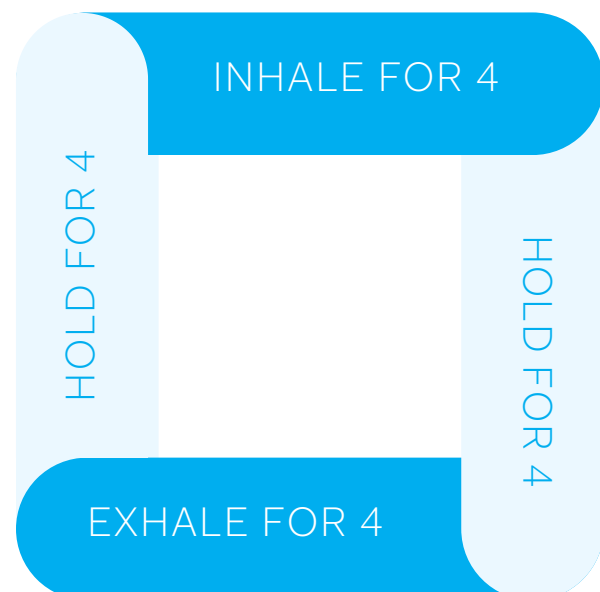
Focusing on your breath can lower stress, calm the mind, and help you relax. Here are a couple of breathing techniques you can try.

PHYSIOLOGICAL SIGHING

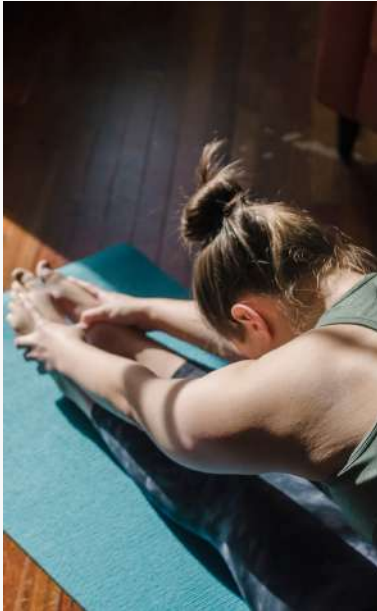
1. Inhale deeply through your nose.
2. Take another small inhale through your nose.
3. Breathe out long and slow through your mouth.
4. Repeat 8-10 times.

BOX BREATHING

Notice the air filling your stomach and lungs.
Repeat for 3-4 rounds.



MEDITATION



BODY SCAN MEDITATION

Meditation helps quiet the mind and can increase feelings of calm and self-compassion.

Take a deep breath in through the nose, and out through the mouth. As you breathe out, close your eyes. Notice how your body feels right now. Starting at the top of the head, gently scan down through the body, noticing what feels comfortable and what feels uncomfortable. Remember, you're not trying to change anything, just noticing how your body feels as you scan down evenly and notice each and every part of your body, all the way down to your toes.

FOREST VISUALIZATION MEDITATION

Visualization is a form of meditation. Try this if you're feeling stressed or anxious.

Imagine yourself walking in the forest or along some kind of wooded trail. Smell the aroma of the trees and leaves and touch the bark. Notice the crunching sound of your feet as you walk. Immerse yourself in the environment and sit down on a log and see what you sense or feel. Try to engage all 5 senses.



PAUSE BUTTON

Try this if you're feeling upset or overwhelmed.

When a situation or person is pushing your buttons, use the Pause Button to take a step back from the situation. Take a deep breath and visualize pushing the pause button on a remote control. Stop and think, and count to 10 before deciding how to react.

GROUNDING EXERCISES

Grounding techniques can help you refocus on the present moment and create space from distressing or anxious feelings.

5-4-3-2-1 METHOD

Engage your senses by naming 5 things you see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

COUNT BACKWARDS FROM 100

HOLD AN ICE CUBE

Notice the sensation of cold and how it changes when the ice begins to melt.



SELF-CARE

Besides breathing exercises and visualization, it can be helpful to have some go-to self-soothing techniques to make yourself feel better when you're not feeling your best.

Try one or more of these the next time you need to self-soothe when your upset or anxious:

Drink a Warm Beverage	Go for a Slow Walk	Listen to Your Favorite Music
Take a Bath or Shower	Use a Weighted Blanket	Do Some Self-Massage
Do a Breathing Exercise	Try Yoga or Stretching	Light a Candle

JOURNALING

Journaling can help you reframe situations and practice gratitude. Write what's on your mind or try something from our list of journaling prompts.

QUITTING OR REDUCING IS IMPORTANT TO ME BECAUSE...
