

# Relapse Prevention



Congratulations! You have managed to stop smoking. It is important to remember that when you least expect it, triggers to start smoking can occur. You may be able to prepare for these situations before they happen. The risk of returning to regular smoking is linked with situations such as arguments with family or friends, stress at work and bereavement. Being aware and planning coping strategies can mean the difference between returning to regular smoking and successfully quitting smoking.

## ? What can you do?

- ▶ Identify your risky situations before they happen.
- ▶ Plan how you will cope – think of the things you can do when a difficult situation arises.
- ▶ Try to remember what you are going to do and practice doing it. This way you will find you react automatically.

Below are some examples of common triggers along with some suggestions of how you might deal with them

Situation	What to think	What to do	Your idea
<b>Getting bad news</b>	<i>Smoking will not change the bad news, nor will it cure any problems, it will only add to them</i>	<i>Talk to someone and make time for yourself</i>	
<b>After an argument</b>	<i>I can cope with the situation without smoking</i>	<i>Get away from the problem for a few minutes; take deep breaths, go for a walk</i>	
<b>Being with smokers</b>	<i>Deep down they wish they could quit too</i>	<i>Try not to have a single puff of a cigarette</i>	
<b>Having an alcoholic drink</b>	<i>I can learn to enjoy a drink without smoking</i>	<i>Keep your hands busy; play with your keys</i>	

Feeling confident? You may feel tempted to want to test yourself. Never think that you can have just one puff of a single cigarette. It is a big risk. It can lead you back to regular smoking again by reawakening the nicotine receptors in your brain.