



TOP 10 CRAVING BEATERS

Nicotine cravings are common during the first few weeks of giving up smoking, but the good news is they tend to last for under 5 minutes. People have had great success beating these cravings by distracting themselves when the cravings kick in.

Below are 10 ideas which may help you.

1) PLAY A SONG

Your favourite song probably lasts the same length as a typical cigarette craving. Music can be both uplifting and motivational too.

2) HAVE A NEW GAME ON YOUR MOBILE

Mobile phone games are often designed to be played in short bursts. Try and move up a level.

3) THINK OF WAYS TO SPEND YOUR NEW SAVINGS

Work out how much you are saving in a week, a month or a year by quitting. Write a list of how you plan to spend this money.

4) BRUSH YOUR TEETH

Perhaps the opposite of smoking, freshen your breath up. Many have found the mint burst repels the need to smoke. Having a mint can also have the same effect.



5) PAMPER YOURSELF

Running a bath, doing a face mask or styling your hair can keep those fingers and thoughts busy.

6) JIGSAW PUZZLE

Have a puzzle on the go and come back to it every time you get a craving.

7) EXERCISE

As much as you can do, be it star jumps, a youtube workout or mobility exercises you can do sitting down. Exercising can give you a real positivity push.

8) TAKE A MENTAL HOLIDAY

Close your eyes and imagine yourself away to your favourite holiday or remember a time when you were totally relaxed.

9) QUIT WITH BELLA APP

Download Quit with Bella, Your AI-Powered Personal Stop Smoking Robo-Coach. Available on the App Store or Google Play.

10) MAKE A JOURNAL

Write down the times when it got tough for you. What were the triggers? This may help you avoid them in the future. It will also be a point of reference of how far you have come and what obstacles you have beaten.