

Getting Past Urges.



Consider this:

How long does an urge last?

An urge to smoke may last only 5 minutes. If you can get through 5 minutes after you feel the urge, the worst is probably over.



If you have an urge, try to find everyday objects to distract you. Here are some suggestions:

| The ordinary object | How to distract yourself |
|---|---|
| <p>Your cell phone</p>  | Update the numbers programmed into your cell phone. Or just call a friend for a quick 5-minute chat. Or why not play a quick game if you have one on your phone? |
| <p>Your wallet</p>  | Clean out your wallet. See if you have any receipts or business cards that you don't need anymore, or that you can keep in some other place. |
| <p>Your sneakers</p>  | A brisk walk or a little light exercise might help you stop thinking about smoking. Please be sure to consult your doctor before taking on a new physical activity. |

An orange and a glass of water



You might enjoy a glass of water if you squeeze a lemon, lime, or orange into it. There's something refreshing about that citrus taste. And it might make a cigarette less appealing.

A letter



Write a good old-fashioned letter to somebody who's important to you. It can help keep you occupied until that urge is gone.

Your desk



Take a look at your desk. Organize the drawers. Clean your desktop. Throw away pens that don't work. Cleaning up your clutter can be distracting and productive.

A computer



If it's allowed where you work, play a computer game. Many computers have simple games like solitaire. Playing a hand or 2 could help get you past that immediate urge.

Can you think of any other 5-minute distractions?
Write them down here:
