



5 WAYS TO PREVENT SMOKING RELAPSE

The golden rule to remember when you quit any form of addiction is to remember: ‘It’s okay to relapse – it is part of learning.’ It’s easy to fall into a shame and self-blame spiral, but the truth is that relapse is part of how you unlearn the habit. So, if that’s you, see your relapse as an opportunity to learn, grow and get back on the horse.

That being said, here are some strategies to help you prevent the next relapse and to stay smoke-free for life.

FOLLOW A QUIT-SMOKING PROGRAM



It’s hard enough to tame your cravings on your own. A smoking cessation program, like the Allen Carr program, can be a great supportive way to help you stay on track. Instead of grinding your teeth and trying to push through, the program will give you structure and support.

Quit-smoking Program

TAKE MEDICATION

Don’t let your pride get in the way! Many of us want to avoid taking medicine for depression, anxiety, or to quit smoking because “I don’t want to use a crutch.” But sometimes, we do need a crutch while we adjust to a new way of life. So why not speak to your GP about your nicotine replacement options?



AVOID RISKY SITUATIONS



When you are next invited to a braai, don’t just show up without thinking it through. Ask yourself:

- “Will there be smokers?”
- “How will I avoid being tempted?”
- “What support do I need to stay clean?”
- “What kinds of situations usually make me more prone to smoking?”

If you prepare for these, your chances of relapse are much lower.

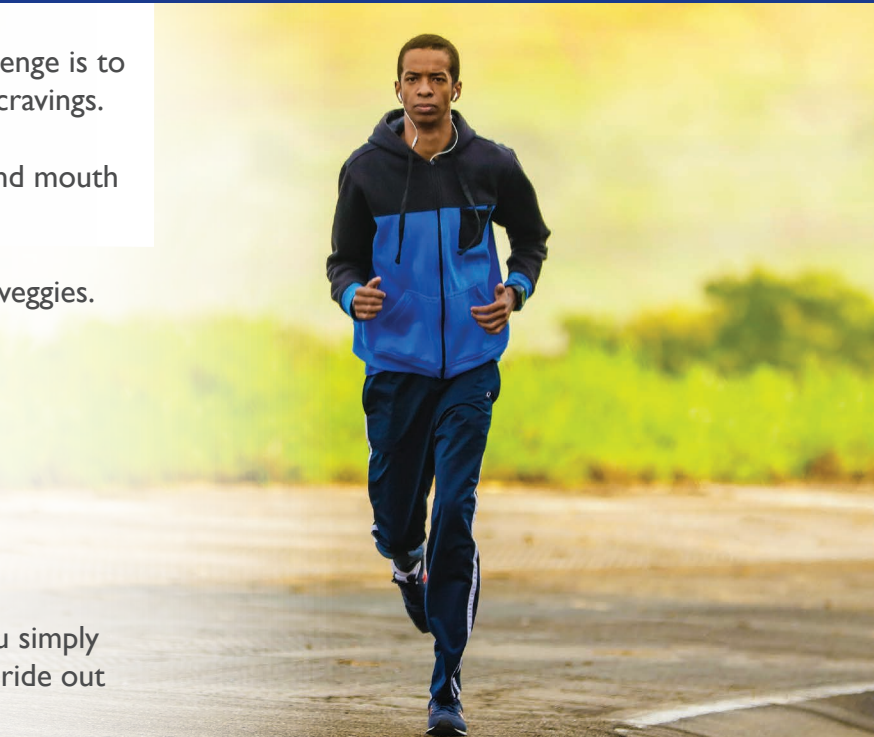
FIND A DISTRACTION

Cravings are normal, and cravings pass. The challenge is to find something to help you push through those cravings.

Some simple ways to keep your mouth, hands and mouth busy, include:

- Chewing gum, a tooth-pick, or some healthy veggies.
- Doing a breathing/mindfulness practice.
- Counting slowly from 10 to 0.
- Exercising.
- Reaching out to a friend.
- Picking up a hobby; like knitting, drawing, or puzzle-building.
- Doing chores.

If you have a menu of things to choose from, you simply pick one and go through the activities, until you ride out the craving.



GET SUPPORT.



If smoking was your way to make connections and to socialise with other smokers at work, it can feel isolating to stop. Why not join a support-group, or reach out to other friends who have already quit, or who do also want to quit? Having someone to talk to can be incredibly helpful – especially when the going gets tough!

Quit Smoking Apps:

QuitNow!

GET IT ON Google Play

Download on the App Store

Smoke Free:

GET IT ON Google Play

Download on the App Store

References:
<https://utswmed.org/cancer/support-services/resource-articles/ways-prevent-smoking-relapse/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1494968/>
<https://www.allencarr.com/>