



HOW TO: **DRIVE WITHOUT SMOKING**



Smokers commonly light up when they get into the car or truck. They smoke while driving—especially on long trips—as a way to relieve stress and combat boredom.

It may be hard for you to imagine driving without smoking, but it really is possible! At first these changes may be hard to make, but if you persist, you'll get used to the changes and soon you won't even think of smoking when you drive.

Here are some things you can do while you're getting ready to quit:

- ❑ Try not to light up as soon as you get behind the wheel. Do something else instead.
- ❑ Have oral substitutes available (swizzle sticks, straws, toothpicks, sugarless gum, licorice sticks, etc.)
- ❑ If you have not already done so, make a list of reasons why you want to quit. Tape them to your dashboard. Read one or two of them when you're stopped at a red light or stuck in a traffic jam.
- ❑ Instead of bringing your whole pack of cigarettes into the car, bring one or two and leave the rest at home or in the trunk. Later, try bringing none, especially on short trips.
- ❑ To keep from getting bored, tune-in to the radio, play a tape or CD to sing along with, or listen to a book on tape.

After you quit:

- ❑ Remove all cigarettes, butts, the ashtray and lighter from the vehicle. Clean your car or get the interior detailed so that everything is clean and fresh.
- ❑ Ask others not to smoke in your car.
- ❑ Consider carpooling or using public transportation for a while.
- ❑ Don't travel the same routes you're used to, especially if you'd be passing the places where you usually buy cigarettes.
- ❑ If you get a craving, remind yourself that it will pass in just a minute or two.
- ❑ If you're taking a long trip, plan frequent rest stops along the way.
- ❑ Bring healthy things to nibble on (popcorn, pretzel sticks, raisins or other dried fruits, bite-sized veggies, berries or grapes).

Even though getting used to this change can be hard at first, if you work on breaking these habits, your desire to smoke while driving will soon be nothing more than a distant memory!