



HOW TO: **ENJOY COFFEE OR TEA WITHOUT CIGARETTES**



Do you have to give up coffee or tea when you quit smoking?

Not necessarily! There are things you can do while you're getting ready to quit, and things you can do after you quit, to make it easier to enjoy coffee or tea without smoking.

Why you crave a cigarette when drinking coffee or tea:

- ▶ When you drink coffee or tea and have a cigarette, your brain starts to link these two activities. Over time, it becomes very hard to do one without the other. The nicotine in cigarettes often makes you feel happier, more alert, relaxed and peaceful. Since drinking coffee or tea often gives the same feelings, having one without the other may create a temporary sense of loss.
- ▶ This sense of loss can be a strong trigger to smoke. At first, you may feel as though your drink doesn't taste the same, but with time, you'll adjust to the change and be able to enjoy the taste and aroma of the coffee or tea.

Before you quit:

- ▶ Instead of having a cigarette with your coffee or tea, have it before or after, then slowly add a couple of minutes between them over the next several days. Set a goal to wait 15 minutes between your cigarette and your drink.
- ▶ Drink your coffee or tea in a place where you don't usually smoke, or vice-versa.
- ▶ If you drink coffee or tea with caffeine, you may want to gradually reduce the amount of caffeine you consume by switching to decaf. Feeling "jittery" is a common side effect of quitting smoking. If you add caffeine the side effect may be a bit worse.

After you quit:

- ▶ Instead of smoking, read your list of reasons for quitting.
- ▶ Hold your cup in the hand where you used to hold a cigarette
- ▶ Keep your hands busy with a doodle pad, crossword puzzle, newspaper, to-do list or dunk low-fat cookies into your tea or coffee.
- ▶ Between sips, take deep breaths and savor the aroma of the coffee or tea.
- ▶ Don't sit in the same seat or the same room where you used to sit when you were smoking.
- ▶ Stand up and drink your tea or coffee quickly and then go for a walk.
- ▶ Call a relative or friend or the NYS Smokers' Quitline for encouragement.
- ▶ Have your coffee or tea in a coffee shop or restaurant where smoking is not permitted.

Remember: Every time you are able to have a cup of coffee or tea without lighting up, you are weakening the urge to smoke. Things will get easier. Before long, you won't even think of smoking with your coffee or tea!