

# MyQuit Trigger Helper

When a craving hits, use one of these distractions to help you cope. Keep an eye out for common triggers, like the ones below.

## Distraction Tools

Text a friend

Breathe deeply

Take a walk

Drink water

Listen to a song

Go to the movies

Enjoy a snack

Chew toothpicks

Go online

Play a game

## Common Triggers

Finishing a meal

Feeling stressed

Taking a work break

Driving

Seeing other smokers

Going to a bar