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5 Ways to Work on Stopping Your Cigarette Addiction

Our Friends · Friday, August 28th, 2020

To put it clearly, many regular smokers have fallen victim to the addictive additives found in most cigarettes. Unfortunately, it can be a difficult habit to break. That being said, there has been a better understanding of these addictions in past years and new approaches to weaning off of these harmful substances are more widely known and practiced.

If you have been trying to kick the cigarette addiction, but you're afraid of quitting cold turkey, we have a list of some tried and tested approaches to ridding you of this habit! Here's 4 ways to stop your cigarette addiction.

1. E-cigarettes

E-cigarettes are becoming more popular every year; that's because industry-leading companies are making better models and traditional smokers are becoming more interested.

Vaping and e-cigarettes have become incredibly popular for regular smokers, and there are a few reasons why.

- The act of smoking an e-cigarette is very similar to that of a regular cigarette, so the user doesn't really miss out on the experience. Companies like [RELX](#) design the products so that inhaling feels as similar to smoking a cigarette as possible.
- The real attraction of these devices is that they can be less harmful and contain fewer damaging substances than cigarettes.
- They also contain cutting-edge technology, like voice activation, Bluetooth capabilities, and accessible charging.

If you aren't wanting to fully quit the habit or are wanting to wean your way off of the day-to-day smoking, you might want to check out these devices on the market today.

2. Try a New Hobby

As we stated above, the act of smoking is truly a force of habit. Learning to break addictive habits is challenging, but we suggest taking your mind off of it with a new hobby!

When your mind is occupied with doing something new and exciting, you are less likely to give into cravings.

Whenever you may feel like smoking, a good coping mechanism is to quickly jump into another task or action. Having a new hobby or finding a new passion will give you the motivation needed to push through on those tougher days.

3. Celebrate Your Wins

Quitting smoking is definitely a marathon and not a sprint. An important part of every success story is that you celebrate on those little wins.

Whether you went a full week without smoking or made it just a day, you are working in the right direction and *will* continue to reach these amazing milestones.

Celebrate and reward yourself, regardless of how small the win is, and you will quickly see how fulfilling this journey is!

4. Join in on Group Activities

Another great approach to weaning off your smoking addiction is by joining group activities. This can be with fellow smokers who are trying to quit or just some friends and family.

The idea is that being surrounded by a supportive group of people will help to keep you accountable and will keep your goals on the forefront. Take your friends to your favorite restaurant for dessert when you feel a craving!

5. Come Up with Incentives

You should also have some things to look forward to as you make your way through this journey.

Setting up regular incentives is the best way to keep yourself accountable and motivated for the long run.

Once you have decided to start working toward quitting, make sure to create a list of some things that make you happy.

Have a healthy mix of activities or material things you would one day like to purchase, and then keep that list on you at all times. This will serve as a great reminder of what you are working toward.

Bottom Line

Even though it may seem challenging at first, thousands of people choose to stop smoking for different reasons and so many of them are successful. You just have to find the method that works for you, and these suggestions serve as a great place to start!

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