

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 can make you feel happier, more alert, relaxed, and peaceful. Since drinking coffee or tea often gives similar feelings, having one without the other may create a temporary sense of loss — a strong trigger to smoke.

At first, you might feel that your drink doesn't taste the same, but with time, your senses will adjust, and you'll once again enjoy the taste and aroma of your 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 few minutes between them over several days.
- » Set a goal to wait 15 minutes between your cigarette and your drink.
- » Drink your coffee or tea in a different place where you don't usually smoke — or vice versa.
- » If you drink caffeinated coffee or tea, consider gradually reducing caffeine by switching to decaf.
- » Feeling "jittery" is a common side effect of quitting smoking, and caffeine can make it worse.

These small adjustments will help break the mental connection between smoking and your favourite drink.

After You Quit

- » Instead of smoking, read your list of reasons for quitting.
- » Hold your cup in the hand where you used to hold your cigarette.
- » Keep your hands busy — use a doodle pad, do a crossword, read the newspaper, make a to-do list, or dunk low-fat cookies into your tea or coffee.
- » Between sips, take deep breaths and savour the aroma of your drink.
- » Don't sit in the same seat or room where you used to smoke.
- » Try standing up to drink your coffee or tea, then go for a short walk afterward.
- » Call a friend or relative for encouragement.
- » Enjoy your coffee or tea in a non-smoking café or restaurant.

Remember

Every time you have a cup of coffee or tea without lighting up, you're weakening the urge to smoke.

It gets easier with time — and before long, you'll enjoy your drink without even thinking about cigarettes.