



Home run!



Positive thinking will support your tobacco reduction journey.

Although the event may be the same, how we choose to see, think and take action it will produce very different results. The next time you are in a high risk situation, think about your thoughts and steer them towards a positive outcome.

Hit it out of the park!

Strategies for Increasing Positive Thoughts

Try not to worry too much	Excessive worrying will drain your energy – and you need energy to handle high risk situations.
Positive Visualization	If you are in the middle of a stressful situation, put a positive picture in your mind's eye of a successful experience you've had.
Affirmation	When you know that you're going to be in a high risk situation, it's a good idea to "gear yourself up" or to "psyche yourself up" for positive action. One way to do this is to list (on paper or in your mind) a number of positive statements about yourself as a non smoker. Examples: I choose not to go back to smoking; I feel healthier when I don't smoke.

Source: Breath Easy Workbook