

# Tobacco in Australia

## Facts & Issues

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### Relevant news and research

## 7.8 How can relapse be prevented?

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## Research:

### *7.8 How can relapse be prevented?*

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#### *7.8.1.1 Temporary changes in routine*

#### *7.8.1.2 Managing stress and mood disturbance*

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### *7.8.1 Anticipating and coping with triggers (stress and mood changes, social pressure and alcohol)*

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#### *7.8.1.2 Managing stress and mood disturbance*

##### *7.8.1.2.1 Mindfulness*

#### *7.8.2 Managing cravings*

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*7.8.2.3 Exercise*

*7.8.3 Social support*

*7.8.4 Developing a non-smoker identity*

*7.8.5 Managing concerns about weight gain*

*7.8.5.1 Pharmacological interventions*

*7.8.5.2 Behavioural interventions*