

SMOKING CIGARETTES IS A SERIOUS PROBLEM...

Give Quitting a Serious Try.

You can quit smoking! Hundreds of people do it every day.

Here are some suggestions for things you can do while you are considering becoming smoke-free:

- **Become aware of your smoking.** Where and when do you smoke the most?

- **Of all the cigarettes you smoke, how many do you really enjoy?**

- **Pay attention to any smoking-related health symptoms you have.** Are you coughing or wheezing? Short of breath?

- **Make a list of the negative effects smoking has on your life:**

- **Now make a list of all the benefits of quitting that you can think of.** Clip it out and post it on your refrigerator or desk. Refer to this list whenever you need encouragement to actually give quitting a try.

WHAT QUITTING SMOKING WILL DO FOR ME...



- **If you've tried to quit in the past and then started smoking again, why not try again now?** Remember that many people need several tries before they actually quit for good. The main idea is to learn from past mistakes, and to use what you've learned about your smoking habit during previous quit attempts to help you quit once and for all.
- **Keep trying. You can do it!**

CIGARETTES ARE BAD NEWS!

CIGARETTES CONTAIN CANCER-CAUSING TARS and particles that clog your airways and prevent your lungs from naturally cleaning themselves. If you smoke one pack of cigarettes a day for one year, your body absorbs about one pound of tar!

Cigarette smoke contains carbon monoxide, a gas that pushes oxygen out of your system and lowers your energy level. This is the same gas that comes out of your car exhaust!

Cigarettes contain DDT, arsenic, formaldehyde, strychnine, freon, cyanide, and over four thousand other chemicals!

ONE OUT OF EVERY SIX DEATHS IN THE UNITED STATES can be linked to smoking—over 419,000 deaths each year. Thirty percent of all people who die from cancer are smokers.

THERE IS A DIRECT LINK BETWEEN LUNG CANCER AND SMOKING.

Most individuals who get lung cancer are smokers.

About five hundred people die each day from cardiovascular diseases connected with smoking.

SMOKING IS RESPONSIBLE FOR OVER ONE MILLION CASES of chronic bronchitis and emphysema each year.

The Surgeon General's Report shows that smoking can be harmful to nonsmokers

exposed to the cigarette smoke—especially those with asthma and other lung diseases.

WOMEN WHO SMOKE TYPICALLY HAVE LOWER BIRTHWEIGHT BABIES.

Smoking has also been shown to increase the chance of Sudden Infant Death Syndrome.

Children of smokers have more cases of colds, upper respiratory infections, ear infections, and asthma.

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Practical Skills for Healthcare Professionals Training
Program, 2001, 2006

THE PRICE OF SMOKING

Use this worksheet to figure out how much money you've spent on cigarettes since you've started smoking.



Number of packs you smoke in a year if you smoke:

1 pack a day=	365
1-1/2 packs a day=	548
2 packs a day=	730
2-1/2 packs a day=	913
3 packs a day=	1095

Number of packs I smoke in a year..... _____

Number of years I have smoked..... _____

Multiply to obtain number of packs I have smoked since I started smoking _____

Multiply by \$4.00 _____

(the average cost of a pack of cigarettes over the last 25 years)

This is how much you have spent on cigarettes since you began smoking

What did you get for your money? _____

Now, figure out how much you will spend if you continue to smoke.

Subtract your age from 75 _____
(the average life expectancy)

Multiply by 365 _____

Multiply by how many packs a day you smoke _____

Multiply by \$7.00 _____

(the average future cost of cigarettes)

This is how much you will spend if you continue to smoke.....

Now, add the two boxes together to get your lifetime dollar cost of smoking



What else could you do with that money?

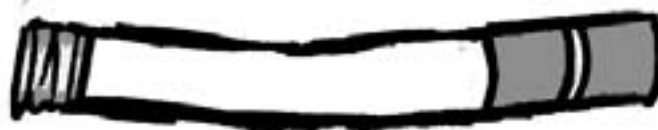
- A 65" high definition TV with theater sound \$3,500
- A two-week trip to Hawaii for two \$4,500
- A year's tuition at a major university \$41,000
- A 54-day, 'round the world cruise on the QE2 (outside room) \$60,000
- If I had an extra \$ _____ I would: _____

WHAT'S IN A CIGARETTE?

There are over 5,000 chemicals in a cigarette. Many of these occur naturally in tobacco. Others are added as insecticides and fertilizers, as flavor enhancers, and to make the paper burn evenly and longer. Still others are a result of the burning process itself. Here's a sample of the substances you put into your body every time you puff on a cigarette!

Acetone:	Paint thinner
Ammonia:	Household cleaner
Arsenic:	Rat poison
Benzene:	Used in making dye
Butane:	Lighter fluid
Carbon Monoxide:	Comes out of your car's tail pipe
Cadmium:	Used in batteries
Cyanide:	A deadly poison
DDT:	The banned insecticide
Formaldehyde:	Used in embalming
Hydrogen cyanide:	The poison used in gas chambers
Lead:	A heavy metal
Methoprene:	Insecticide
Naphthalene:	Used to make mothballs
Polonium:	A cancer-causing radioactive element
Tar:	The same material used to fill potholes

...and 36 other known carcinogens



Nicotine: Nicotine is the addictive substance in cigarettes. It's what keeps you hooked. However, it's not what causes the medical problems associated with smoking. All the chemicals listed above contribute to the cancers, heart problems, emphysema, and the other negative health consequences that result from smoking.

CONGRATULATIONS

...YOU'VE DECIDED TO QUIT!

Good for you...you've taken that first big step.

Now what?

1. **Set a quit date — one that is within the next two weeks.** It is important to make a commitment to quit, and the best way to do that now is to pick an actual date for quitting and to stick with it. Write your quit date here: _____

2. **Then, refer to the accompanying handouts.** They were designed by the University of Pittsburgh's Smoking Cessation: Practical Skills for Healthcare Professionals Training Program and provided to you by your smoking cessation counselor.

Here is an overview of the handouts and how each will help you in your effort to quit smoking:

- **COUNTDOWN TO QUITTING** has valuable information you can use to prepare for your actual quit date. Use this handout to learn more about your smoking habit and to get ready to begin your new smoke-free life.
- **A LETTER TO A PERSON I'M HOPING WILL HELP ME QUIT** is for you to complete and give to your support person, so he or she knows what kinds of help you will need as you go through the quitting process.
- **NICOTINE REPLACEMENT** is for you to review with your smoking cessation counselor, as you decide which product will work best for you.

- **PREVENTING TEMPTATIONS: BEING PREPARED** is packed with tips that will help you to temporarily change the daily habits that link your life to cigarettes.
- **COPING WITH TEMPTATIONS: BEING STRONG** will give you plenty of good ideas about what to do when you feel an urge to smoke.
- **SNUFFING THE URGE TO SMOKE** is a handy reference to new coping techniques.

3. **Other specialized handouts are also available from your smoking cessation counselor.** These deal with specific situations that many new nonsmokers find to be troublesome. Feel free to ask your smoking cessation counselor for any or all of these handouts:

STRESS MANAGEMENT
WEIGHT MANAGEMENT
WITHDRAWAL SYMPTOMS
ROUTINES
MEALS AND COFFEE
ALCOHOL AND SOCIALIZING
BEING AROUND SMOKERS

4. **Remember, your smoking cessation counselor has been specially trained and is there for you whenever you need help.**
Just ask.

5. **Finally, always keep a positive attitude.**
You can do it.

COUNTDOWN TO QUITTING

You've made the decision to quit. Good for you!

Here are some suggestions on what to do to get ready.

- **The first step in preparing to quit is to set a quit date.** Choose a date within the next two weeks.
- **Consider getting a "quitting buddy."** Choose someone who has already quit smoking, or someone who has never smoked—someone you can rely on to help you quit.
- **Use the time between now and your quit date to learn as much as you can about your smoking habit and routines.** Once you have quit, this information will help you to stay smoke-free. By understanding when and where you are most likely to smoke, you will be better prepared for how you will feel when you quit, and you will know what kinds of situations to try to avoid.
- Try one of these suggestions for the next three days:

Pay attention to every cigarette you smoke. Where are you? What are you doing? What are you feeling? Then think back over the three days to see the patterns to your smoking.

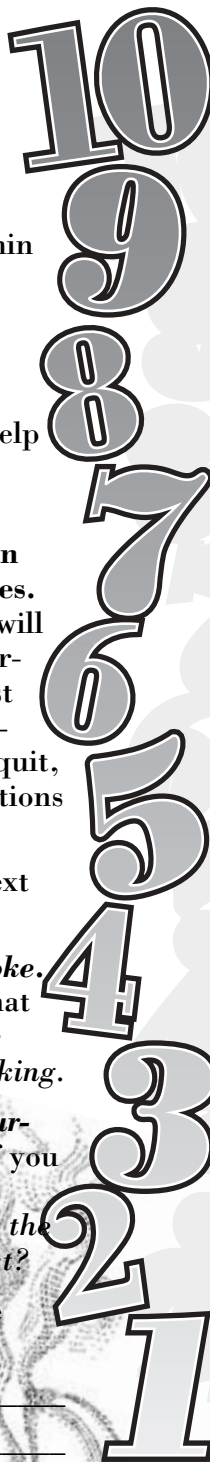
Before you smoke each cigarette, ask yourself: "Do I really want this cigarette?" If you do, then smoke it. If not, just put it back until you really want it. Think back over the three days. Where do you smoke the most?

Now, list below the three situations where you found you most wanted to smoke:

1. _____
2. _____
3. _____

Which three cigarettes of the day would probably be the easiest to give up?

1. _____
2. _____
3. _____



- **To successfully quit smoking, you must be aware of the situations where you are now most likely to smoke.** You must be ready, for a couple of weeks at least, to change your routines and avoid those "trouble" situations. And when you do find yourself in one of those situations anyway, you must be prepared to change what you do and how you think so that you do not reach for a cigarette.
- **Look back at the three situations where you most wanted to smoke.** Decide now how you can avoid those three situations. And if you find yourself in one of them anyway, decide how you can handle it without smoking.

I can avoid Situation 1 by _____

I can handle Situation 1 by _____

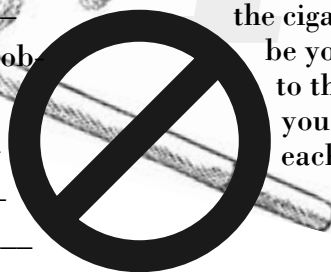
I can avoid Situation 2 by _____

I can handle Situation 2 by _____

I can avoid Situation 3 by _____

I can handle Situation 3 by _____

Quitting smoking is something that you must actively do; it is not something that will just magically happen once you finish the cigarette that you have decided will be your last. During the two to three weeks after your quit date, you will be actively quitting smoking each day, all day. Yes, it's work. *And yes, it will be worth it!*



SMOKING CESSATION MEDICATIONS

Nicotine is the addictive substance in cigarettes. After years of smoking, your body has become used to having a certain amount of nicotine in it. When your nicotine level drops below that point, you feel a craving for a cigarette. When you smoke the cigarette, your nicotine level goes back up.

When you quit smoking suddenly, your nicotine level quickly drops. As this happens, you may experience withdrawal symptoms. You may become irritable, get a headache, have trouble sleeping, or have an intense craving for a cigarette. In a short period of time—usually a few weeks—your body will clear itself of nicotine and these symptoms will go away. But for this to happen, you have to stay smoke-free during that time. For many people, this is difficult to do without some help. They start to smoke again in order to relieve their withdrawal symptoms.

Nicotine replacement products provide the help most quitters need. These products provide new nonsmokers with a steady, controlled amount of nicotine throughout the day. So, withdrawal symptoms and cravings for cigarettes are reduced.

It is very important to realize that nicotine replacement products are not “magic pills” or a “cure” for smoking. They will not stop your smoking for you. **ONLY YOU CAN DO THAT.**

Using these products simply takes the edge off your cravings. These products give you the opportunity to make changes in your routines and practice new coping skills without having to deal with bothersome withdrawal symptoms at the same time. Once you are comfortable being a nonsmoker, you can then focus on becoming nicotine-free. Each product has its own method for doing this.

NRT products generally cost less than \$40 per week. Remember, this cost is only for a short time and amounts to far less than the \$1500 to \$2000 most smokers spend on cigarettes each year.

Here are the nicotine replacement products currently available and general recommendations for their usage. As you can see, these products come in different dosages. To use the products successfully, it is very important to get the correct dosage for you. Your smoking cessation counselor has detailed information on each product and can help you choose the type of nicotine replacement and the dosage that will be best for your needs and your lifestyle.

OVER THE COUNTER PRODUCTS

PATCH

Nicoderm	21mg, 14 mg, 7mg (original and clear)
Private Label (store brand)	21 mg, 14mg, 7mg

GUM

Nicorette (original, fresh mint, fruit chill)

Generic

2mg—if you smoke less than 24 cigarettes a day

4mg—if you smoke 25 or more cigarettes a day

LOZENGE

Lozenge-Commit (mint) and generic

2mg—first cigarette more than 30 minutes from waking

4mg—first cigarette less than 30 minutes from waking

PRESCRIPTION PRODUCTS— SEE YOUR DOCTOR

Oral Inhaler—a mouth piece with a nicotine cartridge

Nasal inhaler—metered nicotine spray

Zyban—a version of the antidepressant Wellbutrin that relieves withdrawal symptoms. Does *not* contain nicotine.

Chantix—a non-nicotine pill

A LETTER TO A PERSON I'M HOPING WILL HELP ME QUIT

Dear _____,

I have decided to quit smoking, and I would like your support. Here are some ideas about the kinds of help I will need from you. Please read them over, and then let's talk about how you can help me stop smoking.

- **Be positive.** No matter what, please be upbeat and encouraging.
- **Be there when I need you.** Please do not call too often to check on me. I'll let you know when I need help. When I do contact you, please be a good listener. Sometimes that will be all I need.
- **Encourage me to try new coping techniques** by talking to me about what I could do, instead of smoking a cigarette, when I find myself in a situation where I have been used to smoking.
- **Reward my progress whenever you can.** A simple "You're doing great!" or "I'm proud of you!" will mean a lot to me.
- **Be patient.** Making a permanent change is hard to do, and I may slip once or twice before reaching my goal.
- **Be there for me in the long run.** It will be easier to be enthusiastic and understanding during the first two or three weeks. But months later, when the excitement has worn off, may be the time I need your help most.

- _____
- _____
- _____

Sincerely,

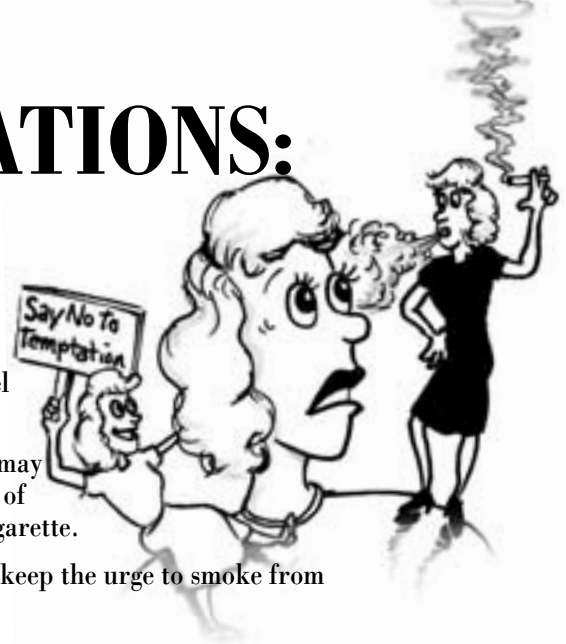
P.S. If you used to smoke, please don't expect me to go through exactly the same thing you did. Remember that the quitting process is different for everyone. And if you've never smoked, please try to understand how difficult this is for me. I hope you will be patient with me if I'm moody now and then!

PREVENTING TEMPTATIONS: BEING PREPARED

When you quit smoking, you will probably be tempted to smoke from time to time. Just about every new nonsmoker is. Temptations are most likely to occur when you are in a situation in which you often smoked. You may feel temptations for several months after you quit.

Over the years, you have smoked so many times in certain situations that you may now automatically connect those situations with smoking. Just drinking a cup of coffee or finishing a meal, for example, may make you think about having a cigarette.

Changing your routines will remove many of these temptations and will help keep the urge to smoke from sneaking up on you.



Ways to Keep Yourself From Being Tempted to Smoke

- **Always be prepared.** Know ahead of time what situations might be a problem for you, and know what you need to do to prevent the temptation from occurring. Here are some common situations that may trigger an urge to smoke, and suggestions about how to eliminate them:

MORNINGS — Change your routine. Get up earlier, take a bath instead of a shower, get dressed in a different room.

MEALS — Remind yourself ahead of time that you can get through a meal without smoking. Sit in non-smoking sections.

SEEING OTHER SMOKERS — Avoid situations where you know smokers will be.

NEGATIVE FEELINGS — Rethink your belief that smoking makes things better. Without a cigarette, you are in control.

ALCOHOL — As much as possible, avoid drinking alcohol for the first few weeks after you quit smoking.

Now, list below the three situations where you think you will have the strongest temptations to smoke. Then, next to each situation, write what you will do to change your routine and eliminate the temptation.

Tempting Situation	What I Will Change
1. _____	_____
2. _____	_____
3. _____	_____

- **Avoid a tempting situation altogether.** There is no shame in feeling that you cannot handle a certain situation for awhile. The first few weeks of quitting is no time to test your strength!
- **Stay away from stressful situations as much as possible until you feel strong enough to handle them without smoking.** Ask your smoking cessation counselor for the Stress Management handout. It contains many ways to handle stress in a healthy manner. Practice these techniques often.
- **Take care of yourself.** Begin an exercise program, after consulting your doctor. Eat well-balanced meals, get your normal amount of sleep, and drink plenty of water.
- **Avoid boring situations where you might begin to think about smoking.** Keep busy. Always have something to do.
- **Remind yourself often that you are happy being a nonsmoker and that life is much better without cigarettes.**
- **Focus on the positive aspects of your life.** Rather than thinking that you have been deprived of smoking, remind yourself that you have made the decision to quit and to live a more healthy, productive life. *There are much more exciting and interesting things than smoking to occupy your time!*

COPING WITH TEMPTATIONS: BEING STRONG

Quitting smoking is about more than regulating the nicotine level in your body. Much more importantly, quitting is about learning how to live your life without cigarettes. This is called “coping.” It’s having a cup of coffee in the morning, taking a drive, dealing with the pressures of family and work, and more — without lighting up, and, eventually, without even wanting to.

Coping involves acquiring new knowledge and learning new skills. It means learning how to handle all the urges you have for a cigarette and finding new ways to deal with situations in which you used to smoke. You *could* say that quitting smoking and being able to cope have much more to do with “skillpower” than willpower!

You can handle your desires or urges to have a cigarette in two main ways: changing how you think and changing what you do. And you can make these changes either in advance or at the moment the desire to smoke occurs.

Using a combination of both advance and at-the-moment techniques is the best way to keep yourself smoke-free. Using advance techniques helps you to prevent a desire for a cigarette from occurring.

Using “at-the-moment” techniques ensures that, if the desire for a cigarette does sneak up on you, you’ll be able to handle it without smoking.



On the next page are details about coping techniques that new nonsmokers have found helpful. Read them over, and begin to use some of them to help you through the day.

Once you become comfortable with the coping techniques you’ve learned, you can begin to combine them. For example, as you walk away from a place where you had a strong urge to smoke a cigarette, you can say to yourself “I did it! I am in control,” as you take a deep breath. Combining techniques makes them even more effective.

On a following sheet is A Smoke-Free Me, a summary “coping menu” that lists several good ways to keep cigarettes off your mind — and out of your hand! Post it where you can see it during the day and let it remind you of the many things you can do *instead of* reaching for a cigarette!

YOUR PLAN FOR ACTION

Even after you change many of your daily routines and remove many temptations to smoke from your day, sometimes an urge to smoke will still sneak up on you.



What is an urge? Often it is nothing more than a thought. In the past, when you thought about having a cigarette, you usually smoked one. Now that you have quit, you may still be having these thoughts and may not know what to do with them.

Begin by realizing that just because you think about a cigarette doesn't mean you have to smoke one. In every situation where you have an urge to smoke, you can do or think about something else instead.

Dealing with the urge, or coping, is an important part of becoming a nonsmoker. You can deal with urges in two main ways: changing how you think, and changing what you do.

Make a commitment now to make these changes for at least the next few months. That's how long it usually takes for most people to feel comfortable not smoking. As you make these changes, you will notice that you will be thinking of cigarettes less and less often, and with less and less intensity.

The best way to cope is to have a plan ready. Know what you will do before the temptation hits. With that in mind, here are some suggestions that will help you to reduce how often you think about smoking, and teach you what to do when the urge to smoke does occur.

CHANGING HOW YOU THINK

- **Don't make a big deal out of your thoughts about cigarettes!** It is only natural to think about cigarettes – and even to dream about them – for a while after you quit smoking. Just accept this and go on.
- **Remember, the thought about a cigarette actually lasts only a few minutes.** Dwelling on the thought is what makes it last longer. Just say to yourself, “O.K., I'm thinking about smoking. SO WHAT?” And then proceed with whatever you were doing.
- **Thinking about a cigarette does not mean you have to smoke one.** Every day you think about lots of things that you don't actually do!
- **When you have a thought about cigarettes, tell yourself “It's just a thought,” or “I am in control,” or “I am strong and getting stronger every day,” and then let the thought go away.**

CHANGING WHAT YOU DO

- **Do deep breathing.** When you have the desire for a cigarette, take a deep breath. Hold it in for a few seconds, then let it out through your mouth just as you did when you exhaled while smoking. The desire will quickly pass, and you will feel more relaxed.
- **Distract yourself.** Move on to another task. Always have something to do with you just in case. Many people carry a paperback book with them or work on their weekly schedule.
- **Escape from the situation.** Sometimes a situation may be just too much to handle. If that is the case, there is no shame in leaving. Avoid the same situation until you have a plan to cope with it.
- **Call your support person, or talk with someone nearby.**
- **Keep your mouth busy:** drink a glass of water, eat a piece of sugarless candy, or chew a piece of gum.
- **Hold a straw or cinnamon stick in your hand as you would hold a cigarette.**

Now, take a moment and write down three coping techniques that you plan to use when an urge to smoke strikes. Remember to actually use these techniques when the need arises!

1. _____
2. _____
3. _____

REMEMBER:
The only way the thoughts about smoking will go away for good is if you **DO NOT SMOKE.**
Having just one cigarette continues the control that smoking has over your life.

SNUFFING THE URGE TO SMOKE

Quitting smoking is more than removing nicotine from your body. More importantly, quitting is removing cigarettes from your daily life.

Here are several good ways to keep cigarettes off your mind and out of your hand!

Clip this out and place it where you can see it during the day.

A SMOKE-FREE ME

I'M CHANGING HOW I THINK...

- I'm rethinking my belief that smoking is the only way to deal with my problems.
- I'm reminding myself of the risks of smoking and the benefits of quitting.
- I'm saying to myself, "I am in control."
- I'm diverting my thoughts by picturing myself on a sunny beach or in a lush forest.
- I'm asking myself, "How could a cigarette really make this situation any better?"

I'M CHANGING WHAT I DO...

- I'm changing my routines.
- I'm keeping active.
- I'm avoiding tempting situations.
- I'm taking deep breaths.
- I always have something with me to keep me occupied.
- I'll leave the scene if I feel tempted to smoke.



STRESS MANAGEMENT



Like many people, you may feel that smoking a cigarette helps you to beat stress.

You may be surprised to find out that the nicotine in cigarettes is actually a stimulant that makes your heart beat faster and increases your blood pressure!

So, why do many smokers feel more calm and relaxed when they smoke? This is caused by a combination of three things:

- If you are a smoker, your body is “used to” a certain amount of nicotine. When your nicotine level drops below that amount, you feel uncomfortable. Then, when you put more nicotine into your body, you “feel better” — not because your problems are gone, but simply because nicotine is back in your bloodstream.
- If you are a smoker, you have probably smoked a cigarette so many times during stressful situations that you now connect the “feeling better” that nicotine brings about with feeling more relaxed and in control of your problems. You have actually trained yourself to believe that smoking a cigarette helps to make you calm and in-control.
- Each time you inhale while smoking a cigarette, you are taking deep slow breaths. Deep breathing in this way, with *or without* a cigarette, actually does help calm you.

So, as you smoke a cigarette, you breathe deeply and bring the nicotine level in your body back up to a certain level. You get a feeling that you are more relaxed, and you think that the cigarette has done this for you.

It is understandable that you are concerned that, by quitting smoking, you will lose your “relaxation tool” and will be overcome by stress.

But it is very important to understand that YOU, NOT THE CIGARETTE, have always been the one doing the calming and relaxing! A cigarette does not contain any ingredient that can relax you. It cannot pay your bills, make the traffic go any faster, or help you deal with your boss.

Smoking a cigarette has simply been your way of “setting the stage” for relaxing yourself and coping with stress. As you focus on quitting smoking, you simply need to find new ways to set the stage for relaxation and stress management. There are so many ways to do this!

And while you are at it, why not reduce the number of stressful situations in your life at the same time? You’ll find yourself enjoying your new smoke-free life even more!

The suggestions on the next pages give you some new ways to reduce stress and to deal with stressful situations in a healthy manner. *Give them a try!*

REMEMBER:
A cigarette is only paper and dried-up leaves. It is not a magic wand!
A cigarette has never solved your problems — you have done that yourself, and you can continue to do so without cigarettes.

REDUCING THE STRESS IN YOUR LIFE

- Be sure to eat right, get plenty of sleep, and take part in some kind of exercise. If you do not exercise now, walking twenty minutes a day would be a good place to start. Talk with your doctor before beginning any exercise program.
- Focus on the good things in your life! Make a list of all the good things you have now. Look at the list when you become angry or upset.

THESE THINGS MAKE MY LIFE GOOD!

- Learn to accept the things that you cannot change. Try to take one day at a time.
- If possible, put off any especially stressful tasks that you are facing until you have been smoke-free for several weeks.
- Set aside relaxation time each day. Purchase a relaxation or meditation tape or video; listen to music.

STRESS HAPPENS...AND YOU CAN HANDLE IT!

- Write down the three things that cause the most stress in your life. Below each one, list some of the different ways you could handle it. Then decide which choice would be best, and place a check mark next to it. Be prepared to use this choice the next time you are faced with the stressful situation.

1. _____

Handle by: _____

2. _____

Handle by: _____

3. _____

Handle by: _____

- Practice deep breathing throughout the day, especially during stressful times. Use a cinnamon stick or a straw, if you wish, to help draw in the air.
- Close your eyes and practice seeing yourself successfully handling a stressful situation without a cigarette. Make the picture as real as possible.
- Talk about stressful situations with friends or loved ones, to get suggestions from them about dealing with the problem at hand. Talk with a clergyman or a counselor if you feel it is necessary.
- Remind yourself that every problem has a solution *that does not involve smoking*.

HANDLING TEMPTATIONS TO SMOKE DURING STRESSFUL TIMES

- Separate the cigarette from the situation. Think back to a recent stressful situation that you went through. Ask yourself what a cigarette could have done to make the situation any better.
- Step back, take a deep breath, and say to yourself, “I am in control” or “I can handle this.” Then deal with the problem.
- If you become angry or upset with someone, tell yourself, “If I smoke I am only hurting myself, not that person.” Remind yourself that smoking is not a good way to get back at anyone.
- Leave the room or setting if necessary.
- Distract yourself. Always have something to read or do with you. (Do a crossword puzzle, write your next shopping list, read a magazine, knit, etc.)

RELAXATION TECHNIQUE

Taking some time to relax each day will reduce the stress in your life. It will also give you the energy to deal with problems when they do occur. Practice this simple routine for at least fifteen minutes each day. You will be surprised at how calm and refreshed you will feel!

FIND

a quiet place where no one will bother you.

SIT

in a comfortable chair or lie on the floor.

THINK

of a sound or a short word that you can say over and over to yourself.

CLOSE

your eyes.

LET

yourself relax.

BEGIN

to breathe deeply and slowly, taking the air in through your nose and letting it out through your mouth. As you do this, say your special word over and over to yourself.

DO

this for fifteen minutes each day.

DON'T WORRY

if you have trouble clearing your mind the first few times you do this.
Just like everything else, it will become easier as you practice.

WEIGHT MANAGEMENT

Many people use possible weight gain as an excuse to continue smoking. But the fact is, the bad effects that smoking can have on your body are a high price to pay for keeping off a few pounds. Besides, the average weight gain after quitting smoking is only five to seven pounds! Most gainers can lose that amount of weight easily and keep it off.

It is important that you do not go on a diet until you are very comfortable with being a non-smoker. For most people, this means waiting about two to three months after quitting.

Quitting smoking and following a diet are two major changes in your life

—for best results, take on one at a time!

In the meantime, here are some suggestions that will help you minimize weight gain.

Don't feel you have to eat just because you are quitting smoking! Eat only when you are truly hungry, and keep plenty of sugarless gum, hard candy, or carrots on hand.

Drink six to eight glasses of water per day.

Begin a modest exercise program after consulting your physician. Try walking at a good pace for twenty to thirty minutes three days a week, and gradually increase the time or frequency as your fitness level increases.

Remind yourself that a few extra pounds are no big deal compared to the damage smoking was doing to your body.

If you watch what you eat all week, give yourself a treat on Sunday by allowing yourself freedom to eat what you want.

Sneak exercise into your day. Take the stairs, park your car a little further away, get up from your chair often, and take a walk on your break.

When you do snack, try to stick to pretzels, fruits and vegetables.

Eat five small meals per day instead of three big ones. This will help give you a steady amount of energy throughout the day and will keep you from feeling hungry.

Remember: You would have to gain more than 100 pounds before your weight would do the same damage to your body that smoking does!

Try exercise: It keeps your weight down and also lets your body release endorphins, substances that help you to relax.

RECOVERY SYMPTOMS

If you experience physical or emotional changes while you're quitting, don't worry. While they may be annoying or frustrating, these changes are actually just signs that your body is healing itself. Your body is trying to adjust to the sudden disappearance of the chemicals it has been used to absorbing on a regular basis.

Keep in mind that these signs usually go away completely within a week or two. And in the meantime, nicotine replacement products can be used to help your body adjust.

Some of the temporary changes you may notice are:

TENSION, IRRITABILITY AND DIFFICULTY CONCENTRATING

These symptoms are usually the result of the drop in your body's nicotine level. If you are having problems with tension or irritability, think about starting nicotine replacement therapy. If you are already using a nicotine replacement product, ask your smoking cessation counselor if you might do better with a change in dosage.

Minor irritability and tension can be handled through stress management techniques, too. Ask your smoking cessation counselor for a handout on Stress Management.

DEPRESSION

If you feel bad enough after quitting that you think the problem goes beyond just tension and irritability, see your doctor—especially if you have a family history or a personal history of depression.

COUGHING OR INCREASED MUCUS

Your cilia (little “brushes” in your respiratory system that sweep dust particles away from your lungs) are paralyzed when you smoke. Once you stop smoking, they become active again, and they work overtime to get rid of any mucus or tar lodged in your lungs. Generally this is most noticeable right after you quit. It is accompanied by coughing, and lasts for about a month or two. All you can do is be patient and let your body do its cleanup work! In the meantime, hot liquids and lozenges may help relieve your cough.

DISRUPTED SLEEP PATTERNS

You may become very tired — or very energetic — once you quit. If you are tired, take naps when possible and try to get plenty of sleep each night. If you can't sleep, try relaxation and deep breathing techniques. If those don't work, take advantage of the extra time and take care of any projects you've been putting off!

In either case, your sleep patterns will probably return to normal in a week or two.

ROUTINES

BREAKING THE CIGARETTE LINK

Each time you smoke a cigarette, you unconsciously link the cigarette with whatever else you are doing — such as talking on the telephone, sitting at the table after a meal, having a cup of coffee, or reading a book.

After smoking for years and years, these links become very strong. Simply picking up the telephone, finishing a meal, reaching for the coffee pot, or opening a book may make you feel like you want to smoke.

Breaking these links is a very important part of quitting smoking! The good news is that you do not have to change your life forever, or even for a long time, to successfully break these links. Changing your schedule for just two or three weeks can do it.

It is important that you change as many of the situations as possible that link your life to cigarettes!

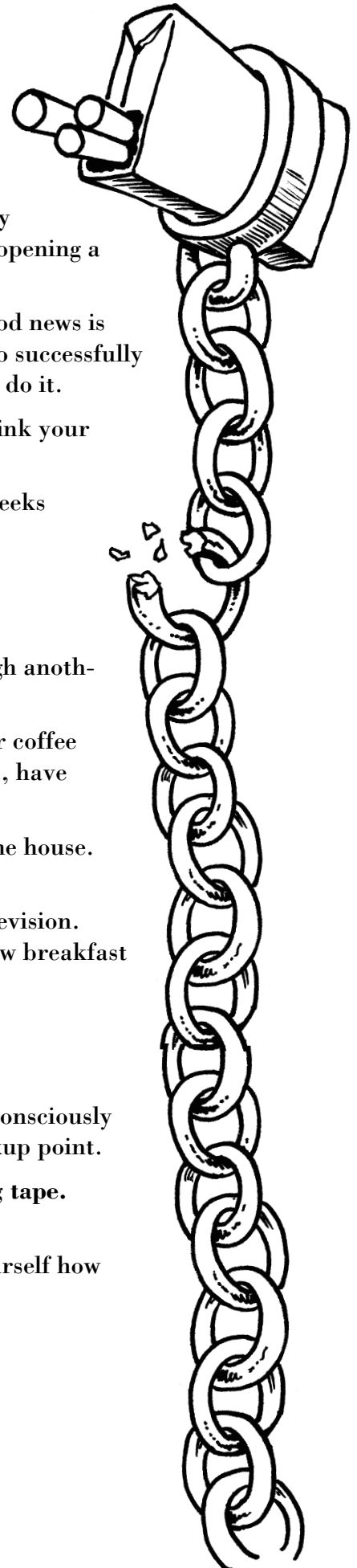
Here are some specific times of your day, and what you can do for a few weeks (or longer if you like) during those times to break the cigarette link:

IN THE MORNING

- **As soon as you get up**, tell yourself how exciting it will be to go through another day without cigarettes.
- **Change the order of your morning routine.** If you usually have your coffee before you shower, shower first. If you usually shave before breakfast, have breakfast first, etc.
- **Change where you do things.** Have breakfast in a different part of the house. Get dressed in a different room.
- **Change what you do.** Listen to the radio instead of turning on the television. Get up ten minutes earlier, or later. Eat a smaller breakfast, or try new breakfast foods.

IN THE CAR

- **Choose a slightly different route for routine trips.** Many people unconsciously light a cigarette at the same stop sign, traffic light, or daily traffic backup point.
- **Listen to a talk radio station, a book-on-tape, or a positive thinking tape.** This will help keep your mind occupied.
- **If an urge to smoke does hit you**, take a deep breath and remind yourself how happy you are to be a nonsmoker.
- **Remove cigarettes from your car, and clean out the ashtrays.**



AT WORK

- **Change your work environment as much as you can.** Change the placement of items on top of your desk or in your work station. Put up motivational notes or a No Smoking sign as a reminder of your commitment.
- **Keep busy during breaks.** Do puzzles or word games, plan activities, straighten up your work area, or read. Take a walk if you can. Make a list of the things you'll do with the money you'll save each month by not smoking!
- **Stay away from the smoking room or area.**
- **Avoid taking your breaks at the same time as your smoking friends.**
- **Realize that you do not need a cigarette or anything else as an excuse to take a break.** You deserve it!

AT LUNCHTIME

- **Try having lunch with nonsmoking coworkers** in the nonsmoking section of the dining room or a restaurant.
- **Avoid sitting around the table after a meal.** Get up and brush your teeth if possible. Carry a small tube of toothpaste and a toothbrush with you at all times.

ON THE TELEPHONE

- **Speak while standing instead of sitting.**
- **Move the location of your telephone if you can.**
- **Use a timer to limit the length of your telephone calls.**

IN THE EVENING

- **Limit the time you spend at home “doing nothing.”**
- **If you are watching television, do crossword puzzles** or read a magazine at the same time.
- **Keep yourself busy.** Do the projects you have been putting off.
- **Begin a volunteer position or a hobby.**
- **Begin an exercise program after consulting your doctor.** Walking briskly each night for twenty minutes or so may be a good way to start.
- **Keep a Quitting Calendar.** Each night before you go to bed, mark off another day of being a nonsmoker. Say to yourself, “I’m proud that I made it through another day without smoking!” (*See next page.*)

MY QUITTING CALENDAR

MONTH #1 _____

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

MONTH #2 _____

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

MONTH #3 _____

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

BEING PREPARED

Take a few minutes to write down the three times when you are most likely to think about smoking. Then decide what you will do to eliminate the temptation to smoke in each of those situations. Be prepared to put your plan into action the next time you are in one of these situations.

1. Situation : _____

My coping plan: _____

2. Situation: _____

My coping plan: _____

3. Situation: _____

My coping plan: _____

MEALS AND COFFEE

Smoking after meals is hard to resist for many people. Many also find that drinking coffee—with or without a meal—makes them think about smoking a cigarette. Here are some tips to help you beat temptation by temporarily changing your eating and drinking habits.

Once you have successfully quit smoking, you will be able to resume your old habits if you like—but many people find that they continue using some of the tips here because they enjoy them.



- In restaurants, always sit in the non-smoking section.
- Don't linger at the table after a meal. Get up immediately and, if you can, brush your teeth.
- If you're using Nicorette gum, have a piece ready for after a meal.
- Carry a small tube of toothpaste and a toothbrush with you at all times so you can brush at restaurants. If brushing is not possible, have a mint or gargle with mouthwash.
- Take a short walk when you are done eating.
- If you're eating alone, keep your mind busy by reading.
- Tell yourself, "I am strong enough to get through this meal without smoking!" and repeat as needed.
- Change your brand of coffee or drink a flavored coffee for a few weeks.
- Try drinking tea instead of coffee.



ALCOHOL AND SOCIALIZING

You are at a party. It's been a week since you've quit smoking. You're enjoying your favorite drink and your favorite people's company, having a great time, not even thinking about cigarettes.

A couple hours later a good friend arrives, and she's smoking. By now you are on your fourth drink. While she is talking to you, all you notice is her cigarette. You begin to think how good one would taste with your drink. You know that she would give you one if you'd just ask. The more you think about it, the stronger the urge becomes.

Sound familiar? Whether it is at a party, a bar, or some other social gathering spot, many people slip back into smoking while drinking alcohol during the first few weeks after they quit.

The link between alcohol and smoking can be very strong. Alcohol reduces your control over your actions. And cigarettes are usually readily available at bars and parties.

The best advice here is to avoid social gatherings where alcohol will be served, for at least two or three weeks. Explore other ways to socialize with your friends.

However, if you do choose to go out to these types of gatherings, here are some tips to help you deal with the tempting situations that are likely to arise:

- **At home, develop and practice coping techniques to help you handle yourself.** For example, practice saying out loud, "No, thanks, I don't smoke," just in case someone offers you a cigarette. Make a commitment to yourself not to ask anyone for a cigarette.
- **If you have an urge to smoke,** say to yourself, "I can make it," and think about something else.
- **Go to the event with nonsmoking friends.** Have a friend with you that you can talk to if you have an urge to smoke.
- **Consider not drinking alcohol.** Or, if you do choose to drink, limit yourself to two drinks.
- **Change from what you usually drink.** If you always have beer, drink wine instead. Changing from the brand of beer or liquor you generally drink will also help you to break the liquor and cigarette link.
- **Before you go, decide to leave the event from time to time to get some fresh air.**
- **If you are using Nicorette gum or the lozenge, make sure to have an adequate supply with you.** Instead of having a cigarette, use a piece if the urge to smoke hits you.

BEING AROUND SMOKERS

WHEN THERE'S A SMOKER IN THE HOUSE

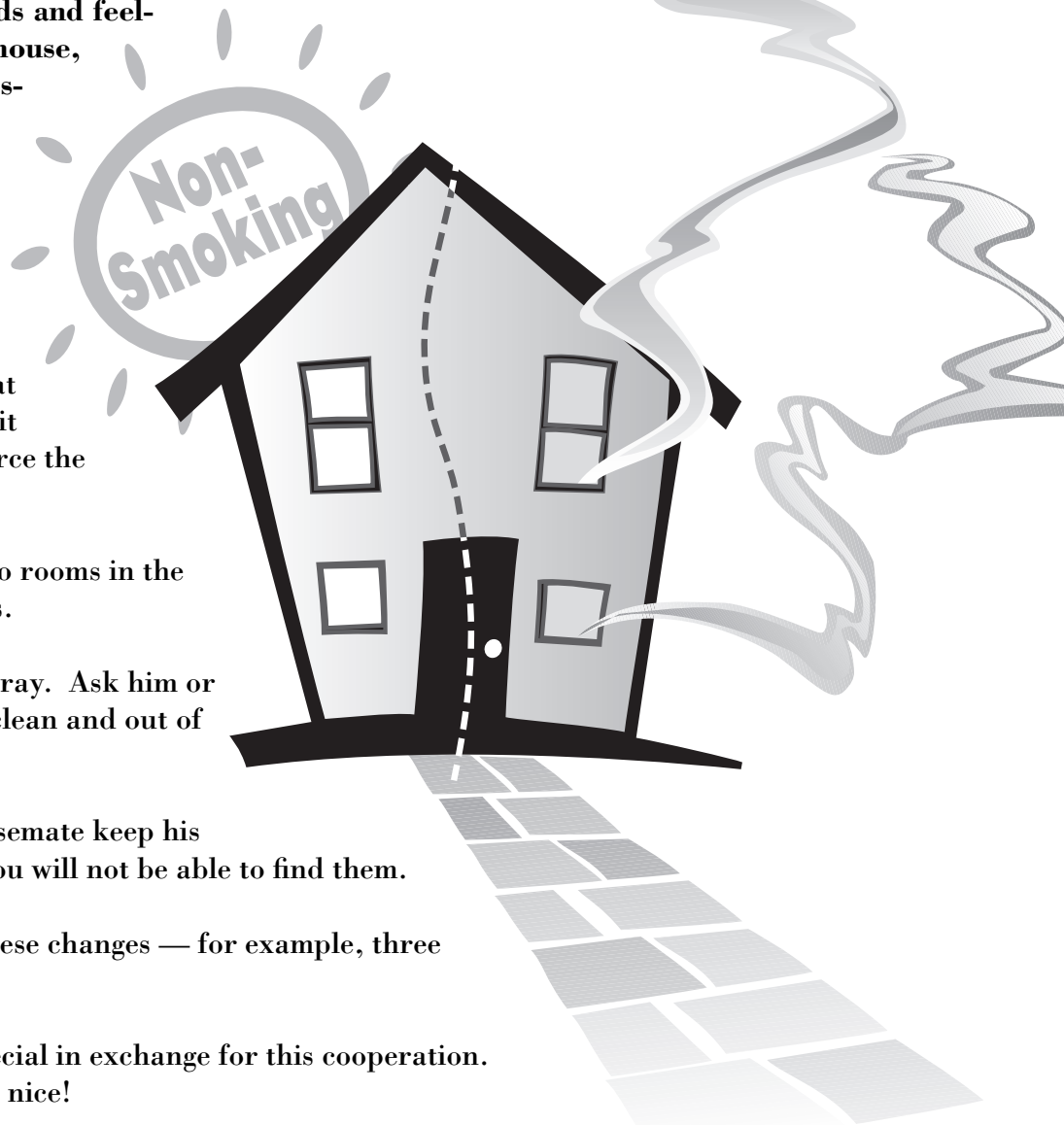
Yes, it is definitely possible to quit smoking even though someone else in your household smokes.

The key is to work together. If you make angry demands of your spouse or housemate or set up impossible rules, he or she will probably not follow them and may even try to wreck your attempt to stay away from cigarettes.

But if you show that you are willing to be respectful of your spouse's or housemate's need to smoke and expect him or her to be just as respectful of your desire to quit, together you can make the situation work. Agree to openly discuss any problems you may be having with quitting. The smoker may just be able to help you find a solution.

The following suggestions are designed to respect the needs and feelings of the smoker in your house, while giving you the best possible environment in which to quit.

- Ask the smoker never to smoke in front of you or offer you a cigarette.
- Discuss the possibility that he or she might like to quit with you — but do not force the issue.
- Limit smoking to one or two rooms in the house, or to outside areas.
- Give the smoker one ashtray. Ask him or her to keep this ashtray clean and out of your sight.
- Have your spouse or housemate keep his or her cigarettes where you will not be able to find them.
- Set a length of time for these changes — for example, three weeks or one month.
- Offer to do something special in exchange for this cooperation. A special dinner might be nice!



WHEN OTHERS SMOKE

Your family members and good friends who smoke are likely to support you, at least to some extent, in your efforts to quit. But strangers, coworkers, and not-so-good friends may present a bigger challenge. If these people continue to smoke around you, your main coping techniques will be ones that help you change how you think about the situation. If you do choose to confront these smokers, do so with tact and understanding.

What can you do if people around you are smoking?

- Remind yourself of the reasons that you quit.
- Feel sorry for people who still smoke. They are “slaves to the cigarette.”
- Say to yourself, “I’m proud that I quit,” or “I am in control.”
- Politely tell the smokers that you have recently quit and that it would help you if they did not smoke around you.
- Distract yourself. Always have something to do or read just in case you run into a smoker.
- Leave the scene if you need to.

What can you do if someone offers you a cigarette without realizing that you have quit?

- At home, stand in front of a mirror and practice saying, “No thank you. I don’t smoke anymore.” Do this until you get used to saying it and the words come out easily. Practicing like this will make it easier to do when the situation actually comes up.
- Do not use the offer of a cigarette as an excuse to smoke.
- Avoid places where you know people are smoking.

What can you do if someone starts to tease you or deliberately tempt you by waving cigarettes in front of you or blowing smoke in your face?

- Politely explain to the person that you are trying to quit, and ask them to stop.
- Avoid giving in to these games. Remember, most people who would do this sort of thing are just jealous that you have been able to quit. If you smoke, they win. Do you really want that?
- Say to yourself, “I am strong enough to get through this.”
- Leave the scene as soon as possible and do something else.
- Think about the people you know. If you suspect one or more of them would do this to you, stay away from them until you feel strong enough to deal with the situation.

STAYING SMOKE-FREE

Now that you have quit smoking, here are some suggestions to help you maintain your new freedom from cigarettes.

- **If you think about cigarettes every so often, don't worry.** This is natural. Sometimes it takes several months for these thoughts to go away, and even then one may unexpectedly pop up. It's not a big deal.
- **Smoking is a memory now, and certain situations may remind you of your former habit.** It's like hearing a song and being reminded of an old boyfriend or girlfriend you haven't thought of in a long time. Having that thought doesn't mean you want to get back together with that person, does it? It's only a memory. Accept the idea that you will have thoughts about cigarettes from time to time, and move on. Don't give these thoughts any power over you.
- **Be aware of possible situations that might tempt you to begin smoking again.** Take a moment and write down three situations in which you think might still be tempted to smoke. Below each situation, write the coping techniques you would use. Being prepared will enable you to be strong!

Tempting situation: _____

Coping techniques: _____

Tempting situation: _____

Coping techniques: _____

Tempting situation: _____

Coping techniques: _____

TEMPTING SITUATIONS AND WINNING WAYS TO COPE

ALCOHOL/SOCIALIZING

Change what you do: Limit your number of drinks.

Change how you think: Review your reasons for quitting smoking.

NEGATIVE FEELINGS

Change what you do: Take deep breaths.

Change how you think: Remind yourself that smoking never made anything better.

BOREDOM

Change what you do: Carry a book or magazine with you.

Change how you think: Tell yourself that it's perfectly fine to do nothing every so often.

SEEING OTHER SMOKERS

Change what you do: Leave the scene.

Change how you think: Feel sorry for smokers. They are still slaves to cigarettes.

- **Each time you successfully deal with a temptation, give yourself a pat on the back.** Take a moment to focus on what you did or thought in order to get through the situation. Remember it for the next time the same temptation comes up.
- **Instead of focusing on the loss of cigarettes, start looking at how you have benefited from being a nonsmoker.** What positive things have happened to you since you quit?

I've enjoyed _____

I've realized that _____

I've been able to _____

I've been told that _____

I've finally _____

I've become proud of _____

I've _____

I've _____

- **Think about all the benefits that being smoke-free will bring to you in the future.** What good things do you think the future now holds for you?

I'll enjoy _____

I'll be sure to _____

I'll be able to _____

I'll try _____

I'll _____

- **Continue to reward yourself.** Quitting smoking is a major accomplishment! Take some time now to determine how much money you have saved since you quit, and what you could spend it on.
- **Try new stress management techniques.** It is important that you continue to teach yourself new ways of dealing with stress. At the same time, remind yourself that cigarettes never made anything better.
- **Don't fool yourself into thinking that you can smoke just one or two cigarettes here and there.** If you could have done that when you smoked, you would have. You are not that kind of smoker. Even having one cigarette lets smoking continue its control over you.
- **Don't become over-confident.** Many people stop using their new coping techniques too soon and then become overwhelmed when an urge to smoke suddenly sneaks up out of nowhere. Urges can occur at any time. Keep this in mind, and be prepared by continuing to practice your new coping skills.
- **If you are using nicotine replacement products, be sure to use the entire recommended amount.** Many people slip or return to smoking if they stop nicotine replacement therapy too soon. Talk to your smoking cessation counselor if you have any questions about how long you should use a nicotine replacement product.
- **Above all, celebrate the freedom of being a nonsmoker!**

CONGRATULATIONS...KEEP UP THE GOOD WORK!

SO YOU'VE RECENTLY SMOKED ONE OR TWO CIGARETTES

What can you do?

- **If you are still smoking, stop.** If you bought a pack of cigarettes and still have some at home, get rid of them before they tempt you again! If someone gave you the cigarettes, make a commitment to yourself not to ask anyone for a cigarette and not to accept one if it's offered to you.
- **Don't panic.** Learn from the situation. Make notes to yourself here :

What was I doing when I smoked? _____

Where was I? _____

What was I thinking? _____

What was I feeling? _____

Why did I smoke? _____

- **Plan what you can do differently** next time the same situation arises, or how you can avoid the same situation entirely.
- **Stay positive.** Focus on how long you've been smoke-free!
- **Discuss the slip with a friend.** Talk about how the friend might be able to help you avoid a slip in the future.
- **If you are using a nicotine replacement product, make sure you've been using it according to directions.** Ask your smoking cessation counselor if you are not sure.
- **Review your smoking cessation materials** and talk with your smoking cessation counselor if you have questions.
- **Remember, if you're on a diet and you eat a piece of cake, that doesn't mean you have to eat the whole cake!** The same applies to smoking. One cigarette here and there does not automatically undo all your good work and turn you back into a full-time smoker!
- **Refocus your efforts.** Renew your desire to quit. Return to what works best for you!

Hint: If you are using Nicorette gum or the lozenge, use a piece instead of having a cigarette the next time you are in the same situation where your last slip occurred.

SO YOU'VE STARTED SMOKING AGAIN

What can you do?

- **Don't be hard on yourself.** Many people try more than once before they quit completely!
- **Learn from your mistakes.** Next time, try handling the situations that caused you problems in a different way. The idea is to avoid making the same mistakes over and over again.
- **Think about your attempt to quit.** Make notes to yourself here about it, then clip out and carry with you for future reference.

What were the easiest situations for me to deal with? _____

What were the hardest situations for me to deal with? _____

In what situation did I smoke my first cigarette since quitting? _____

Which techniques worked to help keep me smoke-free? _____

Which techniques didn't work for me? _____

What can I do differently next time? _____



- **Ask your smoking cessation counselor for the "Thinking About Quitting" packet of materials** if you have not received them. If you do have them, review them and ask your smoking cessation counselor if you have any questions.
- **Don't give up!** Renew your resolve to quit. Pick a new quit date, mark it here, and use this experience to make your next try a success!

My new quit date: _____