



## WHAT TO EXPECT

The nicotine in tobacco is highly addictive, so you may experience withdrawal symptoms.

Don't worry, they go away.

Nausea

Hunger cramps

Urges to use tobacco

Depression

Stress

**But, don't forget about the benefits of quitting!**



# USING THE BUDDY SYSTEM TO HELP YOU STAY QUIT

There is strength in numbers, and uniting for a common cause can be powerful. Some may choose to go it alone or to go cold turkey (stop at once). Others may want to have help and to build a network of support.

A great source of support can be found in a “quit buddy” – someone else who also wants to stop tobacco. Be careful in choosing your buddy. Your buddy does not have to be as strong-minded as you, the same age, or have used tobacco as long as you have, but he or she should be just as committed to quitting tobacco as you are.

## Unify for success

Once you have found a quit buddy, together you can:

- Pick a quit date
- Continually recommit to staying quit
- Call on each other for support and encouragement
- Be there to listen and encourage a fresh start should either of you slip
- Offer support and understanding without judgment
- Reward each other with praise and tokens of accomplishment
- Share your experiences, challenges, and successes
- Celebrate your quit date anniversaries together

## Partners in health

Quitting for good is the best step you can take toward improving your health.<sup>1</sup> Quitting can be challenging. You don't have to go through it alone. So, carefully select your quit buddy. Set your quit date. Enjoy the companionship while quitting together.

If you can't find a quit buddy, look for others who you know will support you throughout the process. You may find support through tobacco-free family members and friends. Or you can try an online forum. A tobacco-free co-worker who will take coffee breaks with you or walks during lunchtime may also help fill in the time you used to spend using tobacco.

Whatever you do, know that you are not alone. You can do anything you set your mind to.

Set your quit date and take the first step toward improving the quality of your life.

*Reference:*

1. American Cancer Society. *Guide to quitting smoking.*

[http://www.cancer.org/docroot/PED/content/PED\\_10\\_13X\\_Guide\\_for\\_Quitting\\_Smoking.asp](http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp)

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## BEING PREPARED WITH QUIT STRATEGIES.

A Quit Strategy is a concrete way to fight an urge to smoke. It can help you deal with specific situations. Having a Quit Strategy ready in advance may help you overcome risk situations. Take a look at the following common Quit Strategies for ideas.

COMMON QUIT STRATEGIES	
<p>Talk it out</p> 	<p>Calling someone or visiting a supportive friend may be just the distraction you need to keep you from thinking about using tobacco.</p> <p>Remember, there are quit hotlines that can help you through tough moments.</p>
<p>Do something active</p> 	<p>Exercise. Walk. Work in the garden. Keep your body moving. This may energize you and make you feel healthier. Please be sure to consult your doctor before taking on a new physical activity.</p>
<p>Go somewhere you can't smoke</p> 	<p>Visit a non-smoking friend's home, or go to the movies or a mall. Knowing that you're in a place where you can't smoke can take some of the pressure off of you.</p>
<p>Carry a water bottle</p> 	<p>Drinking water will keep you hydrated, and it gives your mouth and hands something to do.</p>

<p>Keep your hands busy</p> 	<p>Try squeezing a stress ball. Or knitting. If you have a computer, go online. There are lots of free online games to play. You can even try searching for yourself online and see what turns up.</p>
<p>Leave the situation</p> 	<p>Your urge to use tobacco may go away if what's causing it is no longer in front of you. Go for a walk and focus on something else. It can help you clear your head.</p> <p>If you're in a situation you can't quite leave, try taking a quick bathroom break. Give yourself 5 minutes to get past the urge to use tobacco.</p>
<p>Switch up your routine</p> 	<p>By switching up your routine, you're breaking links you've formed between using tobacco and certain activities. Try something new, like taking a different route on your way home from work.</p>
<p>Take several deep breaths</p> 	<p>Take the deepest breath you can and slowly exhale while bringing your chin to your chest. As you exhale, close your eyes and imagine tension being gently expelled from your body. Go slowly and repeat 3 times. By the time you're done, the urge to smoke may be gone.</p>

My Personal Quit Strategies:

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## IDENTIFY YOUR TOBACCO RISK SITUATIONS.

Using tobacco can become “automatic” for a lot of people. You may not even realize when and why you use tobacco. If you filled out your “Tobacco Log” you may have seen some patterns. Use what you wrote to check off your Tobacco Risk Situations below. Use the blanks to fill in any others you can think of.



Why? \_\_\_\_\_

Part of preparing for your quit is knowing what these situations may be. That way you can be prepared with strategies to work around them.

### Times of day

- Mealtimes, or just after a meal
- When I get home from work
- Watching TV or listening to the radio
- Talking on the phone
- Having a cup of coffee or tea
- When I first wake up

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People

- Being with other smokers or people that chew tobacco
- When someone offers me tobacco
- Family stress
- Meeting a friend who uses tobacco

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Places

- At work
- At home
- Outdoors

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Feelings

- Angry
- Bored
- Happy or relaxed

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- Reasons to quit tobacco:**
- More energy
  - Save money and time
  - Fresh breath
  - Fewer wrinkles
  - Clean air at home – a healthy family!

# 31 THINGS TO DO INSTEAD OF TOBACCO

## Beat the Pack™ Program

When you have an urge to use tobacco, try one of these ideas to take your mind off wanting to light up.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> Take a nap.	<b>2</b> Hold a pencil, chew gum, or do something else to distract you from the craving.	<b>3</b> Do your laundry; time for a fresh-smelling start!
<b>4</b> Read the newspaper.	<b>5</b> Brush your teeth.	<b>6</b> Call a friend or co-worker for support.	<b>7</b> Chew sugarless gum or drink water.	<b>8</b> Write in your Personal Progress Tracker.	<b>9</b> Reward yourself by doing something fun; for example, go to the movies.	<b>10</b> Distract yourself by cleaning the house.
<b>11</b> Invite friends over for dinner.	<b>12</b> Go for a walk.	<b>13</b> Relax by listening to music.	<b>14</b> Eat a healthy snack.	<b>15</b> Write a goodbye letter to tobacco.	<b>16</b> Watch TV.	<b>17</b> Play with your kids or pets.
<b>18</b> Go shopping.	<b>19</b> Start an exercise program.	<b>20</b> Treat yourself to a spa day.	<b>21</b> Reread your handbook: <i>Benefits to Your Health of Quitting</i>	<b>22</b> Think of the reasons you decided to quit.	<b>23</b> Take up a new hobby.	<b>24</b> Donate blood or do volunteer work.
<b>25</b> Plant herbs or flower seeds.	<b>26</b> Suck on a piece of hard candy.	<b>27</b> Distract yourself by going on the Internet or playing a video game.	<b>28</b> Count the money you're saving by not using tobacco.	<b>29</b> Take deep breaths to relax.	<b>30</b> Go to the movies, library, or a bookstore.	<b>31</b> Celebrate quitting with someone special.

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1. American Cancer Society. Quitting—help for craving and tough situations. [http://www.cancer.org/docroot/PED/leaves/PED\\_10\\_13X\\_Help\\_for\\_Cravings.asp](http://www.cancer.org/docroot/PED/leaves/PED_10_13X_Help_for_Cravings.asp). Accessed February 5, 2021.

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# THE 4 Ds: STEPS FOR COPING WITH WITHDRAWAL

## Deep Breaths

Breathe in and breathe out slowly, as if you were smoking a cigarette. When you do deep breathing, inhale deeply, hold it for a couple seconds, and then release it slowly. Deep breathing will help you relax and make the craving dissipate.

## Drink Water

Drink lots of water all day long, especially during a craving. Drinking water helps flush the toxins out of your system, and it will help keep your hands and mouth busy if that's something you miss. Some ex-tobacco users prefer to drink through a straw, which also helps with the oral fixation.

## Distract

Distract yourself by getting up and making yourself active. Go for a brisk walk. Go out and meet with a friend. If you choose to stay indoors, go into a different room. Grab a carrot stick and munch on it elsewhere. Put on some music. Open a book or browse through a magazine. Call up a friend. Many tobacco users have said that when they get an urge to use tobacco and then make the effort to change their surrounding environment, they do get distracted and actually forget that they wanted to use tobacco.

## Delay

Most people falsely assume that each craving lasts a long time – maybe 45 minutes or so. Time yourself to learn the truth. Cravings come and go quickly. The average craving really only lasts about 5 to 10 minutes. No matter how strong the craving is, convince yourself that you can wait 10 minutes. To help those 10 minutes go by, practice the other Ds.



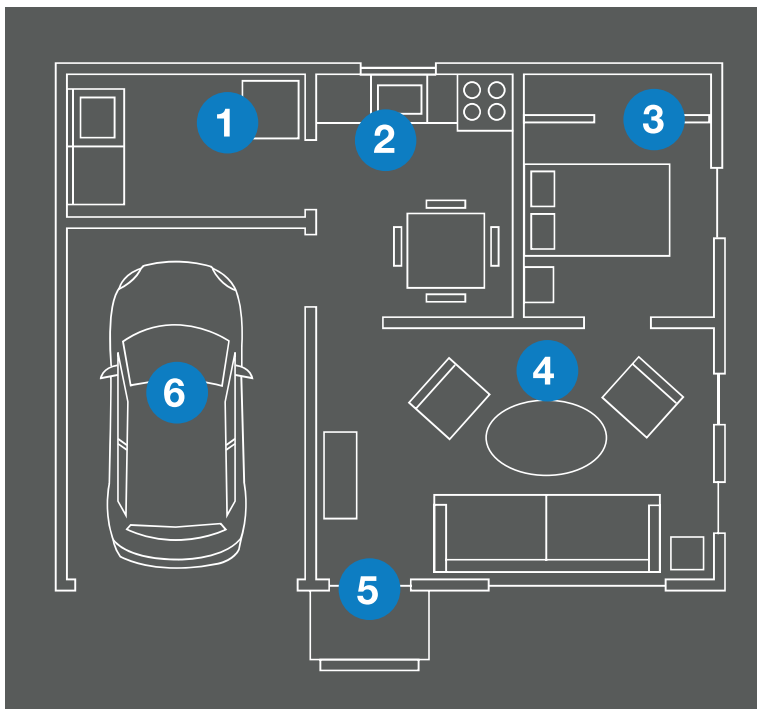


## CREATE A TOBACCO-FREE ZONE

Go through every place you may have tobacco and get rid of it. Look in your bags and the glove compartment of your car. Check coat pockets. And don't just throw the tobacco in the trash. Destroy it! Run water over it. Flush it down the toilet. Oh, and get rid of all the butts.

Make sure to get rid of all of your tobacco; don't keep an emergency stash hidden anywhere, because that's planning for failure. And this quit is all about planning for success.

Take a look at the blueprint below, follow the suggestions on the reverse, and make a clean sweep of your home.



1. Laundry Room
2. Kitchen
3. Bedroom
4. Living Room
5. Patio
6. Garage