

CREATE AN EMERGENCY KIT.

Make an Emergency Kit you can turn to if you have an urge to use tobacco. It can help you substitute healthier habits for tobacco.

Here's how:

First, get a container that's at least big enough for a bottle of water. Maybe a plastic food container, quart size. Anything will do. You might even want to make more than one Emergency Kit. The next page has a few ideas that might help distract you the next time you feel the urge to use tobacco.



In your backpack or purse:
That way you can be prepared when you're on the go.

Some places to store your Emergency Kit



In your refrigerator:
Then you'll have something else to reach for when you're having an urge at home.



In your briefcase or a drawer at work:
Instead of taking a tobacco break, use your kit.

Some things to pack in your Emergency Kit:



A small water bottle that you can refill.

We recommend that you drink 8 cups of water a day in the first few weeks after quitting.



A pack of sugarless gum.

It can help keep your mouth active and breath fresh.



A photocopy or picture of your inspiration for quitting.

You could even just include somebody's name. Something to remind you why quitting tobacco is important to you.



A small pack of toothpicks or coffee stirrers.

Licorice or cinnamon sticks would also work. You can find any of these at many grocery stores. They're just there to chew on, to keep your mouth occupied.



Some healthy snacks in a small bag.

Carrot sticks, celery, or crackers are good choices.

24-HOUR ACTION PLAN.

This card is designed to help you get through your Quit Date. Doing a little prep work can take some of the guesswork out of your day, and that should help boost your self-confidence. Remember, you have 1 goal for the day – to get through it without using tobacco.

CREATE YOUR ACTION PLAN.

Find your “Risk Situations” and “Quit Strategies.” Now take a moment to think about today. What situations might you run into? Which Quit Strategies can help you get past them? Use both cards to create your plan on the next page.

Example:

Tobacco Risk Situations	Your Strategies
MORNING	
1. <i>morning coffee</i>	<i>drink tea instead</i>
2. <i>drive to work</i>	<i>sing along to music in car</i>
3. _____	_____
AFTERNOON	
1. <i>lunch break</i>	<i>take a walk</i>

FILL OUT YOUR 24-HOUR ACTION PLAN AND KEEP IT WITH YOU TODAY.

Tobacco Risk Situations	Your Strategies
MORNING	
1. _____	_____
2. _____	_____
3. _____	_____
AFTERNOON	
1. _____	_____
2. _____	_____
3. _____	_____
EVENING	
1. _____	_____
2. _____	_____
3. _____	_____
NIGHT	
1. _____	_____
2. _____	_____
3. _____	_____

FOR NEXT WEEK

- Write your “Goodbye to Tobacco” letter and bring to class next week.
- Create your Emergency Kit
- Finish Your 24-hour Action Plan
- Create your Tobacco-Free Zone
- Keep filling in “My Tobacco Log”
- Finish Tobacco Quit Plan for overall plan (front page)
- Bring tobacco items to symbolically throw away for next week



