



QUITTER CONTRACT

I, _____ (your name),
am motivated and committed to stop using all tobacco products.

I have decided that using tobacco is no longer a part of my life. Therefore I am making a promise to myself and my family that I will not use tobacco after my quit date of _____.

If I find myself tempted to use tobacco, I promise to call _____ for support.

After I have successfully not used tobacco for 7 days, I will give myself the following reward:

_____ Signed

_____ Witness

_____ Date

REWARDING YOUR SUCCESS ALONG THE WAY

Once you start on your path to better health, you can create a rewards program for yourself. Set aside the money that you once spent on tobacco. Use it toward improving your health even more. Make a list of rewards. Your first one could be for a subscription to a magazine that can help you learn more about things like healthy cooking, running, yoga, or other healthy things. You could use your extra money for new walking shoes, a massage or other spa treatments, or a gym membership.

How can you reward yourself?

PERSONAL PROGRESS TRACKER

Use this form to create a record of your quit experiences during the month. Make photocopies for future months. Carry it with you. Tape it to your refrigerator. Write your daily successes and challenges. Learn what works for you and what doesn't.

Every Day is a Chance for a Fresh Start—Without Tobacco

Day	Tobacco Triggers or Temptations	Did You Use Tobacco?	Ways You Avoided Tobacco
<i>Example</i>	Co-workers took a tobacco break	Y or N?	Had a cup of tea, read the news
1			
2			
3			
4			
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30			
31			

Congratulations! That's a month of trying to quit! Add up the "Y" and "N" answers. Plan on improving next month. Speak to your doctor about how you've done so far. And remember, every day is an opportunity to quit!





STAYING MOTIVATED TO QUIT

You've set your quit date. You're ready to take the first step! What's next? How do you stay motivated to NOT use tobacco? There are lots of things that you can do to help you succeed.

Even before your quit date, you can:

- Make a firm commitment, ask the people in your life to support you
- Remove any items in your home, car, and work area that are related to tobacco, such as cigarettes, chew, snuff, spit containers, ashtrays, lighters, and matches
- Make a list of all the reasons that you would like to quit; hang the list in a place where you will see it every day

Your list can include things like:

- Better overall health
- Improving the aging process
- Saving money and time
- Enjoying the tastes of food again
- Your clothes, hair, breath, and skin will no longer smell like tobacco
- Fewer stains on your teeth and fingers
- Avoiding the inconvenience of having to use tobacco outside or away from others
- Not contributing to the secondhand smoke inhaled by others
- Being in control of your life and decisions
- Choose a statement such as "I am a non-tobacco user and proud of it." It can even be a word or two, like: "Done" or "In control." Pick something that has meaning for you. Write it down and hang it up. Put it on your bathroom mirror, refrigerator, the dashboard of your car, your workstation, your calendar, in your wallet, or tape it to your cell phone. Put it everywhere so you will see it all the time

The goal is to surround yourself with positive reminders. You can get support and encouragement from others, but this is your lifestyle change. You have to find the strength to follow it through, no matter what else is going on around you.

What is your power statement?

UNDERSTANDING NICOTINE WITHDRAWAL SYMPTOMS.

When you stop using tobacco, your body may go through a physical withdrawal from nicotine, which may lessen over time. Here are a few of the common nicotine withdrawal symptoms to be aware of:

- Depressed mood
- Feelings of frustration, impatience, or anger
- Anxiety
- Irritability
- Urge to use tobacco
- Difficulty concentrating
- Restlessness
- Insomnia
- Increased appetite



Why?

Why talk about nicotine withdrawal symptoms?

For many people, nicotine withdrawal symptoms are a part of the quitting process. For those who have symptoms, knowing what to expect can help them be better prepared.

HOW TO THINK ABOUT NICOTINE WITHDRAWAL SYMPTOMS.

Remember, when you stop using tobacco, your body may go through a physical withdrawal from nicotine. Important changes are taking place in your body now that you've stopped using tobacco. Knowing all the good things that are happening in your body might help keep you on track.

For example, within:



24 hours

Blood pressure and pulse rate may drop

48 hours

The carbon monoxide level in your blood may return to normal

2 to 12 weeks

Circulation may improve and lung function can increase

1 year

Excess risk of coronary heart disease is half that of a smoker's

GETTING PAST URGES.



Consider this:

How long does an urge last?

An urge to use tobacco may last only 5 minutes. If you can get through 5 minutes after you feel the urge, the worst is probably over.



If you have an urge, try to find every day objects to distract you. Here are some suggestions:

The ordinary object	How to distract yourself
<p>Your cell phone</p> 	<p>Update the numbers programmed into your cell phone. Or just call a friend for a quick 5-minute chat. Or why not play a quick game if you have one on your phone?</p>
<p>Your wallet</p> 	<p>Clean out your wallet. See if you have any receipts or business cards that you don't need anymore, or that you can keep in some other place.</p>
<p>Your sneakers</p> 	<p>A brisk walk or a little light exercise might help you stop thinking about using tobacco. Please be sure to consult your doctor before taking on a new physical activity.</p>



Citrus and a glass of water



You might enjoy a glass of water if you squeeze a lemon, lime, or orange into it. There's something refreshing about that citrus taste. And it might make tobacco less appealing.

A letter



Write a good old-fashioned letter to somebody who's important to you. It can help keep you occupied until that urge is gone.

Your desk



Take a look at your desk. Organize the drawers. Clean your desktop. Throw away pens that don't work. Cleaning up your clutter can be distracting and productive.

A computer



If it's allowed where you work, play a computer game. Many computers have simple games like solitaire. Playing a hand or two could help get you past that immediate urge.

Can you think of any other 5-minute distractions?

Write them down here:



MANAGING STRESS

Stress is a factor in everyone's life. Whether you have a lot of stress or a little, stress is something that you need to know how to manage. When you don't manage stress or you manage it in an unhealthy way, it can have a harmful effect on your health.

Tobacco is not an option

People use tobacco as a way to manage the stress in their lives. Tobacco releases chemicals in the brain that help lower anxiety for a short time. But tobacco use does great harm to your body. Quitting tobacco is one of the best things you can do for your body. It can help you live longer and avoid many serious health problems. There are many healthier ways you can cope effectively with stress.

Healthy stress busters

Some ways you can manage stress and maintain your health include:

- **Give yourself the right to relax.** Try to carve some time out of each day to do something that gives you peace. You may want to listen to music. You may want to read or work on a hobby
- **Practice relaxation techniques.** Some relaxation techniques to try include:
 - Deep breathing
 - Meditation
 - Yoga
 - Massage therapy
- **Get some physical activity.** Doing something active can help relieve tense muscles. Go for a walk, ride your bike, swim. It can help lift your spirits.
- **Make contact with others.** Don't keep it all inside. Talking about how you feel with other people can help relieve stress. It may put you in a better mood. If stress is really bothering you, you may want to see your provider or a counselor.
- **Take good care of yourself.** Eat a healthy diet. Limit caffeine and alcohol. Get enough sleep and regular exercise. These things can all help to keep your energy levels up and keep you in better health.

Try to think positively. When you quit using tobacco, you've taken the best step you can to help stay healthy. Congratulate yourself for this great achievement.