

# CEASE

## CEASE Today Tobacco Cessation Manual



# You Can Do It. We Can Help.

**CEASE:** *Communities Engaged and Advocating for a Smoke-Free Environment*

A MORGAN STATE UNIVERSITY SPONSORED PROGRAM

**CEASE** (Communities Engaged and Advocating for a Smoke-Free Environment) is a Morgan State University sponsored partnership program with a mission to create and sustain a smoke-free community. As a participant in the CEASE Tobacco Cessation Program, you have taken an important step toward leading a healthier life.



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## Take control of your tobacco habit.

**Y**ou've decided to stop smoking. Great! It's one of the best things you can do for your health and for your family's health. But it's not always easy to change a habit. Even with the best of intentions, we often give in to the temptations that knock us off track.

CEASE Today can help you get back in control and break the smoking habit. We arm you with the facts and tools you need, help you develop coping skills, and offer you support along the way. **You can do it. We can help.**

## CEASE Today Tobacco Cessation

**T**his manual is a practical tool to help you stay strong and kick the tobacco habit. Pay special attention to achieving the objectives for each lesson and don't forget to pat yourself on the back as you move closer to your quit goal.

### HOW TO USE THE MANUAL

The manual has three modules, each with lessons and activities. As you achieve the lesson objectives, you move closer to your goal of kicking the smoking habit.

#### MODULE 1: Motivating and Preparing

Module 1 will increase your knowledge about smoking and will help you get motivated to quit.

**Lesson 1: Facts about tobacco**

**Lesson 2: Facts about quitting**

**Lesson 3: Deciding to quit**

**Activities**

#### MODULE 2: Quitting

Module 2 will teach you more about nicotine dependence and present different options for stopping. You will develop your own quit plan to master the first few days of being smoke-free.

**Lesson 4: Quitting with help**

**Lesson 5: Planning to quit**

**Lesson 6: Your quit-smoking day**

**Activities**

#### MODULE 3: Preventing Relapse

Module 3 will introduce you to resources that can help you maintain a smoke-free lifestyle.

**Lesson 7: Staying smoke-free**

**Activities**

*Note: This manual can be used for self-help, individual, or group counseling.*

**OBJECTIVES: To learn about the harms of smoking and the reasons why we smoke**



**1. What's in a cigarette that can harm you?**

**Cigarettes are full of poisons.** There are approximately 600 ingredients in cigarettes that when burned create more than 7,000 chemicals. At least 70 of these chemicals are known to cause cancer. Smokers also have elevated risks for heart disease and other serious illnesses. Smoking continues to be the number one cause of preventable death in the United States.

A FEW OF THE HARMFUL CHEMICALS IN CIGARETTES	
<b>Acetone:</b> found in nail polish remover	<b>Formaldehyde:</b> used as embalming fluid
<b>Acetic Acid:</b> an ingredient in hair dye	<b>Hexamine:</b> found in barbecue lighter fluid
<b>Ammonia:</b> a common household cleaner	<b>Lead:</b> used in batteries
<b>Arsenic:</b> used in rat poison	<b>Naphthalene:</b> an ingredient in moth balls
<b>Benzene:</b> found in rubber cement	<b>Methanol:</b> a main component in rocket fuel
<b>Butane:</b> used in lighter fluid	<b>Nicotine:</b> used as insecticide
<b>Cadmium:</b> an active component in battery acid	<b>Tar:</b> used for paving roads and coating roofs
<b>Carbon Monoxide:</b> released in car exhaust fumes	<b>Toluene:</b> used to manufacture paint



**2. Why can't you stop smoking?**

**NICOTINE**

**Nicotine is addictive.** Nicotine affects your brain's dopamine systems in the same way that heroin and cocaine affect an addict's brain. As a smoker, your body becomes conditioned to functioning on a certain level of nicotine. One or two hours after your last cigarette, the nicotine level in your body drops dramatically, causing you to crave another cigarette.

**NICOTINE WITHDRAWAL SYMPTOMS**

**When smokers cut back or quit, the drop in nicotine leads to physical and mental withdrawal symptoms.** Withdrawal symptoms start within one to two hours after the last cigarette and peak about two to three days later when most of the nicotine and by-products are out of the body. The absence of nicotine can tempt you to have a cigarette to alleviate withdrawal symptoms — a behavior we want to help you avoid. The most common withdrawal symptoms are irritability, sleep disturbance, and depression.

**OTHER REASONS**

**Most smokers know that smoking is not healthy.** Why then continue to smoke? The reasons you started to smoke and the reasons you continue are often very different. Understanding why you continue to smoke can help you quit.

Common reasons people give for continuing to smoke include:

**Addiction** “When I run out of cigarettes, I begin to panic.”  
“When I haven't had a cigarette in a while, I get a strong craving for a smoke.”

**Stimulation** “Smoking gives me energy.” “It helps me focus.”  
“I worry about weight gain if I stop.”

**Stress reduction** “When I'm upset or stressed, smoking calms me down.” “I smoke when I'm angry or sad.” “Smoking gives me a break when I'm feeling overwhelmed.”

**Habit** “I wake up and I reach for a cigarette first thing.”  
“Smoking is just part of my everyday routine.” “I always smoke when I am driving.”

**Pleasure** “I enjoy the act of smoking.” “Smoking a cigarette relaxes me.” “I like to light up after I've enjoyed a good meal.”

**Social** “I smoke when others around me are smoking.” “I want a cigarette when I am enjoying cocktails or hanging out with my friends.”



**3. Who is affected by smoking?**

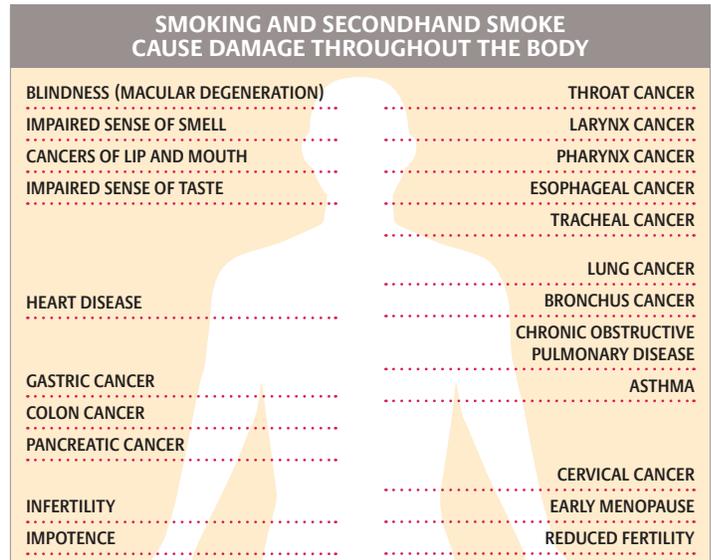
**Any use of tobacco causes serious health problems but smoking affects more than just the smoker.** Anyone who is near a smoker risks inhaling dangerous secondhand smoke.

**Pregnant women** exposed to tobacco smoke are more likely to risk a premature birth (under 37 weeks) and a baby with an unhealthy birth weight.

**Infants and children** exposed to tobacco smoke are more likely to be at risk for Sudden Infant Death Syndrome (SIDS), lung infections, asthma, ear infections, and childhood cancers.

**Adults** exposed to tobacco smoke are more likely to have heart disease, stroke, lung cancer, and eye and nose irritations.

*By quitting you also protect your family, friends, and coworkers from health risks associated with secondhand smoke.*



**4. How much does it cost to smoke?**

**Smoking is expensive.** Take a look at the table below to estimate how much money you spend on cigarettes. Ask yourself, what would you do with the money you have spent over the years if you could get it all back? What will you do with the money saved as soon as you quit?

PACK(S) SMOKED PER DAY	EACH DAY YOU SPEND	EACH MONTH YOU SPEND	EACH YEAR YOU SPEND
1	\$ 7.75	\$ 232.50	\$ 2,790.00
2	\$ 15.50	\$ 465.00	\$ 5,580.00
3	\$ 23.25	\$ 697.50	\$ 8,370.00



**5. How does tobacco use affect the environment?**

**Cigarette smoke impacts the world around us.** The most common environmental issues related to smoking are:

**Air contamination:** Secondhand smoke released into the air contains over 7,000 compounds, most of which are toxic and over 70 of them are carcinogenic (cause cancers).

**Soil contamination:** Many harmful chemicals are released into the soil from discarded cigarette butts.

**Water contamination:** Rain washes those harmful chemicals in the soil straight down to streams, lakes, rivers, seas, and oceans. These pollutants also reach drinking water reservoirs and can pose a significant health hazard.

**Dangers to wildlife:** Cigarette butts are also toxic to animals such as beach-dwelling turtles, sea cows, and seals. These animals frequently visit contaminated beaches where they eat and feed cigarette butts to their young. Scientists have found cigarette butts in the stomachs of hundreds of other animal species such as birds, cats, dogs, and more.

**Smoking-related fires:** Smoking is one of the leading causes of fire in homes and apartments leading to the loss of property and thousands of lives each year.

**Deforestation:** Trees are cut down in order to farm and process tobacco crops.

**OBJECTIVES: To learn the benefits of being tobacco-free and the barriers to quitting**



**1. Why should you quit tobacco?**

**Smoking is unhealthy.** You already know that. But there are other compelling reasons to stop smoking. Smokers cite some of the following reasons for wanting to quit.

- Smoking costs too much.
- It makes my clothes and breath smell bad.
- There are too few places to smoke now.
- Smoking makes me short of breath.
- I don't like the idea of being addicted.
- It's affecting my relationships.
- I'm planning on having a baby.
- I don't want my family and friends exposed to secondhand smoke.

Can you think of other reasons not listed here?



**2. How will quitting improve your health?**

**You'll see some immediate health results.** Your body begins to repair itself quickly as tobacco toxins are reduced. See what happens in the chart below.

ONCE YOU QUIT	HEALTH BENEFITS
<b>After 20 minutes</b>	Heart rate and blood pressure drop
<b>After 12 hours</b>	Carbon monoxide level in your blood drops to normal
<b>After 2 weeks</b>	Circulation improves Walking becomes easier Lung function increases up to 30%
<b>After 1 month</b>	Lung cilia regain normal function Ability to clear lungs of mucus increases Coughing, fatigue, shortness of breath decrease
<b>After 1 year</b>	Excess risk of chronic heart disease (CHD) decreases to half that of a continuing smoker
<b>After 5 years</b>	Risk of stroke is reduced to that of people who have never smoked
<b>After 10 years</b>	Lung cancer death rate drops to half that of a continuing smoker Risk of cancer of mouth, throat, esophagus, bladder, kidney, pancreas decrease
<b>After 15 years</b>	Risk of CHD is like that of people who have never smoked



**3. How will your lifestyle and social life improve after quitting?**

**You will look and feel better.** Smokers report they have more confidence during social interactions once the smoking odor has been eliminated from their bodies and clothes. They report fresher breath, clearer skin, a better appetite, and more willingness to exercise. Quitting means you can go anywhere, not just where you can smoke, and you won't have to restrict yourself to just talking with other smokers. It is likely that your relationships with your friends and family will improve.



**4. What are your barriers to quitting?**

**Challenges can be physical, behavioral, and emotional.** When you know your own barriers and when they might occur, you can better handle them and keep moving toward your goal of quitting.

**PHYSICAL BARRIERS**

**Nicotine is addictive.** As a smoker, your brain and body are used to functioning on a certain level of nicotine. When you stop smoking, your nicotine level drops after one to two hours, and you begin to crave another cigarette. It is important to recognize that nicotine withdrawal will make you uncomfortable for a time. Withdrawal symptoms can involve both physical and mental changes that occur from the absence of tobacco. While you probably won't experience all of them, some of the symptoms include:

- Dizziness
- Depression
- Frustration
- Anxiety
- Irritability
- Sleep Disturbance
- Headaches
- Increased appetite
- Coughing
- Craving
- Difficulty concentrating
- Flu-like symptoms

**BEHAVIORAL BARRIERS**

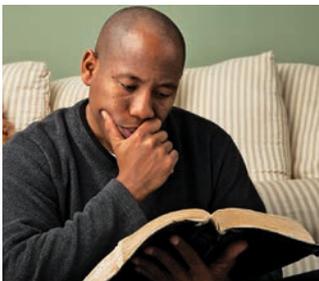
**Smoking is an addictive habit that is tied in with your everyday life.** It is challenging to try to change a habit that you may associate with daily activities such as eating, drinking, driving, and socializing with friends. It's important to be aware of the situations and times of day that might make you want to smoke. These are called triggers. Some of these triggers are associated with food and drink, such as coffee, alcohol, and meal time. Others are tied to activities such as working, studying, and driving.

**EMOTIONAL BARRIERS**

**Smoking is often linked with certain emotions.** Feelings such as stress or boredom often trigger nicotine cravings, but many people also link certain personal beliefs with smoking. These might include self-statements such as:

- "Smoking helps me relax."
- "Smoking isn't really harmful!"
- "It's cool to smoke!"
- "It keeps my weight down."

You're on your way to becoming smoke-free! Knowing your triggers, and how you'll cope with them when they occur, will help you manage your cravings and find positive ways to redirect your attention.



**OBJECTIVES: To learn why you need to decide to quit and the behaviors you need to change**



### 1. Why should you quit?

**You want to stay well.** Health concerns usually top the list of reasons people give for quitting smoking. This is a serious concern since about 50% of smokers who keep smoking will die from a smoking-related illness. Some of the risks include:

**Cancer:** Smoking can cause lung cancer, but it is also a risk factor for many other kinds of cancer, including cancer of the mouth, voice box (larynx), throat (pharynx), esophagus, bladder, kidney, cervix, stomach, and some leukemias.

**Lung disease:** Smoking can cause pneumonia, chronic bronchitis, and emphysema, diseases that are grouped together as Chronic Obstructive Pulmonary Disease (COPD). COPD can lead to chronic illness, disability, and death.

**Heart attacks, strokes, and blood vessel disease:** Smokers are twice as likely to die from heart disease as non-smokers. Smoking can weaken the walls of vessels that carry blood to the brain which can cause strokes. Blood vessel disease can contribute to erectile dysfunction in men.

**Blindness:** Smoking can cause macular degeneration, a common cause of blindness in older people.

**Premature aging:** Smoking causes skin wrinkling, bad breath, yellowing of finger nails, and other noticeable conditions of premature aging.

**Risks to women and babies:** Women over 35 who smoke and use birth control are at higher risk for heart attack, stroke, and blood clots of the leg. They are more likely to miscarry and have low birthweight babies.

**Years of life lost:** Males lose an average of 13.2 years of their life, and females lose 14.5 years due to smoking.



### 2. Why should you quit right now?

**You'll reap rewards.** Some benefits will be immediate, and some will develop over time. These rewards can improve your day-to-day life a great deal.

**You'll see physical benefits:** Your breath will smell better, you'll have whiter teeth, your fingernails will not be yellowed, and you'll regain your sense of smell and taste.

**You'll save money:** In addition to saving money on cigarettes, you will save on medical costs. Non-smokers are healthier than smokers.

**You'll be welcome everywhere:** Smoking and secondhand smoke are less accepted than they once were. Exposing friends to secondhand smoke can strain relationships. Employees who smoke cost their employers more in health benefits and loss of work time. In addition to restaurants, clubs, and bars that don't allow smoking, landlords may choose to have smoke-free buildings, so smokers are unwelcome renters.

**You'll set a good example:** Nearly all smokers say they don't want their children to smoke, but children whose parents smoke are more likely to start smoking themselves. You can become a good role model for them by quitting now.

QUIT SMOKING AND YOUR BODY STARTS TO HEAL RIGHT AWAY	
<b>After 20 minutes</b>	Your heart rate and pulse drop to normal.
<b>After 1 hour</b>	Your hands and feet may feel warmer as your blood circulation improves.
<b>After 12 hours</b>	Your bloodstream oxygen levels return to normal as carbon monoxide clears from your body.
<b>After 24 hours</b>	You have reduced your risk of coronary artery disease.
<b>After 48 hours</b>	Your sense of taste and smell begin to return and your chance for a heart attack has lessened. This is the toughest time for withdrawal symptoms.
<b>After 72 hours</b>	Your energy increases, your breathing is easier, and your cravings peak (you are 100% nicotine-free).
<b>After 2 weeks</b>	Your lungs are stronger and clearer, your blood flow has improved, and you can exercise without getting as winded. You will experience about three cravings per day lasting 3 minutes each, but you've made it through the toughest part of withdrawal.



**3. What behavior changes do you need to make in order to quit?**

**Your thoughts and behaviors need to be consistent with your goal.** One school of thought, the Health Belief Model, says you will be more likely to stop smoking if you:

- believe that you could get a smoking-related disease and this worries you.
- believe that the benefits of quitting outweigh the benefits of continuing to smoke.
- believe that you will make an honest attempt at quitting smoking.
- know people who have had health problems as a result of their smoking.

HEALTH BELIEF MODEL STAGES THAT AFFECT BEHAVIOR	
<b>Pre-contemplation</b>	At this stage, the smoker is not seriously thinking about quitting.
<b>Contemplation</b>	The smoker is actively thinking about quitting but is not ready to make a serious attempt. There may be stated barriers such as, "Yes, I am ready to quit, but the stress at work is too much." or "I don't want to gain weight." or "I'm not sure if I can do it."
<b>Preparation</b>	Smokers in the preparation stage intend to quit in the next month and may have tried to quit in the past 12 months. They usually have a plan.
<b>Action</b>	This is the first six months when the smoker is actively quitting.
<b>Maintenance</b>	This is the period from six months to five years after quitting when the ex-smoker takes steps to avoid relapse.



**4. How can you handle your mixed feelings about quitting?**

**Stay true to your original reasons for quitting.** It isn't uncommon to have mixed emotions about your desire to quit smoking. This is known as ambivalence. There may be times when the thought of giving up cigarettes doesn't appeal to you, and you wonder if you made the right decision. These feelings are normal. The best way to counteract feelings of ambivalence is to remember the reasons you should quit.

- I will feel healthier right away.
- I will make family and friends proud of me.
- I will be healthier the rest of my life.
- I will be proud of myself.
- I will worry less about my health.
- I will have more money to spend.



**1. Why do I smoke?**

**Think about your cravings for a cigarette.** What are the triggers that cause you to smoke? Certain activities, moods, places, and situations can spark a strong urge to smoke. Being angry or under stress can trigger cigarette cravings. Even positive feelings of happiness or pleasure can bring up tobacco urges. Identifying the triggers that intensify your cravings is an essential step toward quitting smoking.

**What are your triggers?**

- |   |  |  |   |
|---|--|--|---|
| <input type="checkbox"/> Boredom                        | <input type="checkbox"/> Hunger                    | <input type="checkbox"/> Driving a car | <input type="checkbox"/> Break times            |
| <input type="checkbox"/> Anger                          | <input type="checkbox"/> Feeling full after eating | <input type="checkbox"/> Socializing   | <input type="checkbox"/> Others smoking near me |
| <input type="checkbox"/> Stress, depression, or anxiety | <input type="checkbox"/> Morning coffee            | <input type="checkbox"/> Relaxing      |   |
|   | <input type="checkbox"/> Alcoholic beverages       | <input type="checkbox"/> Celebrations  |   |

List any other triggers for your cravings:

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**2. Why do I want to quit tobacco?**

**There are many good reasons to stop using tobacco.** It's important for you to know what your personal reasons are so you can stick to your quit goal.

**What are your reasons?**

FOR FAMILY AND LOVED ONES

- I don't want to expose loved ones to secondhand smoke.
- I want to be a role model for others, especially children.
- I want to lower the risk for having an unhealthy or low birthweight baby.
- I want my family to be proud of me.

FOR MY HEALTH

- I want to lower my risk of heart and lung disease, cancer, and stroke.
- I want to have healthier gums and teeth and cleaner breath.
- I want to stop coughing and wheezing.
- I want to recover my sense of smell.
- I want my food to taste better.

FOR MYSELF

- I want to feel more in control of my life.
- I want to have more energy.
- I want to save money
- I want my house and car to be cleaner.
- I want my clothes and body to smell better.
- I want to sleep better.

List any other reasons that are important to you:

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**3. What can I do to distract myself from smoking?**

**It's important to think of activities that can distract you from your tobacco cravings.** These activities have helped others forget about smoking a cigarette. Check the ones that might work best for you.

- Go for a walk.
- Stand up and stretch.
- Visit a place where smoking is not allowed.
- Spend time with non-smokers.
- Take a warm bath or shower.
- List any other ways you can distract yourself:
- Drink a glass of water.
- Chew gum.
- Suck on hard candy or a lollipop.
- Brush your teeth.
- Take a nap.
- Have a healthy snack of something crunchy like nuts or carrot sticks.
- Keep your hands busy: knit; cook; paint a room; change your car oil; clean out a closet.
- Listen to a relaxation tape or your favorite music.

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**4. How much money will I save when I quit?**

**By spending less on tobacco, you'll have more cash in your pocket!** Complete the brief Quit & Save exercise below, and find out how much money you will save by quitting.

**Quit & Save**

\$ SPENT	\$ SPENT EACH MONTH	\$ SPENT EACH YEAR	\$ SPENT AFTER 5 YEARS	\$ SAVED IF YOU QUIT
(1 PACK) \$	X 30 (DAYS) = \$	X 12 (months) = \$	X 5 (YEARS) = \$	\$
(2 PACKS) \$	X 30 (DAYS) = \$	X 12 (months) = \$	X 5 (YEARS) = \$	\$
(3 PACKS) \$	X 30 (DAYS) = \$	X 12 (months) = \$	X 5 (YEARS) = \$	\$

- List some of the ways you could use the money you will save when you quit:

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**OBJECTIVES: To understand the need for support and how a quit buddy can help****1. Why do you need support to quit?**

**The more support you have, the more likely you will follow through and quit.** Friends and family are important while you are trying to quit smoking. They can provide encouragement, distraction, humor, and help when you need it most. Most people find it helpful to have one or more close family members or friends involved in their quitting process.

**A quit buddy offers understanding and encouragement:**

- A quit buddy should be a patient listener who is readily available when you need help.
- A quit buddy should help when you need a distraction to cope with tobacco cravings.
- A quit buddy should support you by continuing to express confidence in your ability to quit.
- A quit buddy should continue to support you beyond the first few weeks of quitting by watching your progress and congratulating you on any positive changes you make.
- A quit buddy can help lower your stress by providing advance notice of work deadlines or helping with chores or other responsibilities.

**2. How do you choose a quit buddy?**

**Choose a close friend, family member, or co-worker who supports your goal.** The journey to a smoke-free life is made easier when you invite people who care about you to help. Family, friends, and co-workers are good choices.

Another good choice is to get help and support from a fellow quitter. Pairing with someone who is also quitting tobacco means you can share accountability, support, and encouragement with someone who is experiencing what you are.

Think carefully about choosing a reliable person as your quit buddy. Your buddy should be able to lend an ear and encourage you without passing judgment, especially if you slip. The most important thing is to pair with someone who believes in your goal and your ability to reach it. Remember, you can have more than one quit buddy. Who are the people in your life who can support you during your quit process?

**Quit buddies can be almost anyone:**

- Your spouse or partner
- Your children or grandchildren
- Other close family members such as brothers, sisters, nieces, nephews
- Your friends, especially those who are former smokers
- Your coworkers
- Your neighbors
- An online community or network of former smokers
- Church, club, or other community members

Can you think of other potential supporters?



### 3. How can you help your quit buddy help you?

**Educate your buddy and define your needs.** It's easier for your buddy to help you if you are specific about what you need. Don't make your buddy guess how to help you!

**Here are some tips for your quit buddy:**

- First, let your quit buddy know you will be quitting tobacco and identify your quit date.
- If you are keeping your quit attempt a secret, let your quit buddy know who is allowed to be in on the secret and who isn't.
- Teach your quit buddy about the challenges and withdrawal symptoms of cessation, especially if he or she is not a tobacco user.
- Be specific about how your quit buddy can help you day to day.
- Set up regular times to talk after your quit day.
- Ask your quit buddy to plan some fun activities to keep you from thinking about tobacco.
- Thank your buddy frequently for the support and encouragement.



**OBJECTIVES: To understand the different quit methods and to develop your own quit plan**



**1. What can you do to prepare for quitting?**

**You can make some changes to help make your transition easier.** There are some steps you can take in advance of quitting that will help set you up for success. Getting rid of your “cigarette lifestyle” will help you feel ready for your next step.

- Nicotine changes how some drugs work. If you take medications, let your doctor or pharmacist know that you are quitting.
- Get rid of anything in your home which could act as a trigger to remind you of smoking.
- Clean and freshen your work space, your car, and home so that you won’t see or smell anything that reminds you of smoking.
- Throw away all of your cigarettes, lighters, and ashtrays.
- Have your dentist clean your teeth to get rid of smoking stains.
- For the first few weeks try not to schedule any stressful situations or events where there will be other smokers.
- Stock up on healthy treats so you can reward yourself daily.



**2. What are some methods for quitting?**

**Methods for quitting include nicotine replacement therapy, cold turkey, and tapering.** Most smokers find that a personal quit plan helps them stay focused. Luckily, there are a variety of products and methods to help you reach your goal and reduce some of the side effects.

**Nicotine replacement therapy:** Medications that provide nicotine are called nicotine replacement therapy (NRT). These medications provide a dose of nicotine to help your body adjust as you quit tobacco. NRT is a proven scientific strategy that can significantly increase your chances of quitting. It’s a safe strategy; NRT won’t lead to addiction and has few or no side effects. You can discontinue NRT medications after 12 weeks of being tobacco free.

NRT PRODUCT	COMMON BRAND NAME	AVAILABILITY
Gum	Nicorette	Over-the-counter
Patch	Nicoderm	Over-the-counter/Prescription
	Habitrol	
	Prostep	
	Nicotrol	
Lozenge	Commit	Over-the-counter
Nasal Spray	Nicotrol	Prescription
Inhaler	Nicotrol	Prescription

**Cold turkey:** While not recommended, this method has had limited success for some smokers. To go cold turkey means to stop smoking all at once without cessation medications or changes to routines.

**Tapering:** Tapering involves reducing the number of times you smoke each day. To be successful, smokers should use the smallest number of cigarettes each day until reaching the quit stage.



### 3. How should you pick a quit day?

**Choose a date within the next month.** A month works well because you have enough time to prepare yourself to quit but not enough time to talk yourself out of it. It's best to let your quit buddy, family, and friends know of your quit date. If you smoke at work, quit on the weekend or during a day off. That way you'll already be cigarette-free when you return.

Think about choosing a special day for quitting:

- Your birthday, make it a gift to yourself
- Your wedding anniversary, make it a gift to your partner
- New Year's Day, a new year, a new resolution
- Independence Day, celebrate your upcoming independence from nicotine



### 4. How can you stay motivated during the quitting period?

**Remind yourself of your goals.** If you start to lose sight of your goals, then you may become less motivated. Keeping track of your goals and checking your progress can help keep you focused and motivated, day in and day out.

**Set up rewards for yourself.** By quitting tobacco, you are doing something great for your health. Still, the process can be challenging. Make sure to reward yourself every time you achieve your weekly goals. This could be as simple as a bowl of ice cream or a vase of fresh flowers. Whatever rewards will keep you going are the ones you should be giving yourself. Small meaningful rewards will encourage you to focus on the future.

To stay motivated, make a list of treats and activities you can use as rewards using the money you've saved by quitting. How will you reward yourself when you reach your quit goal? How will you reward yourself after six months of being tobacco free?

- Splurge on a meal at a new restaurant
- See a movie or go to a live music event
- Treat yourself to a manicure or pedicure
- Start a new hobby or take a class
- Use your savings to pay off a bill
- Take a day trip to somewhere special

**Move your body.** Another way to stay motivated is to be active. Go for a walk, do some jumping jacks or sit-ups. Even light physical exercise can affect your mood, making you feel less depressed and more enthusiastic about your quit smoking goal.

**OBJECTIVES: To understand withdrawal symptoms and how to use Nicotine Replacement Therapy**



**1. How can you cope with nicotine withdrawal symptoms?**

**Be prepared for them.** Withdrawal symptoms are a normal part of the quitting process, so the more you know about them, the better you'll be able to cope. Here are some tips to deal with the effects of nicotine withdrawal.

WITHDRAWAL SYMPTOM	COPING TECHNIQUES
<b>Dizziness</b>	Get up slowly from sitting position
<b>Depression</b>	Meditate
	Practice deep breathing
	Exercise, take a walk, try a yoga class
	Try positive self-talk
<b>Frustration and irritability</b>	Send yourself positive thoughts about your ability to quit and think of how you will reward yourself when you do
	Play music that will drown out negative thoughts and emotions
	Remind yourself of all the benefits of quitting smoking
	Think about how much better you will feel physically and how much more energy you will have
<b>Anxiety</b>	Avoid caffeine and alcohol
	Try deep breathing
	Listen to soothing music or take a warm bath
	Exercise or take a walk
	Get more sleep
	Talk with someone who is calming
<b>Sleep disturbance</b>	Try a guided meditation tape using headphones
	Try an herbal tea blend for sleep
	Listen to calming music
<b>Headaches</b>	Get enough sleep
	Eat regularly
	Engage in physical activity

WITHDRAWAL SYMPTOM	COPING TECHNIQUES
<b>Increased appetite and weight gain</b>	Make healthy eating choices (fruits, vegetables, and other healthy snacks)
	Drink plenty of water
	Exercise regularly
<b>Coughing</b>	Stay hydrated, drink warm teas and fruit juices
	Swallow a spoonful of honey
	Use a vaporizer or throat lozenges
<b>Craving</b>	<b>CONQUER YOUR TOBACCO CRAVINGS WITH THE 4 D'S</b> DELAY: set a time limit before you give in to smoking a cigarette
	<b>DEEP BREATHING:</b> take 10 deep breaths to relax yourself
	<b>DRINK WATER:</b> choose a glass of water when you crave a smoke. Water is the best choice because it flushes out toxins as your body repairs itself.
	<b>DISTRACT YOURSELF:</b>
	<ul style="list-style-type: none"> <li>• Read a book</li> <li>• Go for a walk</li> <li>• Listen to music</li> <li>• Watch TV</li> <li>• Start a hobby</li> </ul>
<b>Difficulty concentrating</b>	Do some yoga poses or take a yoga class
	Meditate
	Try to focus on one task at a time and avoid multi-tasking
<b>Flu-like symptoms</b>	Rest
	Drink plenty of liquids
	Get enough sleep



**2. How can nicotine replacement therapy (NRT) help?**

**NRT provides your body with a dose of nicotine to ease symptoms while you quit.** Follow the specific directions for the type of NRT you choose. It is important to use the products as intended. The first three options can be bought over-the-counter. The others are prescribed by your doctor. These helpful products can significantly increase your chances of quitting, and each one costs less per day than a pack of cigarettes.

FORM	HOW TO USE IT	BENEFITS
<b>Gum</b>	<b>You can use a new piece of gum every one to two hours during the first four weeks.</b> Must be chewed in a special way to be effective. Chew it slowly several times. You may get a “peppery” taste. Park the gum in the corner of your mouth after several chews. When the taste fades, chew and “park” again. Spit out the gum after 30 minutes.	<b>Easy to use, gum gives you a steady dose of nicotine all day to keep you from smoking.</b> No prescription is needed, and it is available at most drug stores. Research shows that gum can double your chances of quitting.
<b>Patch</b>	<b>You can use a new patch each day when you wake up.</b> Always remove the patch you used the day before. Place the patch above your waist but below your neck and put the patch in a new place each day to avoid skin irritation. Firmly press the patch in place for 10 seconds.	<b>Easy to use, the patch gives you a steady dose of nicotine all day to keep you from smoking.</b> No prescription is needed, and it is available at most drug stores. Research shows that the patch can double your chances of quitting.
<b>Lozenge</b>	<b>You can use a new lozenge every one to two hours during the first four weeks.</b> Put one nicotine lozenge in your mouth. Do not chew it. Move the lozenge around your mouth from time to time and allow it to dissolve.	<b>Easy to use, you can use up to 20 lozenges per day to fight urges.</b> No prescription is needed, and it is available at most drug stores. Research shows that lozenges can double your chances of quitting.
<b>Nasal spray (prescribed)</b>	<b>The spray is used as directed by your doctor, one to two times each hour.</b> Put the nozzle from the pump bottle into each side of your nose. Spray, but do not sniff.	<b>Nasal spray reduces cravings faster than the patch, gum, or lozenge.</b> Research shows that nasal spray can double your chances of quitting.
<b>Inhaler (prescribed)</b>	<b>An inhaler is used as directed by your doctor.</b> Put the nicotine cartridge into the inhaler mouthpiece. Puff on the inhaler to take the vapor into your mouth, but do not breathe it into your lungs.	<b>Easy to use, the inhaler feels like smoking a cigarette by keeping your hands and mouth busy.</b> Research shows that an inhaler can double your chances of quitting.
<b>Pill Bupropion SR (prescribed)</b>	<b>Bupropion SR is used as directed by your doctor.</b> Start dosage one week before your quit date. Limit all alcohol. If you have questions about how to use Bupropion SR, talk to your doctor or pharmacist.	<b>Easy to use, the pill reduces cravings and lessens nicotine withdrawal.</b> Research shows that Bupropion SR can double your chances of quitting.
<b>Pill Varenicline (prescribed)</b>	<b>Varenicline is used as directed by your doctor.</b> Start dosage one week before your quit date. Limit all alcohol. Take with a full glass of water and a meal to reduce the chance of an upset stomach. Talk to your doctor right away if you have serious mood changes, feel depressed or angry. If you have questions about how to use Varenicline, talk to your doctor or pharmacist.	<b>Easy to use, the pill blocks the part of the brain that rewards you for smoking.</b> If you relapse and smoke again after quitting, you’re less likely to “enjoy” the cigarette. Research shows that Varenicline more than doubles your chances of quitting.



**1. My Quit Method**

There are several effective ways to stop smoking.

The quit method I am interested in is: <input type="checkbox"/> Cold turkey <input type="checkbox"/> Tapering <input type="checkbox"/> Nicotine Replacement Therapy (NRT)		
My quit date is:	My quit buddy is:	
The family, friends, and coworkers I want to tell are:		
I can remove reminders of smoking by doing the following:		
Signature:	Date:	Time:



**2. How can I deal with withdrawal symptoms?**

**Keep track of your withdrawal symptoms so you can anticipate and deal with them.** That way they won't stand as barriers but as behaviors or emotions you are able to handle.

List some of your withdrawal symptoms that act as barriers below and list how you are coping with them.

WITHDRAWAL SYMPTOM/BARRIER	MY COPING TECHNIQUE
<b>Morning</b>	
1.	1.
2.	2.
3.	3.
<b>Afternoon</b>	
1.	1.
2.	2.
3.	3.
<b>Evening</b>	
1.	1.
2.	2.
3.	3.
<b>Night</b>	
1.	1.
2.	2.
3.	3.



**3. When am I most at risk for smoking?**

**Different times of day and routine activities can make you want to smoke by habit.** Identify the situations below that bring on your urge for tobacco.

**TIMES OF DAY**

- When I'm having a meal
- When I'm watching TV
- When I'm having coffee or tea
- When I get home from work
- When I'm talking on the phone
- When I wake up in the morning

List any other times that are risky for you: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**WITH PEOPLE**

- When I'm around other smokers
- When I'm experiencing family stress or tension
- When I'm at a family dinner or celebration
- When a friend is smoking

List other people or social situations that might be risky for you: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**AT PLACES**

- When I'm at work
- When I'm at home in certain rooms
- When I go outdoors
- When I'm taking a break
- When I'm at sporting events

List any other places that might trigger you to smoke: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**FEELING EMOTIONAL**

- When I'm angry
- When I'm happy or relaxing
- When I'm bored
- When I'm stressed or anxious

List other feelings you may have that make you want to smoke: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**OBJECTIVES: To learn the techniques to remain smoke-free for life**



**1. Other than medications, what else can you do to stay quit?**

**Now that you have quit smoking, it's important to make that a lifelong decision.** Each day can bring temptations, so remember that relaxation and the 4 D's can help. Practice this simple routine for at least 15 minutes each day. You'll be surprised with how calm and refreshed you'll feel.

**RELAXATION**

- 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 and 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 15 minutes each day.
- Don't worry if you have trouble clearing your mind the first few times you try this. Just refocus when your mind wanders. It will get easier with practice.

**REMEMBER THE 4 D'S**

**Delay:** If you feel you are about to slip, tell yourself to wait 10 more minutes. This delaying tactic can get you past the strongest urge.

**Drink water:** During a craving, drink cold water slowly.

**Do something:** To relieve stress, stay busy. Take a walk, call a friend or your quit buddy, or read a magazine. Activity will distract you from the urge to smoke.

**Deep breathe:** Close your eyes and take slow deep breaths of fresh air. It will relax you.



**2. How can you deal with nicotine cravings after quitting?**

**It's important to recognize the activities, times of day, and emotions that might make you want to smoke.** These are called triggers. If your habit was to smoke on the drive home from work or while watching TV, doing these activities might bring on cravings. While they are different for everyone, here are some common triggers and ways to deal with them.

ACTIVITIES / TRIGGERS	WHAT YOU CAN DO
<b>After waking up</b>	Brush your teeth right away when you wake up.
	Change your morning routine. If you usually shower first and then have breakfast, switch it up and have breakfast first.
	Eat your breakfast in a different place in your home.
	Take your dog for a walk.
<b>After meals</b>	Go for a long walk outdoors or call a friend.
	Read a book or newspaper.
	Brush your teeth.
<b>When drinking coffee, tea, or alcohol</b>	Switch your drink; try drinking tea if you normally choose coffee.
	Drink your coffee or tea in a different place than usual.
	Draw, write, or do a crossword puzzle to keep your hands busy.

ACTIVITIES / TRIGGERS	WHAT YOU CAN DO
<b>When driving</b>	Clean the ashtray and fill it with something pleasant like dried flowers or a snack like sunflower seeds.
	Take a different route than usual to avoid places where you would normally light up.
	Remove all traces of tobacco odor from your vehicle.
<b>During work breaks</b>	Avoid your old break room and take your break in a no-smoking area with non-smokers.
	Use gum, candy, and other substitutes if you are around smokers.
<b>When watching TV</b>	Watch TV for shorter periods of time.
	Remove ashtrays, cigarettes, and lighters from the TV room and make it off limits to smokers.
	Post a reminder notice on the TV.
<b>When stressed</b>	Remind yourself that smoking will not take away stress or anger.
	Try deep breathing or practice relaxation techniques.
	Talk to a friend or get professional help from a counselor.
	Exercise or take a walk.
<b>When bored</b>	Draw, write, or do a crossword puzzle to keep your hands busy.
	Exercise or take a walk.
	Call or visit a friend.
	Play video games or log onto the web.
<b>When around others</b>	Avoid other smokers whenever possible; avoid public places where smoking is allowed.
	Ask others around you to not smoke. Spend more time with non-smokers.
<b>If gaining weight</b>	Exercise regularly, remember to always take the stairs instead of the elevator and to park farther away from store entrances.
	Decrease the amount of sugar in your diet and eat more salads, fruits, and vegetables.
	Reduce fried, high-fat, and high-calorie foods like desserts, pizza, and hamburgers.
	Drink lots of water; drink a glass before each meal.
	Reduce or avoid alcohol. It is fattening and may weaken your resolve to avoid overeating or smoking.



**1. How can I manage stress?**

**Smoking is one way people deal with stressful situations.** But it isn't the best way. If you can identify the cause of your stress, you and your quit buddy, family, and friends can figure out better ways for you to deal with stress.

<p><b>Identify one cause of stress for yourself</b></p>	<p>What are possible solutions for that stress that do not involve smoking?</p>
<p><b>Identify another cause of stress</b></p>	<p>What are possible solutions for that stress?</p>
<p><b>Identify another cause of stress</b></p>	<p>What possible solutions can you think of to deal with that stress?</p>



**2. My Quit Worksheet: A review**

**You have been preparing to quit smoking for some time.** Now, review what you have done so far to prepare yourself to quit.

**My reasons for quitting are:**

MY SMOKING TRIGGERS INCLUDE	HERE'S HOW I WILL DEAL WITH THE TRIGGER
<input type="checkbox"/> Waking in the morning	
<input type="checkbox"/> Driving or being a passenger in a car	
<input type="checkbox"/> Drinking coffee or tea	
<input type="checkbox"/> Drinking alcohol	
<input type="checkbox"/> After eating	
<input type="checkbox"/> After sex	
<input type="checkbox"/> Feeling stressed or anxious	
<input type="checkbox"/> Feeling lonely or depressed	
<input type="checkbox"/> Feeling angry or irritable	
<input type="checkbox"/> Watching TV	
<input type="checkbox"/> Surfing the internet or checking my email	
<input type="checkbox"/> Smelling cigarette smoke	



**3. Reward yourself**

**You worked hard and deserve a reward for reaching your goal.** How will you reward yourself for not smoking cigarettes?

<b>After 1 week without tobacco, I will reward myself with</b>	
<b>After 2 weeks without tobacco, I will reward myself with</b>	
<b>After 1 month without tobacco, I will reward myself with</b>	
<b>After 3 months without tobacco, I will reward myself with</b>	
<b>After 6 months without tobacco, I will reward myself with</b>	
<b>After 1 year without tobacco, I will reward myself with</b>	

CONGRATULATIONS ON YOUR SUCCESSFUL JOURNEY TOWARDS A HEALTHY, SMOKE-FREE LIFE!



### Is NRT safe?

- Nicotine Replacement Therapy (NRT) is safe and less addictive than cigarettes. You cannot become addicted to NRT.
- Call or visit your health care provider to discuss your quit goal. Pregnant women should consult their doctor about using NRT during pregnancy.
- Studies have found no significant side-effects from using NRT while smoking.



### Are there side effects?

- Most side effects are minimal, but check with your doctor if you experience: mouth, throat, or nasal irritation; hiccups; jaw or neck pain; coughing; upset stomach; runny nose; or trouble sleeping.



### How long should I use NRT?

- NRT labels indicate that the products should be used for 8 to 12 weeks. For some, this time period is enough to stop smoking for good; others using NRT may be able to quit smoking in even less time. Using NRT longer than 8 to 12 weeks is not dangerous. Continue using NRT until you feel confident you can stay off cigarettes.
- **RELAPSES:** If NRT is successful in helping you stop smoking, but after stopping NRT you lapse and go back to smoking, you should seriously consider using NRT again.



### What about dosage?

- Be sure to use the right amount of NRT product recommended for the amount of cigarettes you smoke per day.
- If the type of NRT you are taking fails to help you stop smoking, talk with your health care provider about increasing the dosage or ask your provider about the option of adding an additional type of NRT or a smoking cessation prescription drug.
- **GUM:** Chew the gum slowly. Fast chewing may cause nausea and doesn't allow the nicotine to be absorbed properly from the lining of the mouth. Don't drink anything for 15 minutes so your mouth lining has time to absorb the nicotine.
- **PATCH:** If you are unable to stop smoking a few cigarettes while using the patch, it is best to keep the patch on. Don't allow a few slips to stop you from using the patch. It is possible you may need more than one patch at a time or to add gum or lozenges to help with your cravings. Your health care provider should be consulted about these options.



### How much do NRT products cost?

- Store branded (generic) NRT products are often cheaper than brand name products. To help with NRT cost contact your local quitline for free products.



### Remember

- Quitting is hard. But quitting with the help of NRT can make it easier. If you lapse, don't give up. Forgive yourself, learn something about your triggers, and try again.
- If you are suffering from any medical conditions or currently using other medications, please talk to your doctor or health provider. before starting NRT.



## Additional Quit-Smoking Resources

- **Quit plan:** [www.quitplan.com/assets/documents/quitguide-english.pdf](http://www.quitplan.com/assets/documents/quitguide-english.pdf)
- **A guide for tobacco users to quit:** [apps.who.int/iris/bitstream/10665/112833/1/9789241506939\\_eng.pdf](https://apps.who.int/iris/bitstream/10665/112833/1/9789241506939_eng.pdf)
- **Journey to a smoke free life:** [www.upmc.com/patients-visitors/education/smoking/Documents/journey-to-a-smoke-free-life.pdf](http://www.upmc.com/patients-visitors/education/smoking/Documents/journey-to-a-smoke-free-life.pdf)
- **Tobacco Cessation: An Abbreviated Mini-Workbook:** [www.publichealth.va.gov/docs/smoking/tobacco-cess-miniworkbk-eng-final-508.pdf](http://www.publichealth.va.gov/docs/smoking/tobacco-cess-miniworkbk-eng-final-508.pdf)
- **American Cancer Society:** [www.acsworkplacesolutions.com/freshstart.asp](http://www.acsworkplacesolutions.com/freshstart.asp)
- **Center for Disease Control and Prevention:** [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
- **Smokefree.gov:** [www.smokefree.gov](http://www.smokefree.gov)
- **Nicotine Anonymous Website:** [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)
- **VA Smokefree:** [www.smokefree.gov/veterans](http://www.smokefree.gov/veterans)
- **Action on Smoking and Health:** [www.ash.org](http://www.ash.org)
- **The Foundation for a Smoke-free America:** [www.anti-smoking.org](http://www.anti-smoking.org)
- **UPMC Health System:** [www.upmchealthplan.com/pdf/Journeytoasmokefreelife.pdf](http://www.upmchealthplan.com/pdf/Journeytoasmokefreelife.pdf)
- **Campaign for Tobacco Free Kids:** [www.tobaccofreekids.com](http://www.tobaccofreekids.com)

**FOR MORE INFORMATION** about the CEASE partnership or the *CEASE Today Tobacco Cessation Manual*, please contact the MSU Prevention Sciences Research Center:

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