

You are
ready to quit!

ABOUT THIS KIT

Congratulations on your decision to quit smoking. The decision to quit smoking is one of the most significant decisions of your life. It is the single most important thing you can do to improve your health. Whether you have tried to quit in the past or this is your first attempt, the rewards from quitting are great. Almost immediately, you will begin to experience benefits of becoming a non-smoker. Your blood pressure, pulse rate, and body temperature begins to return to your normal rate and your chances of a heart attack decrease dramatically. You will also find many long-term benefits in your new smoke-free lifestyle. Your lung capacity may continue to increase, as well as your energy levels.

If you ever experienced a “smoker’s cough”, it will disappear. Your risk of heart disease, respiratory disease, and many other cancers will continue to decrease.

But What If You Have Tried To Quit In The Past

Pat yourself on the back for trying. Most former smokers make multiple attempts before they finally succeed. The best advice is to keep trying! Think about what you have learned from your past experiences and why you were unsuccessful. What do you want to do differently this time? Remember more than half of all Americans who have ever smoked have quit. If you keep trying, you can be one of them. Many of them tried several times before they were able to quit. They made it and quit for good and you can too. **Good Luck!**

Smoking Dangers are No Laughing Matter

The American Cancer Society believes that laughter is a great medicine for treating a smoker’s withdrawal symptoms. Knowledge of what to expect can help make this difficult process of giving up cigarettes a much easier one. This kit is intended to be self directed and designed to allow you the freedom to work at your own pace.



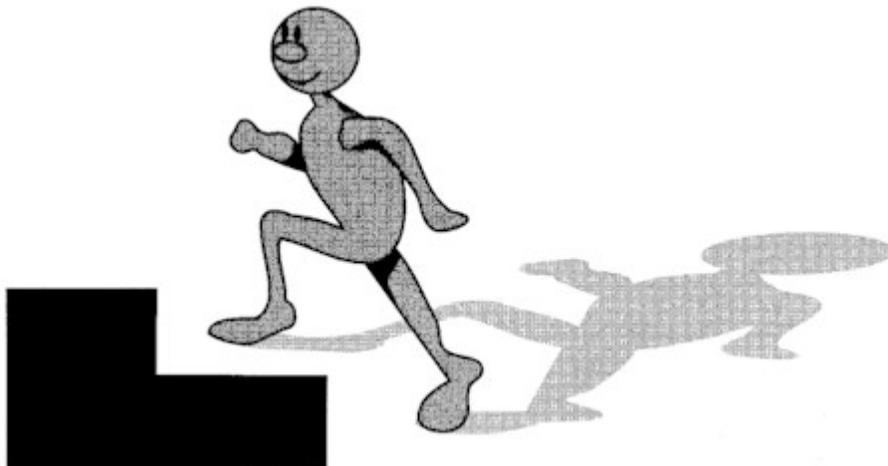
STAGES OF CHANGE

This program is based on a proven theory called the Stages of Change Theory. It tells us that people who are trying to quit may be at varying levels of readiness. Some people, who think they are ready to quit, may not really be ready and may start smoking again and again. Maybe, you've done that before too but chances are if you have reached this level you are ready to give up cigarettes. (You may have begun visualizing yourself leading a smoke-free lifestyle and started to engage in behavior that is moving you into a healthier lifestyle.)

Still Worried About Quitting

You're probably thinking "I don't want to have to go to come class to do this". With this program you proceed on your own – at your own pace. The vast majority of smokers who quit, do it without the help of formal programs, clinics and self-help groups. We want to be able to help you in your decision to stop smoking. If you registered with us, we'll have someone call you to see how you're doing from time to time. However, you still need to be realistic, quitting smoking is one of the most difficult things to do. Although thousands of smokers quit each and every year, it is **A Very Difficult Process**. The majority of people who have quit smoking tried to quit several times before. In fact, only 10% of those who try to quit are successful the first try. You need to realize that it will be hard but **You Can Do It!** Hundreds of thousands of people **Just Like You** have already quit.

Please Keep Reading In Order To Change Your Life



SYMPTOMS OF RECOVERY

The following symptoms are typical of those who are breaking the habit of smoking. If you are experiencing some of these symptoms we've offered some suggestions to help!

Symptom

Relief

Coughing, dry throat,
Nasal drip

Suck on cough drops or sugarless candy.
Drink plenty of fluids.

Sleep problems

Go for a walk. Light exercise or try other stress reduction techniques. Avoid caffeine after 6 PM.

Headaches

Warm bath or shower. Relaxation techniques.

Irritability

Exercise, hot baths, and relaxation techniques.

Dizziness

Use extra caution. Change positions slowly.

Hunger

Drink water. Snack on vegetables.

Lack of concentration

Plan workload. Avoid additional stress.

Fatigue

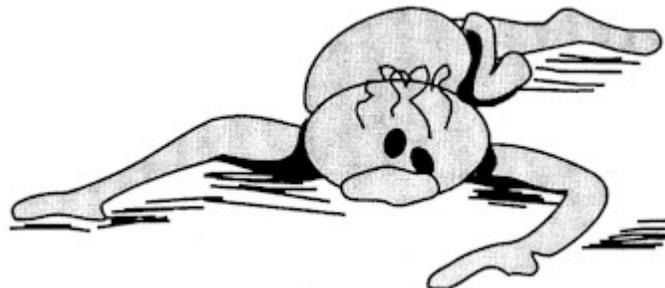
Take naps. Don't push yourself.

Craving for a cigarette

Wait out the urge. Distract yourself.

Constipation, gas or stomach pains

Drink lots of fluids. Add fruits, vegetables or whole grains to your diet.



What Kind of Smoker are you?

Take the Test: Please circle the answer that best fits you for each of the following questions

How soon after you wake up do you smoke your first cigarette?

- | | |
|---------------------|---|
| Less than 5 minutes | 3 |
| 6-30 minutes | 2 |
| 31-60 minutes | 1 |
| over 61 minutes | 0 |

Do you find it difficult to refrain from smoking in places where it is forbidden (like church, at the library, in a cinema)?

- | | |
|-----|---|
| Yes | 1 |
| No | 0 |

Which cigarette would you hate most to give up?

- | | |
|--------------------------|---|
| The first in the morning | 1 |
| Any other | 0 |

How many cigarettes per day do you smoke?

- | | |
|--------------|---|
| Less than 10 | 0 |
| 11-20 | 1 |
| 21-30 | 2 |
| over 30 | 3 |

Do you smoke more frequently during the first hours after waking than during the rest of the day?

- | | |
|-----|---|
| Yes | 1 |
| No | 0 |

Do you smoke if you are so ill that you are in bed most of the day?

- | | |
|-----|---|
| Yes | 1 |
| No | 0 |

Scoring the Test

Add up all of your responses above:

Score: _____

Scores of more than 6 are generally interpreted as indicating a high degree of nicotine dependence. Which means that your body may have a harder time when the nicotine is washing out of your body.

If you did score above 6, it is even more important for you to prepare for potential withdrawal symptoms when planning quitting. To help with the withdrawal symptoms, nicotine replacement may be particularly helpful at first when you quit.

If you scored below 6, your body may not have as much difficulty coming off the nicotine when you quit, but you may still experience cravings, and it could still be difficult for you to quit the habit.

WITHDRAWAL - WHAT TO EXPECT

The first few days may be the hardest in your decision to stop smoking. Most, but not all smokers experience some degree of withdrawal after quitting. The majority of withdrawal symptoms are more common in the first two weeks after quitting and largely gone within a month. Experiencing withdrawal symptoms is a sign that your body is beginning to repair itself after many years of smoking.

According to the American Lung Association, quitting smoking brings on a variety of withdrawal symptoms. There are both physical and psychological recovery symptoms. The first three or four days, when the bulk of the nicotine is being eliminated from the body, are usually the most difficult. Most smokers experience the worst withdrawal symptoms during this time period. Other symptoms may slowly decline over the next two to three weeks. One person described withdrawal symptoms like "riding a roller coaster". "You will take sharp turns, slow climbs, and unexpected plunges." The most important thing to remember about withdrawal symptoms is that they do not last long. So buckle up and be prepared for a bumpy ride.

Craving is probably the most common and familiar withdrawal symptom. Craving is an intense desire or feeling of need for cigarette. After you have stopped smoking for a while, be aware of the following "high risk" situations that make you want to smoke. Learning how to deal with situations can help curb your craving to smoke.

Below is an activity to help you identify solutions to situations in which you might have the urge to smoke. Please fill in the blank by completing your answer to the solution without smoking.

High Risk Situation

Solution To High Risk Solution

Stress or Feeling Bad

When I Feel Bad:

I Should:

Frustrated

Tense

Angry

Worried or nervous

Depressed

Irritable

High Risk Situation

When I am:

- Waiting and restless
- Having trouble concentrating
- Having an argument
- Dealing with an emergency or crisis

Solution To High Risk Solution

I can:

Pleasure or Feeling Good

When I feel:

- Like letting loose
- Like “crashing” after a busy day
- Like doing something interesting or enjoyable
- Like taking a work break
- Like resting
- Really happy

I could:

Social Situations

When I am:

- Seeing people I used to smoke with
- Pressured to smoke or offered to chew
- Talking on the phone
- At a party
- Meeting new people
- Around others who are smoking

I should:

Eating or Drinking

When I am:

- Wanting to avoid sweets
- Finishing a meal
- Drinking coffee/tea/alcohol

I might try:

DEALING WITH NICOTINE WITHDRAWAL

- Get your teeth cleaned. It will help remove the taste of tobacco.
- Clean your carpets and drapes to remove the smell of tobacco smoke in your home.
- Wash all washable pillows and fabric, in your home.
- Ask others around you not to smoke.
- Remove smoking paraphernalia; ashtrays, lighters, matches, car ashtrays and lighters. Make it inconvenient to smoke.
- Change your habits that you associate with smoking.
- Try to cut back caffeine intake by half. Your body doesn't tolerate caffeine as well

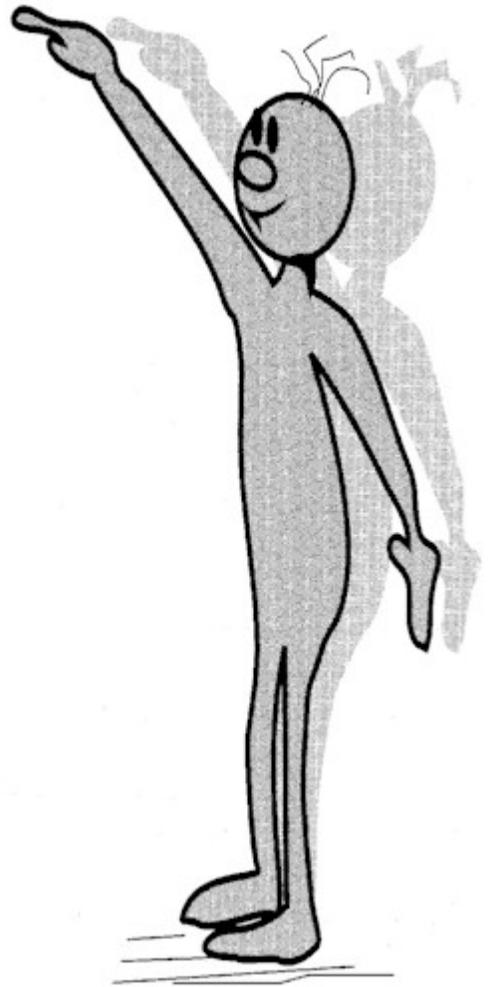
The American Lung Association Recommends The Four D's

- **Deep Breathe** – Deep breathing is an effective way of dealing with tension from stopping smoking. A simple deep breathing exercise that can be used any time or any place is listed below:
 1. With your mouth closed and your shoulders relaxed, inhale as slowly and deeply as you can while silently counting to eight.
 2. Hold your breath while counting to four.
 3. Exhale slowly.
 4. Do this deep breathing cycle of exercises slowly five times.
- **Drink Water** – Drink lots of fluid, especially water and fruit juices, to remove the nicotine from your system as fast as possible. Make sure you stay away from beverages that contain caffeine and alcohol.
- **Delay** – When your craving is a mild one, it's possible to wait it out. After a few moments, you'll find that the urge fades and then disappears. The urge goes away whether you smoke or not, normally within 30-60 seconds. To prove it, time your urges.

- **Do Something Else** – You might feel irritable, anxious, and restless during your first week or two after quitting. Stay busy to distract yourself, it is important to remember that these moods will not last long. During the first two weeks after you quit, try to avoid those places, people and situations that may trigger you to smoke. If you typically smoke while watching television at night, plan to go out or be busy with something else. If you smoke on work breaks try to take a walk with a friend or co-worker. It is also a good idea to avoid alcohol in the first few weeks after quitting. Alcohol can weaken your inhibitions, causing you to be tempted to smoke.

Below is a list of activities that you may find helpful when you have the urge to smoke.

- Talk yourself out of the urge/craving
- Exercise
- Alter your routine
- Doodle
- Deep breathe
- Work on a hobby or crossword puzzle
- Take a shower
- Munch on a carrot
- Write a letter
- Listen to music
- Go for a walk
- Drink a glass of water
- Brush your teeth
- Go shopping
- Call a friend
- Repeat positive affirmations
- Go for a drive (unless you typically use tobacco in the car)
- Find something to make you laugh
- Take a nap
- Chew sugarless gum
- Prepare a low fat meal
- Read a book or a newspaper
- Mow the lawn or wash the car
- Try a new hobby
- Eat a piece of hard candy
- Chew on a straw or coffee stirrer
- Play with a stress ball



WHAT ABOUT WEIGHT GAIN

Stop with the excuses. The fear of gaining weight can be a deterrent to quitting. The reality is approximately 80% of smokers will gain a small amount of weight when they quit. The average weight gain after quitting is only five to ten pounds. Besides the health benefits of giving up smoking far outweigh the threat of gaining a few pounds.

There are several reasons weight gain occurs when quitting smoking. One reason is the nicotine in the cigarette smoke actually stimulates your body's metabolism and when you quit, this effect is lost. This is when weight gain can occur. Increasing exercise can stimulate the metabolism. More than likely when you began smoking you probably lost weight. Likewise, when you quit smoking you return to your pre-smoking weight.

Another reason for weight gain is that people tend to eat more without even realizing it. There are several reasons this occurs: people may feel the need to have something in their mouth to replace the cigarette, or they may feel the need to do something with their hands, or out of boredom. Smokers also report they need to "treat" themselves for quitting smoking. This explains the increase in sweets and junk food.

So be prepared to fight weight gain when you quit smoking. Stock your kitchen with lots of satisfying foods that are low in fat: apples, carrots, bananas, celery, crackers, bagels, low fat popsicles, rice cakes, etc... Keep sugar free gum, toothpicks, straws or hard candy on hand to satisfy your oral fixation. It is important to give yourself a lot of choices.

Another way to combat weight gain is to become more active. Exercise can help combat withdrawal symptoms, reduce stress, and help you avoid weight gain. This doesn't mean you need to start training for the next Boston Marathon, but simply look for more ways to move your body more. For example, consider walking to work, climbing stairs instead of taking the elevator, or walking on your lunch breaks. In the space provided below list three ways you can become more active.

| Activity |
|--|
| Things I can do to increase my activity: 1. 2. 3. |

As with any increase in exercise be sure to consult with your health care provider before you begin dramatic changes in your exercise level.

HOW TO DEAL WITH HUNGER PAIN

Consider these suggestions before raiding the refrigerator.

1. Drink water or a low calorie beverage.
2. Keep your hands busy...
 - Start a project
 - Work on a jigsaw puzzle
 - Wash your hair
 - Take a walk
 - Ride a bike
 - Start a journal
3. Make a list of the food you have eaten today.
4. Plan snacks into your day.
(Carry healthy, snack foods with you each day)
5. Live with occasional hunger.
6. Eat slowly. Try not to eat on the run or you'll end up eating more.
7. Make a list of tasks you'll do before eating...
 - Wash your face
 - Weigh yourself
 - Stretch for two minutes
 - File your nails
 - Call a friend
8. Hunger sensations can be satisfied with 50 calories. Keep these suggestions in mind.
 - 3 cups of air popped popcorn & a tablespoon of parmesan cheese
 - 1 cup of raw vegetables & low calorie dressing
 - 1 cup of fresh vegetables
 - 1 medium apple
 - 1 medium baked apple & 1 tsp of sugar
 - 1 cup low calorie cocoa
 - 2 rice cakes



Adapted from the American Lung Association "Hunger Helps" facts sheet

DEVELOP A PLAN OF ACTION

One of the first steps in quitting smoking is to change your daily routine by replacing cigarettes with healthier alternatives. These alternatives become an “action plan” that will help you satisfy your needs without smoking. To develop an action plan, make a list of trigger situations (when you are craving a cigarette). Next to the trigger situations, try and list two alternative behaviors. On the space provided below, create your own action plan by listing your triggers and two alternative strategies. Below is an example of an action plan.

| Trigger Situation | Two Alternatives |
|--|---|
| Work Breaks- Feeling stressed, tired, need to concentrate | Take a walk, change your routine, Break with the non-smokers at work |
| Getting up in the morning – Needing a “boost” | Change routine, Walk to work instead of driving Listen to music |
| Feeling angry Wanting to yell or snap at others | Deal with situations as they arise Get enough sleep Exercise to take the “edge” off |

Your Action Plan

| Trigger Situation | Two Alternatives |
|-------------------|------------------|
| | |
| | |
| | |

TRY AN ALTERNATIVE

If you still have trouble identifying an alternative please refer back to the quiz you took in the first kit on pages 12-13. It might be useful to ask yourself, “What am I feeling or how would I like to feel?” and then, “What behaviors can help me achieve those feelings?” Below is a list of alternatives that you might find helpful.

If You Smoke For:

Stimulation

Handling

Pleasure

Tension Reduction

Craving

Habit

You Might:

Try a substitute that will give you a lift. Such as walking, jogging or just stretching. Chewing gum or munching on vegetable sticks can replace urges for oral stimulation formerly provided through cigarettes.

Try playing with coins, keys, stones or a stress ball.

Involve yourself in other activities that give you pleasure or help you feel good. It might be difficult to tell if you smoke to get pleasure or to keep from feeling bad or uncomfortable. Ask yourself “Do I smoke to accentuate the good emotions or keep from feeling bad?” Cigarettes smoked for pleasure are usually easier to give up.

Use healthy ways of getting through a tense situation without tobacco. Practice deep breathing, guided imagery, relaxation techniques, and positive self-talk.

Try quitting completely, instead of gradually tapering off. Change the brand of cigarettes that you normally smoke to something you don't like. You may want to consider quitting when you have a cold or other times when cigarettes don't taste good.

Make yourself more aware of when you use tobacco by wrapping a rubber band around the package.

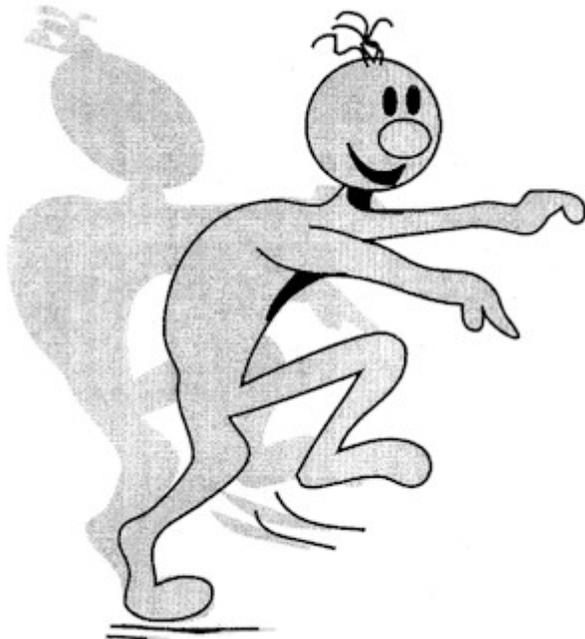
PUTTING YOUR PLAN INTO ACTION

Once you have decided on ways to handle your cravings and triggers, it is time to pick a day to quit. If possible, select a day to quit in the next 30 days.

Pick a time after you have created your plan, are motivated, and can take care of yourself. Finally, begin preparing for the quit day by planning some tobacco free activities.

If you are truly dedicated to quitting smoking, you're ready to go public. Even though there may still be some apprehension, by telling the world it reinforces your continued commitment to yourself and those who care about you. Use the space below to record the names of all the people you'll tell. Then place a check by their name after they know about your plan.

People I Plan To Tell About Quitting:



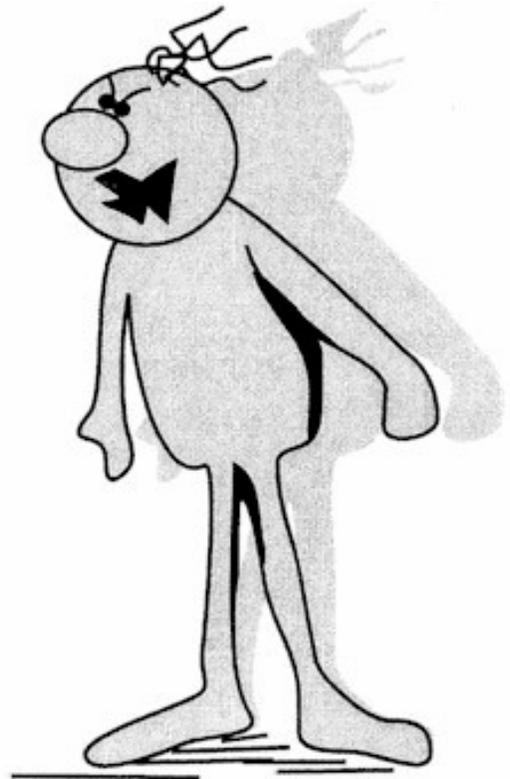
Supportive family and friends can be extremely important to your new tobacco-free lifestyle. They can provide encouragement, humor, distraction, warmth, and sympathy. Many former smokers have found it beneficial to have one or more close friends or family members be involved in their quitting process. If you have supportive people around you, by all means use them. Let them know when you may need a burst of encouragement. Your family and friends will be proud of your success in quitting tobacco for good.

WHAT ABOUT STRESS

Tobacco is an emotion blocker for many. So many people have used tobacco to deal with stressful situations. Now that you are quitting you need to come up with some healthy alternatives. Get a highlighter and highlight some of stress reducing activities you might be willing to try...

Proven Stress Reducers

- Get up 15 minutes earlier to reduce morning mishaps
- Don't rely on your memory. Write everything down.
- Do nothing you have to lie about later
- Make copies of all your keys
- Practice preventive maintenance of everything you own
- Be prepared to wait
- Don't procrastinate
- Plan ahead
- Don't put up with something that doesn't work right
- Allow 15 minutes of extra time to get to appointments
- Restrict the amount of caffeine intake
- Always set "just in case" plans
- Relax your standards. The world will not end if the grass doesn't get mowed
- Ask questions
- Say "no" to extra projects, social activities, and invitations when you don't have the time
- Unplug your phone
- Turn "needs" into preferences
- Simplify, Simplify, simplify!
- Make friends with non-worriers. Worrywarts are contagious
- Take a lot of stress breaks
- Get enough sleep
- Organize. A place for everything and everything in its place. Losing things is stressful
- Write your thoughts and feelings down on paper
- Try yoga exercises

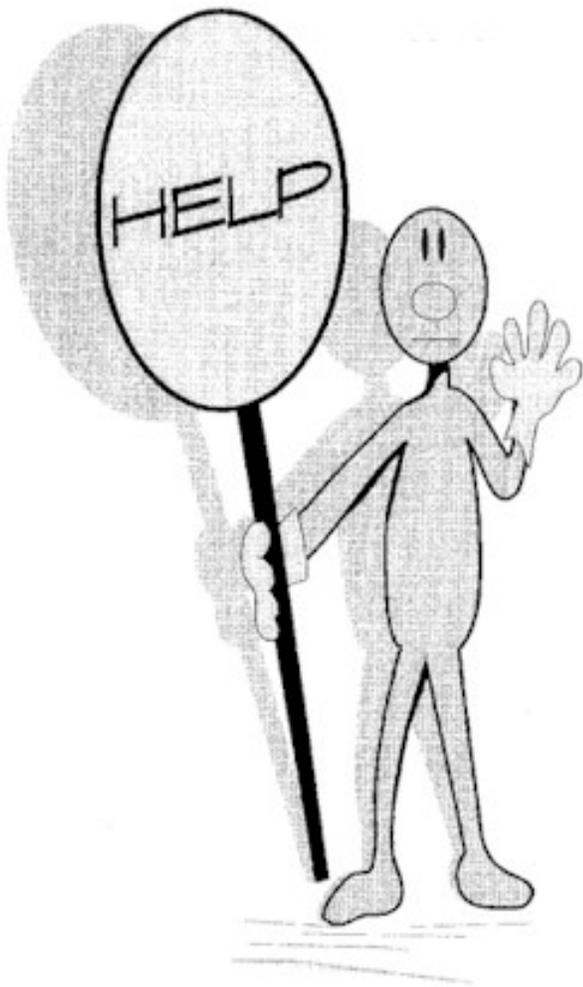


- Visualize your success before any experience you fear
- Talk about problems with a friend
- Avoid people and places that don't fit your personal needs or desires
- Learn to live one day at a time
- Everyday, do something you enjoy
- Add an ounce of love to everything you do
- Take a bath or shower to relieve tension
- Do a favor for someone every day
- Focus on understanding rather than on being understood
- Looking good makes you feel better
- Take time between tasks to relax
- Be flexible. Some things are not worth fighting
- Stop negative self-talk
- Change pace on the weekends
- Do one thing at a time
- Allow time everyday for privacy, quiet, and thinking
- Do unpleasant tasks early and enjoy the rest of the day
- Delegate responsibility to capable people
- Take lunch breaks. Get away from your work in body and mind
- Count to 1,000 not to 10 before you say something that will make it worse
- Forgive people and events. Accept that we live in an imperfect world
- Have an optimistic view of the world. Most people do the best they can.

Adapted from the American Lung Association Freedom From Smoking Session 4 Winning Strategies

SMOKING CESSATION AIDS

Quitting smoking (or other forms of tobacco) can be very difficult because nicotine is a highly addictive drug. Many former smokers have found the use of tobacco cessation aids to be very beneficial in the process of quitting smoking. Fortunately, there are more products than ever before to help you succeed. Nicotine replacement therapies are medications that provide nicotine, without the other harmful chemicals found in tobacco smoke. Tobacco cessation aids are not going to transform you into a non-smoker overnight but they will help curb some of the physical withdrawal symptoms. If you plan on using any nicotine replacement therapies you should stop smoking completely. As with any medications, we recommend that you consult your health care provider before you begin taking them. Here are some options you might want to consider. As with any over-the-counter medication, read the directions carefully.



Nicotine Patch – The patch is an over the counter product that releases a constant amount of nicotine in the body. The nicotine dissolves right through the skin and enters the body. The nicotine patch resembles an adhesive bandage and is available in all shapes and sizes. The larger the dose the more nicotine is delivered through the skin.

There is less nicotine obtained through the patch than by smoking cigarettes. The patch, however, does not contain all the tars and poisonous toxins that are found in cigarette smoke. Most of the patch products on the market require the user to replace with a new patch once every 24 hours.

Nicotine Gum – Nicotine chewing gum releases small amounts of nicotine into the body by being absorbed through the lining of your cheek. This helps to cut down on withdrawal symptoms and makes it easier to break the smoking addiction. Nicotine gum is available over the counter. It is recommended that the treatment period last 12 weeks. One advantage of the nicotine gum is that you control how many pieces you chew or when to self-dose.

Nicotine Nasal Spray – Nicotine nasal spray is dispensed from a pump bottle and delivers nicotine through the nasal membranes. To date, it is the fastest nicotine replacement therapy to reach the bloodstream than any other product on the market. However nicotine nasal spray is available by prescription only.

Nicotine Inhaler – The nicotine inhaler consists of a plastic cylinder containing a cartridge that delivers nicotine when you puff on it. One unique thing about the nicotine inhaler is that it has a similar appearance of a cigarette and addresses the smoker's hand-to-mouth ritual. The inhaler delivers nicotine into the mouth and not through the lungs. It does not contain all tars and toxins that cigarettes do. The nicotine inhaler is available by prescription only.

ZYBAN – is a non-nicotine oral medication by prescription only that is believed to work by increasing dopamine – a chemical that gives a feeling of pleasure similar to that of nicotine. Zyban is used one week prior to your quit date. Your physician may recommend taking it 10-14 days prior to your quit date. While on this medication it is recommended that little to no alcohol be consumed. Please consult your physician if you are considering using smoking cessation aids or if you have questions.

COPING WITH SETBACKS

Quitting smoking is probably one of the most difficult things to do. If you have a relapse it is not the end of the world. Acknowledge your slip up and remember quitting smoking takes a lot of hard work and effort. Try not to get discouraged if you don't quit on the first try.

- Recognize the situation in which you smoked and work out a plan to deal with it in the future.
- Remember how long you have gone without smoking. It is only a temporary set back and you can get back on the right path again.
- Say to yourself "It is hard to quit but I am not going to give up because of one little mistake. I am disappointed but I am also determined. I can beat this habit."

Whatever you do, don't panic if you go back to your regular smoking routine. It takes the average smoker seven attempts to quit smoking before they quit for good. Identify what went wrong and give it another try. **Don't Give Up – You Can Do It!**



OTHER RESOURCES TO HELP

| | |
|----------------------------------|----------------|
| American Cancer Society | (214) 819-1200 |
| Quit Line | (877) YES-QUIT |
| National Information Line | (800) 117-2345 |
| American Lung Association | (214) 631-5864 |
| Texas Tobacco Prevention Hotline | (800) 345-8647 |
| Nicotine Anonymous | (214) 327-1633 |
| National Quit Line | (800) QUIT NOW |
| SMU Student Health Center | (214) 768-2141 |

Internet Resources to Help

| | |
|---|---|
| Action on Smoking and Health | www.ash.org |
| American Cancer Society | www.cancer.org |
| ACS College Quite Blog | www.quitnowblog.org |
| American Heart Association | www.americanheart.com |
| American Lung Association | www.lungusa.org |
| Center for Disease Control | www.cdc.gov/tobacco |
| Campaign for Tobacco Free Kids | www.tobaccofreekids.com |
| The QuitNet | http://quitnet.org |
| The Surgeon General | www.surgeongeneral.gov |
| Youth Tobacco Awareness Program | www.worthit.org |
| Smoking Cessation Leadership Center | http://smokingcessationleadership.ucsf.edu |
| Greater Dallas Council on Alcohol and Drug Abuse | www.gdcada.org |
| Smokeclinic | www.smokeclinic.com |
| Smokefree.gov | www.smokefree.gov |
| Texas Statewide Tobacco Education and Prevention | www.texas-step.org |