

HEALTHY STEPS TO QUITTING TOBACCO



RELAPSE

Tobacco cessation is not a one-time treatment. On average, tobacco users attempt to quit about seven times before they are successful. Quitting for good requires preparation, commitment, and lifelong maintenance.

Quitting, and staying tobacco free is never easy. It requires attention, effort, and practice. Being critical of yourself is not helpful when trying to quit.

Remind yourself that any relapse is an opportunity to learn and increases your chances of success.

WHY DO EX-USERS START USING AGAIN?

Strong desires to use tobacco can occur days, months, or even years after you have quit. These unexpected urges and triggers can be challenging to work through.

STRESS

Feeling hurried, overwhelmed, or frustrated.

WITHDRAWAL

Physically feeling worse now that you have quit smoking.

BOREDOM

You are unable to keep yourself busy enough.

SOCIAL EVENTS

Feeling isolated or angry that people around you may be using tobacco.

THE FIVE D'S

Managing the discomforts that come with tobacco cessation can help with long-term success. The Five D's are a handy reminder of how you can respond quickly to smoking urges in a healthy way.

- 1. DELAY** yourself until the craving to use tobacco passes. Most urges last **three to five** minutes.
- 2. DISTRACT** yourself until your attention shifts away from smoking.
- 3. DRINK** water. It works surprisingly well and maintaining good hydration is an added bonus.
- 4. DEEP** breaths will help you relax and ease stress. Close your eyes and breathe in for a count of three. Exhale, and repeat until you feel the tension leave your body.
- 5. DISCUSS** how you are feeling with someone close to you or an ex-smoker.

If you have even a single cigarette or dip, you have over a 90% chance of relapsing back to tobacco!



STEP AWAY FROM TOBACCO

Stimulate Knowledge • The Truth About Tobacco and You • Education and Awareness • Preparation • Success!

UNDERSTAND WHY YOU SLIPPED?

Find the trigger. Exactly what was it that made you use tobacco? Be aware of that trigger. If you are using medication to help you quit, do not assume that it stopped working because you slipped and had a cigarette or two.

A slip is not a failure! View your slip as part of a positive learning process to help determine some long-term strategies that can help you stay tobacco free.

1. Where did it happen? _____

2. What were you doing when it happened? _____

3. Were you using nicotine replacement or other self-help materials?

4. What was your thinking after the slip occurred?

REMEMBERING WHY YOU QUIT

Tobacco use in the United States causes more than **440,000** deaths each year. Of those deaths, **170,000** are from cancer.

Are you tired of being a slave to tobacco?

If so, write some reminders of why you decided to quit in the first place:

1. _____

2. _____

3. _____

4. _____

5. _____

POSITIVE THINKING

Now that you have reminded yourself about why you quit tobacco, take some time to think positively about your situation. Every time you quit, you learn something more about yourself, which will make you more successful next time. Begin to think of yourself as a non-user, having a life without tobacco.

Positive self-thinking can lead to:

- A better chance of staying tobacco-free.
- A better self image and more confidence.
- Decreased stress.
- A greater overall feeling of well-being.

RESOURCES TO PREVENT RELAPSE

- www.smokeclinic.com
- www.quitnet.org
- 1-800-no-butts
- 1-800-quit-now



Resources: www.cancer.org
www.paahec.org
www.nehc.med.navy.mil

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