

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

TOBACCO CESSATION

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.

SET A QUIT DATE.

Date: _____

TELL FRIENDS AND FAMILY.

List the people with whom you will share your quit goal.

1. _____
2. _____
3. _____

ANTICIPATE OBSTACLES.

List what you think are your greatest challenges to staying tobacco free.

1. _____
2. _____
3. _____

REMOVE TOBACCO PRODUCTS.

Circle the places that apply to you:

1. Your vehicle
2. Your house
3. Your work
4. Your pockets
5. Other: _____

TALK WITH YOUR PHYSICIAN.

What questions do you want to ask your doctor?

1. _____
2. _____

To **STOP** Tobacco, Think Smart:

Think **START!**
YOU CAN DO IT!



THE FIVE D'S

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

DELAY yourself until the craving to use tobacco passes. Most urges last **3-5** minutes.

DISTRACT yourself until your attention shifts away from smoking.

DRINK water. It works surprisingly well; and maintaining good hydration is an added bonus.

DEEP breaths will help you relax and ease stress. Close your eyes and breathe in for a count of 3. Repeat until you feel the tension leave your body.

DISCUSS how you are feeling with someone close to you or an ex-smoker.

BREAKING A TOBACCO HABIT ON YOUR OWN IS HARD. TALK WITH YOUR WELLNESS COACH. THEY WILL SUPPORT YOU THROUGH EACH STEP ON THE ROAD TO SUCCESS!

Coach's Quick Take

Tobacco cessation is not a one-time effort. On average, tobacco users attempt to quit about 7 times before they are successful.

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

WHAT ARE YOUR TRIGGERS?

Identifying your triggers will help you construct a quit plan that will work for you. Mark those that apply:

- Waking in the morning
- Feeling less tolerant of your environment
- Feeling lonely or bored
- After finishing a task
- Seeing or smelling someone else smoke
- Watching TV
- After eating
- Driving
- Socializing

THE TOBACCO USER'S BURDEN

- ✓ Tobacco users use more sick days per year than their nonsmoking counterparts.
- ✓ Tobacco users have higher medical expenses than people who do not use tobacco.
- ✓ Tobacco kills more Americans than auto accidents, homicides, AIDS, drugs, and fires COMBINED. (<http://www.thetruth.com>)
- ✓ Children who have been exposed to secondhand smoke have higher risks of S.I.D.S., ear infections, colds, pneumonia, bronchitis, and asthma.
- ✓ Over 90% of lung cancers are caused by smoking.

ADDITIONAL SUPPORT

www.quitnet.com
www.cdc.gov/tobacco

National Cancer Institute
1-877-44U-QUIT

Any State Help Line
1-800-QUIT-NOW

HOW CAN I HANDLE WITHDRAWAL?

The chart below identifies some of the physical symptoms one may experience when quitting tobacco and offers support on how to manage those symptoms.

Headache	*Take a headache reliever *Take a warm shower
Dizziness	*Close your eyes and breathe slowly *Get some fresh air
Cough, Dry Mouth	*Use a throat lozenge *Drink plenty of fluids
Sleeplessness	*Cut down on caffeine *Read a book at bedtime
Constipation	*Eat more fruit and fiber *Exercise
Irritability	*Take walks *Cut down on caffeine
Cannot Focus	*Make a "to do" list; look at it often

Healthy Organs



Diseased Organs



Smoking impairs the body's ability to heal itself. Within just 20 minutes of quitting, the body begins repairing diseased organs.

RESOURCES

www.nlm.nih.gov

www.cancer.org

www.mayoclinic.com

For More Information visit
www.WellnessCoachesUSA.com