TIPS FOR SMOKING CESSATION

GETTING READY

Why do you WANT to quit smoking now?
• these are your own personal reasons why you want to quit using tobacco products
• be very specific – “I want to quit smoking because I can’t carry groceries in my house without getting short of breath”
• write them down and place the reasons where you see them every day
• write reasons for quitting on index cards and rubber band them to your cigarette pack

Review past quit attempts
• What worked? What did not work?
• Were you really ready to quit?
• What can you learn? How would you do it differently this time?

Review your smoking habits
• Use a diary or Pack Tracks
• Start decreasing cigarettes
• Practice going places without your cigarettes

Anticipate and Plan
Five parts involved in smoking:
• Habit – what do you do after you eat? In the car? First thing in the morning?
• Emotions – what are you going to do when you are stressed? Angry? Bored? Fed up with the children, your spouse or significant other? Do you need help with depression or anxiety?
• Hands – how are you going to keep your hands occupied?
• Mouth – how are you going to keep your mouth occupied?
• Nicotine addition – if smoke within 30 minutes of waking up. How are you going to deal with withdrawal symptoms?

HABIT
• get up from the table immediately after eating
• change the location you sit in. If you smoke while sitting on the right hand side of the couch, sit on the left hand side and do not smoke there.
• Do not smoke and do something else, i.e. don’t hit golf balls with a cigarette hanging in your mouth. Play golf and, if needed, take a break to smoke.
• Take 2 cigarettes out of the pack, place the remainder in the trunk. If you want to smoke more than 2, you must pull over and smoke them outside of the vehicle.
• Drink tea in the morning or change the location where you drink your coffee
• Limit or eliminate alcoholic beverages for a time
• Buy by the pack NOT the carton
• Change your route home, shop at a different grocery store

EMOTIONS
• take breaks at work to go outside and sit in the sun
• take a “time out” from your children. Set a timer and go to your room for some quiet minutes.
• Squeezy balls from the dollar store to help with stress, anger
• Take a walk when you are bored
• Find a volunteer activity
• Talk with your health care provider about assistance with dealing with depression and anxiety
• Collect all your cigarette butts in a mayonnaise jar with water in the bottom so cigarettes become unpleasant
• Learn and/or practice relaxation skills

HANDS
• Needlework – knitting, make rugs, cross stitch
• Crossword puzzles, word finds
• Squeezy balls from the dollar store
• Wood working
• Car maintenance

MOUTH
• Pretzels
• Sugar free hard candies or gum (don’t want cavities)
• Carrots, celery
• Toothpicks (Whole Foods has Tea Tree Oil toothpicks)
• Drink liquids through a straw
Get support and encouragement
• Tell family, friends and co-workers. Tell them specifically how they can be helpful.
• Talk to your health care providers
• Contact a Quit Line
• Join a smoking cessation group
• Talk to your smoking friends

Set a quit date
• Will it be easier to quit on a work day or a non workday?
• Is there a special occasion coming up?

Plan a reward
• can be in one day, one week, one month

The day(s) before the quit date
• Throw away cigarettes and matches
• Look through closets, under car seats, in coat pockets for loose cigarettes
• Clean your clothes, house, car

The Quit Day
• Keep busy, but make it fun
• Stay away from smokers for a while
• Practice the 4 D’s when cravings occur – Drink water, deep breathe, delay, do something else
• Remind yourself this is a choice. “I choose not to smoke” no one is making you stop smoking.
• Withdrawal cravings will go away in approx 3 minutes.
• Withdrawal symptoms are worst on days 2 & 3.
• Do not smoke even one cigarette. 70% of people who smoke one cigarette will go back to regular smoking.
• Avoid or decrease caffeine. When your nicotine level drops, your caffeine level rises.
• Anticipate and plan. Any events coming up that will provide temptations?

If you slip up
• Learn from the mistakes.
• How can I avoid being in this position next time.
• Seek assistance from your support people
• Remember most people try to quit 5 times before finally succeeding.