

TOOLS — — QUIT



Area Health Education Center (AHEC) Cessation Program

Participant Toolkit

This program is sponsored by:





Group Expectations

The following is a list of expectations for participants during virtual cessation groups.

- 1. Participants will join the class in a private location in order to minimize background distractions (children, other family members, pets, etc.).**
- 2. Please have paper and writing instrument ready to complete activities.**
- 3. Participants will not be permitted to smoke, vape or use smokeless tobacco during the class.**
- 4. Participants must wear appropriate clothing.**
- 5. Participants must keep their microphones/phones on mute unless they are called on to share or ask a question. This helps to eliminate background noise that could interfere with others hearing the facilitator.**
- 6. Phone calls and texting on a cell phone during class is for emergencies only.**
- 7. Participants will be respectful of the other participants during class.**

*** Participants who do not meet group expectations may be muted or taken off the call by the facilitator/host.**

AHEC Cessation Program

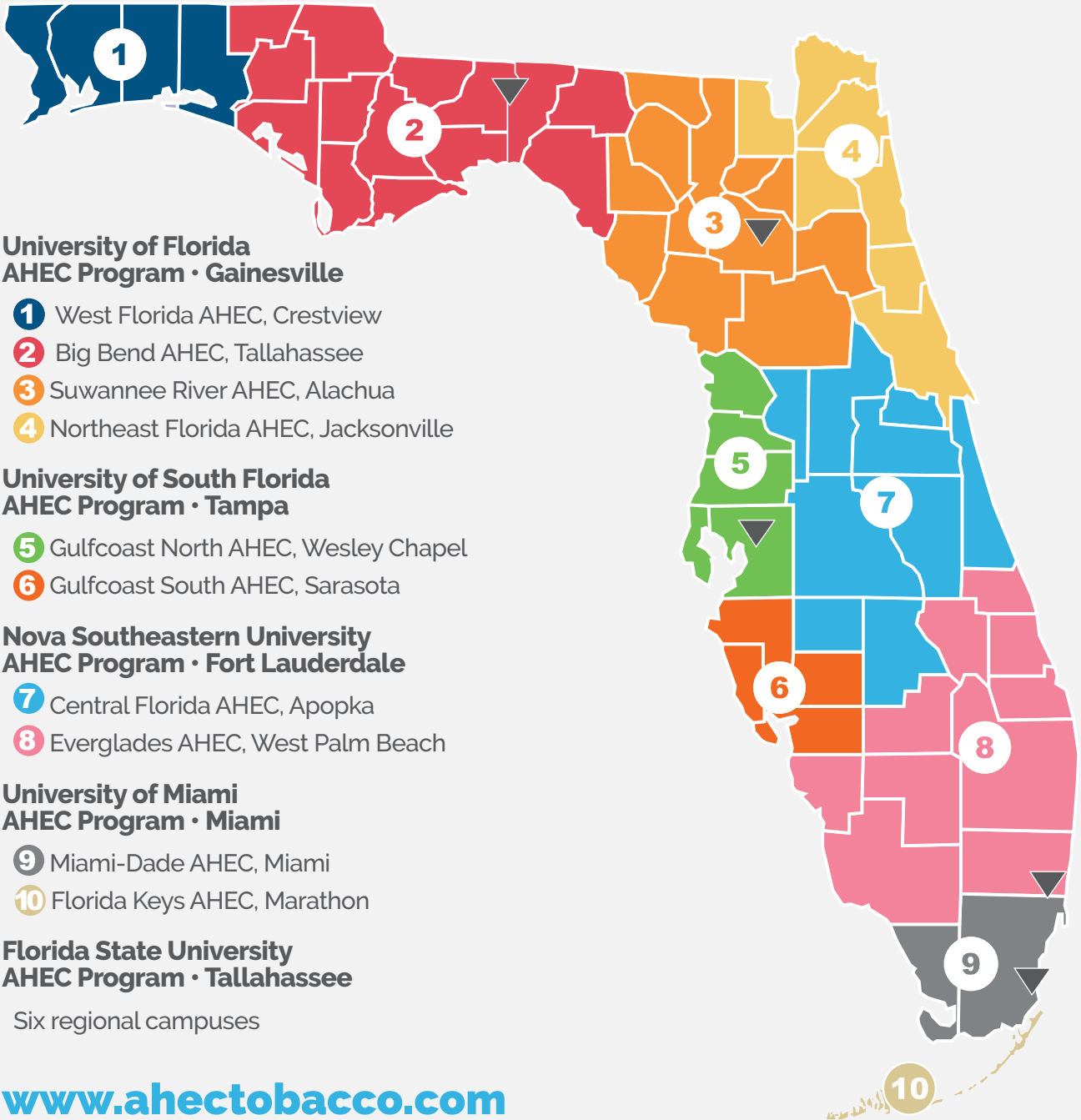
Florida Area Health Education Centers (AHECs) provide free Group Quit tobacco cessation services statewide. AHEC programs are led by a Tobacco Cessation Specialist or facilitator who is trained to provide evidence-based tobacco cessation and prevention resources. All AHEC Group Quit services, including nicotine replacement therapy, are FREE.





AHEC Cessation Directory

Florida Area Health Education Centers (AHECs)



University of Florida AHEC Program • Gainesville

- 1 West Florida AHEC, Crestview
- 2 Big Bend AHEC, Tallahassee
- 3 Suwannee River AHEC, Alachua
- 4 Northeast Florida AHEC, Jacksonville

University of South Florida AHEC Program • Tampa

- 5 Gulfcoast North AHEC, Wesley Chapel
- 6 Gulfcoast South AHEC, Sarasota

Nova Southeastern University AHEC Program • Fort Lauderdale

- 7 Central Florida AHEC, Apopka
- 8 Everglades AHEC, West Palm Beach

University of Miami AHEC Program • Miami

- 9 Miami-Dade AHEC, Miami
- 10 Florida Keys AHEC, Marathon

Florida State University AHEC Program • Tallahassee

Six regional campuses

www.ahectobacco.com

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Welcome to Tools To Quit

Congratulations! You are here because you want to quit tobacco. You are not alone. Each year, approximately 70% of smokers indicate that they want to quit, yet only 5%–7% are successful quitting on their own. AHEC Cessation Program *Group Quit* options provide information and tools needed to help tobacco users become tobacco free. If you have a desire to quit, WE CAN HELP! Tobacco users who seek help from Tobacco Free Florida programs can more than double their chances of successfully quitting tobacco than those who try on their own.

DID YOU KNOW

that tobacco use is an

ADDICTION

with physical,
psychological, and
behavioral aspects?



Tools To Quit group sessions address all aspects of nicotine addiction, in addition to helping you develop a quit plan and identify your quit date. Group counseling with Tools To Quit addresses your psychological and behavioral dependence. Nicotine replacement therapy (NRT) is provided to address your physical dependence to tobacco. Studies have shown that group counseling plus NRT can more than double your chances of quitting and staying quit.

Approximately 15.5% of Floridians (3.2 million) are smokers. While the rate of tobacco use has declined, there are some special populations in Florida where smoking and smokeless tobacco use have declined at a far less rate.

Whether your main reason for quitting is related to health, money, family, job, or social stigma, you are in the right place. No matter the reason, the most important thing for you to take away from this group is this:

*When it comes to quitting
and staying quit,
you **must** have a plan.*

We want to help you with your plan and provide you with the education and tools to make it happen.

YOU CAN QUIT NOW!





The Impact of Tobacco Use



* Source: 2014 Surgeon General's Report, Table 12.4, page 660.

- Tobacco use is the #1 preventable cause of death and disease in the United States.
- One in every five deaths that occur each year in the United States is a result of smoking.
- More than 41,000 Americans die each year from exposure to second hand smoke.
- Tobacco use kills more people than AIDS, alcohol, cocaine, heroin, homicide, suicide, motor vehicle crashes and fires... **combined.**
- Nationally, more than 2,000 people under the age of 18 become regular smokers every day. It is estimated that 7,400 kids under the age of 18 become new daily smokers each year in Florida alone.

What does tobacco cost YOU?



Types of Tobacco

SMOKING TOBACCO

Tobacco smoking is the act of burning dried or cured leaves of the tobacco plant and inhaling the smoke. Combustion uses heat to create new chemicals that are not found in the unburned tobacco, such as tobacco-specific nitrosamines (TSNAs) and benzopyrene, and allow them to be absorbed through the lungs.

NICOTINE

1.5 - 2 mg

per cigarette



CIGARETTES

3 - 200 mg

depending on
brand and type



LITTLE CIGARS



LARGE CIGARS



CIGARILLOS

Varies

similar to
regular
cigarettes



**ROLL-YOUR-OWN
CIGARETTES**

5.2 mg

avg. per bowl
depending
on type and
size of the bowl



PIPES

In a 60-minute session, smokers are exposed to 100 to 200 times the volume of smoke inhaled from a single cigarette.



WATER PIPES (HOOKAH)

SMOKELESS TOBACCO

Smokeless tobacco is usually consumed orally or nasally without burning. Smokeless tobacco increases the risk of cancer and leads to nicotine addiction similar to that produced by cigarette smoking.

NICOTINE

24 - 30 mg

depending
on brand



**CHEWING
TOBACCO**

144 mg

per can
equivalent to
4 packs of
cigarettes



**MOIST
SNUFF/DIP**

5 - 11 mg

per bag



SNUS

Varies

by type & brand
ranges from
0.6 - 4mg
per piece
consumed.



**DISSOLVABLE
SMOKELESS
TOBACCO
PRODUCTS**
(pellets/orbs,
strips, sticks)

Varies

by manufacturer,
ranging from
0 - 36 mg



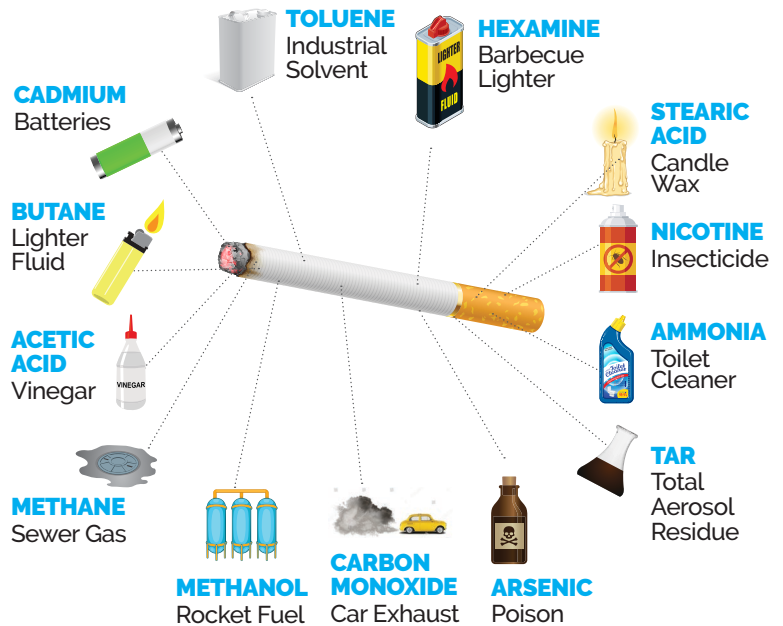
E-CIGARETTES
(vapes, mods,
e-hookah, e-cigs)



The Chemicals

The Anatomy of a Cigarette

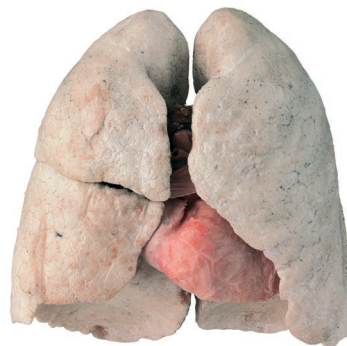
- Nicotine is a natural but toxic substance. It is found in the tobacco plant and is the addictive drug that keeps you using tobacco.
- The tobacco companies add as many as 600 different ingredients, like menthol. Menthol reduces the harshness of cigarette smoke, which makes it easier to smoke – especially for children and teens.
- The fresh tobacco and additives are mixed with reconstituted products, or pieces of old cigarettes that didn't sell.
- There are over 7,000 chemicals in a lit cigarette.



Carbon Monoxide and TAR

- Carbon monoxide (CO) is a colorless, odorless, tasteless gas that is part of the air we breathe. Smoking tobacco increases the amount of CO in your blood, which decreases your blood's ability to carry oxygen.
- The good news is that after quitting, your CO level will return to normal within one to two days.
- Tobacco smoke contains toxic chemicals. TAR is the buildup of those chemicals. It coats the lungs and leads to diseases like chronic bronchitis and emphysema. There are also chemicals in the TAR that are known to cause cancer. All forms of tobacco contain these cancer-causing chemicals.

**What's your
CO level today?**



**Non-smoker's
Lungs**



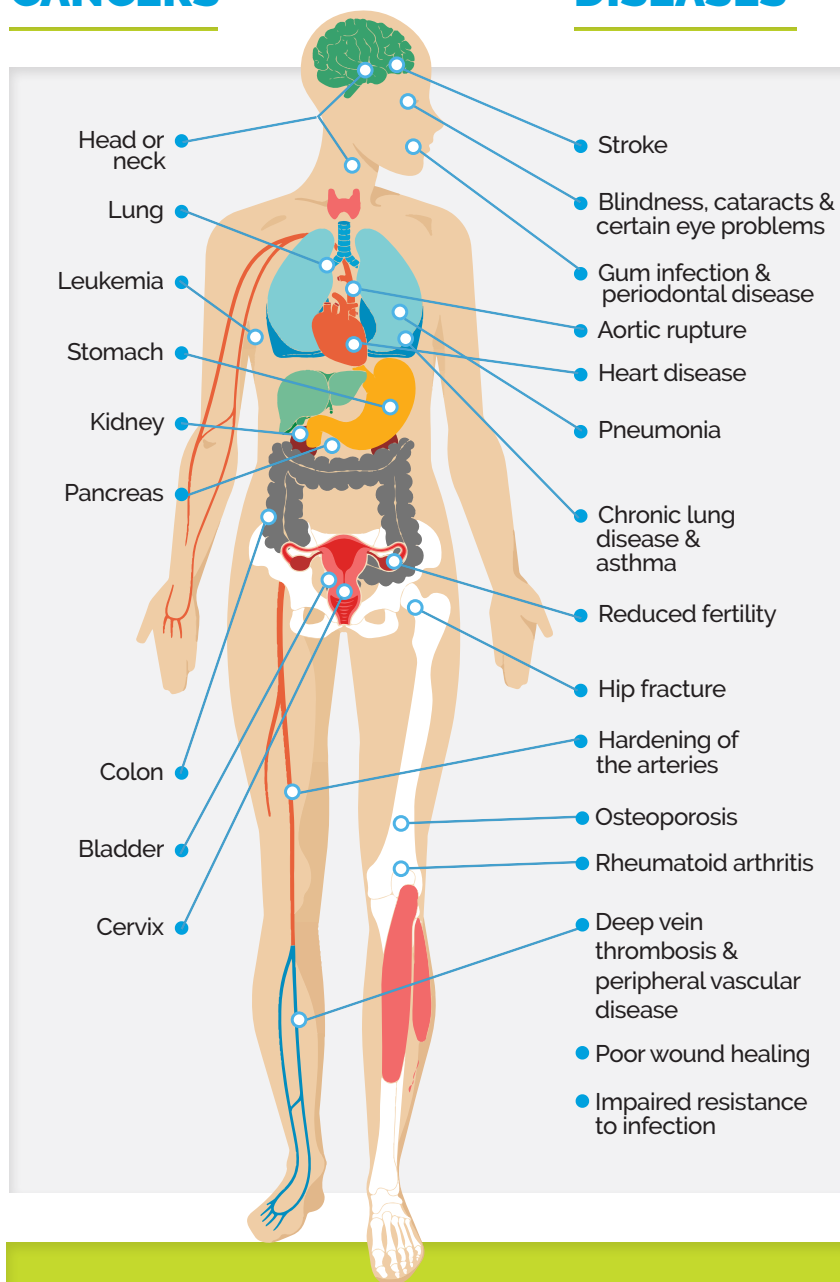
**Smoker's
Lungs**



Tobacco Effects on Your Body

CANCERS

CHRONIC DISEASES



How has tobacco affected YOU?

- ☐ Asthma
- ☐ Cancer
- ☐ COPD
- ☐ Diabetes
- ☐ Infertility/Impotence
- ☐ High blood pressure
- ☐ Poor circulation
- ☐ Shortness of breath

Write down all the other ways tobacco has affected you:

.....

.....

.....

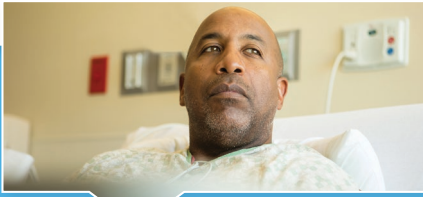
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Did you know tobacco affects nearly EVERY organ and cell in your body?



Health Effects of Tobacco Use



Lung Cancer

Lung cancer is the leading cause of cancer death among women and men.



Oral Cancer

Smokeless tobacco use is a major cause of oral cancer and 5-year survival rates are low.



Other Cancers

The chemicals in tobacco damage your DNA (Deoxyribose Nucleic Acid). They speed mutations in your genes, increasing the risk of cancer.



Reproductive Problems

Smoking increases impotence and decreases sperm quality in men. Sexual performance is also negatively affected.



Heart Disease and Vascular Damage

People with diabetes who smoke are three times more likely to die from heart disease than people with diabetes who don't smoke. Smoking also damages blood vessels and may increase the risk of foot ulcers and infections.



Chronic Obstructive Pulmonary Disease (COPD)

Cigarette smoking increases your risk of getting Chronic Obstructive Pulmonary Disease (COPD) (which consists of chronic bronchitis, emphysema, and pneumonia). About 90% of all deaths from COPD are attributable to cigarette smoking.

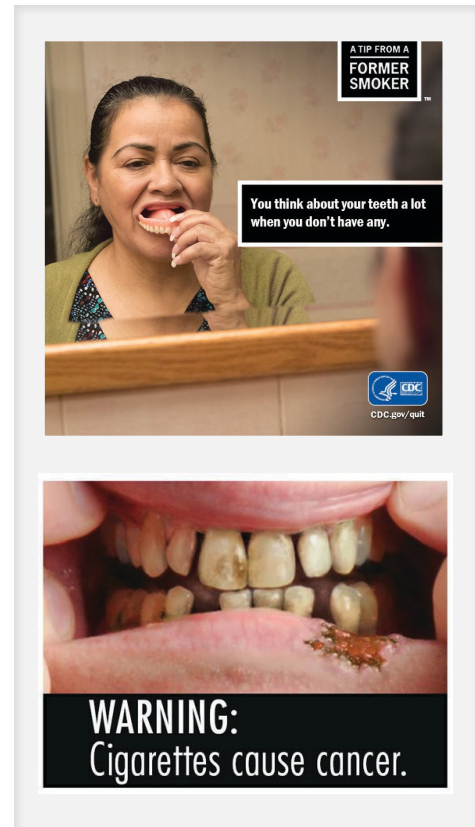


Health Effects of Tobacco Use

Oral Health

Tobacco use contributes to oral diseases including some cancers, in addition to the following:

- Bad breath
- Tooth discoloration
- Inflammation of the salivary gland openings on the roof of the mouth
- Increased build-up of plaque and tartar on the teeth
- Increased loss of bone within the jaw
- Increased risk of leukoplakia, white patches inside the mouth
- Increased risk of developing gum disease, a leading cause of tooth loss
- Delayed healing process following tooth extraction, periodontal treatment, or oral surgery
- Lower success rate of dental implant procedures
- Increased risk of developing oral cancer



Pregnant Women, Babies, & Children

Tobacco smoke is harmful to pregnant women and their babies.

- Smoking while pregnant puts your baby at risk for miscarriage, stillbirth, premature birth, and low birth weight.
- Tobacco smoke can also increase the risk for sudden infant death syndrome (SIDS), ear infections, asthma, and other diseases in young children.
- Children born to smokers have an increased risk of developing cardiovascular problems and cleft palate.

**Tobacco smoke
causes fatal
lung disease
in nonsmokers.**



Health Effects of Tobacco Use

Secondhand Smoke (SHS)

- SHS is a mixture of gases and fine particles from burning tobacco products. SHS has many of the same cancer-causing chemicals that smokers breathe in.
- There is no risk-free level of SHS exposure; even brief exposure can be harmful to health.
- There are more than 4,000 chemicals in SHS.
- SHS is the third leading cause of death (41,000 per year) in the US, and it causes premature death and disease in children and adults who do not smoke.
- Children exposed to SHS are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma. SHS causes respiratory symptoms and slows lung growth in children.
- Exposure of adults to SHS has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer.
- Pets that live with smokers are more likely to develop lung, nasal, or oral cancers than pets living in smoke-free homes. Also, pets that groom themselves lick the poison from SHS that has settled on their fur or feathers.

**WHEN
YOU SMOKE
WE SMOKE**

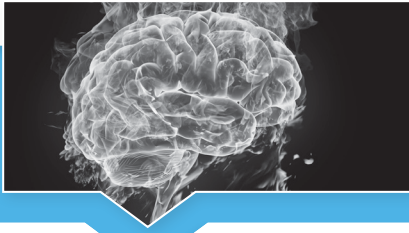
**Don't let pets
suffer from SHS**



DO YOU KNOW

what thirdhand smoke is?

What can you do to eliminate exposure to second or thirdhand smoke?



Nicotine's Effect on the Brain

ADDICTION

People use tobacco because it is addictive. Addiction can happen on several levels:

Physical/Biological

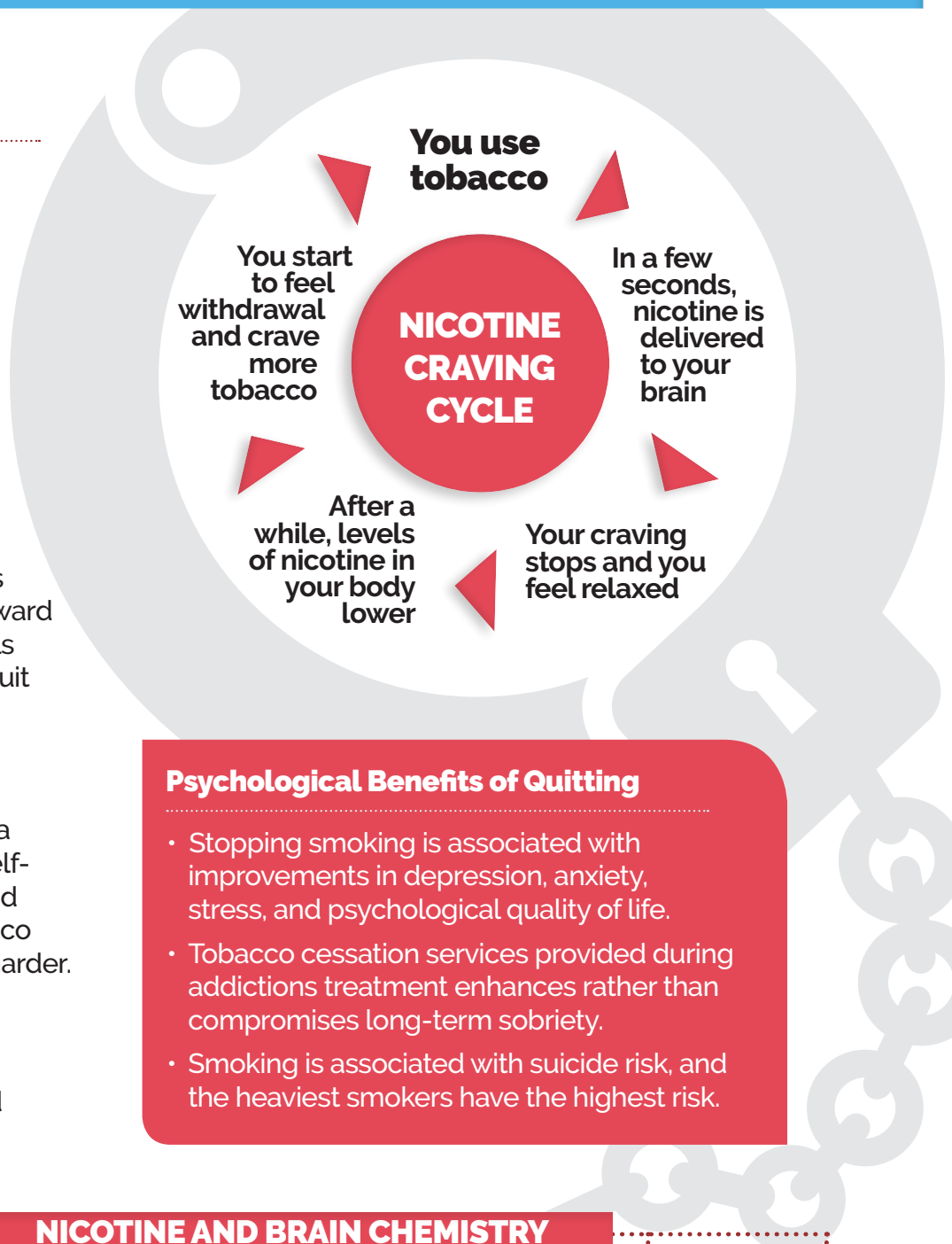
Tobacco users often report that nicotine is far more difficult to quit and stay quit than other addictive drugs like heroin or cocaine. Quitting tobacco involves "retraining" the brain's reward pathway as nicotine levels are reduced during the quit process.

Psychological

Tobacco can be used as a coping mechanism for self-medication. Behaviors and rituals surrounding tobacco use make quitting even harder.

Cultural

Tobacco is in certain circumstances promoted as part of social activities and norms.



Psychological Benefits of Quitting

- Stopping smoking is associated with improvements in depression, anxiety, stress, and psychological quality of life.
- Tobacco cessation services provided during addictions treatment enhances rather than compromises long-term sobriety.
- Smoking is associated with suicide risk, and the heaviest smokers have the highest risk.

NICOTINE AND BRAIN CHEMISTRY

Dopamine	GABA	Norepinephrine	Beta Endorphins	Glutamate	Acetylcholine	Serotonin
Pleasure and appetite suppression	Tension and anxiety reduction	Arousal and appetite suppression	Tension and anxiety reduction	Learning and memory enhancement	Arousal and cognitive enhancement	Mood modulation and appetite suppression



Benefits of Quitting

Quitting smoking is good for your health. When you stop smoking, you start getting healthier almost immediately, so the sooner you quit, the sooner your body can start to heal. Check out the ways your health can start to improve, both today and in the future.



In 2 weeks to 3 months

Your risk of heart attack begins to drop and lung function begins to improve.



In 1 to 9 months

Your coughing and shortness of breath decrease.



In 1 year

Heart attack risk drops sharply.



In 2 to 5 years

Stroke risk is reduced to that of a nonsmoker's.



In 5 years

Your chance of cancer of the mouth, throat, esophagus, and bladder is cut in half.



In 10 years

Your lung cancer death rate is about half that of a smoker's and your risk of cancers of the kidney and pancreas decrease.



In 15 years

Your risk of coronary heart disease is back to that of a nonsmoker's.



Quit Plan At A Glance



START



STEP 1

My Reasons to Quit



According to the Centers for Disease Control and Prevention, the life expectancy for *non-smokers* is at least

10 YEARS LONGER
than for *smokers*.

On this step, think about ***milestones*** in your life you want to live for and enjoy.

These could be as simple as:

"I want to be able to breathe better,"

– or –

"I want to be able to run after my grandkids."

List anything important to you that you look forward to doing.

Milestones in my life to live for:

It is never too soon or too late to stop using tobacco!



STEP 1

My Reasons to Quit



Reasons to Quit!

People use tobacco for different reasons and they quit tobacco for different reasons. Below are a few suggestions to get you started. Check the suggestions that mean the most to you and feel free to add more.

- ☐ Save money
- ☐ Improve health
- ☐ Whiter teeth
- ☐ Improve physical performance
- ☐ Reduce complications from illness
- ☐ Fewer headaches and sinus infections
- ☐ Better chance to get pregnant
- ☐ Healthier baby
- ☐ Improve sexual health
- ☐ Clothes and breath smell better
- ☐ Much less chance of lung and oral cancer
- ☐ Better recovery from medical and dental procedures
- ☐ Set an example for friends, family, and children
- ☐ Get better health insurance
- ☐ Better employment opportunities
- ☐ Increases chances for long-term recovery from other addictions

My TOP 3 Reasons to Quit

1. _____
2. _____
3. _____



More reasons to quit:

KEEP
these lists
as reminders.



STEP 2

Overcoming Barriers

Below are some common obstacles some people may face when quitting. Add your own and brainstorm your solutions for overcoming them.

Barrier

1

I will get irritable when I quit.

Solution

Barrier

2

Friends, family, or co-workers will offer me tobacco.

Solution

Barrier

3

I have too much stress in my life to quit now.

Solution

Barrier

4

I'll gain too much weight.

Solution

Barrier

5

Solution

Barrier

6

Solution

Barrier

7

Solution



WEIGHT GAIN: What You Need to Know

The **most important** thing you need to know:

Tobacco does NOT make you thin

..... and

quitting WILL NOT make you fat.



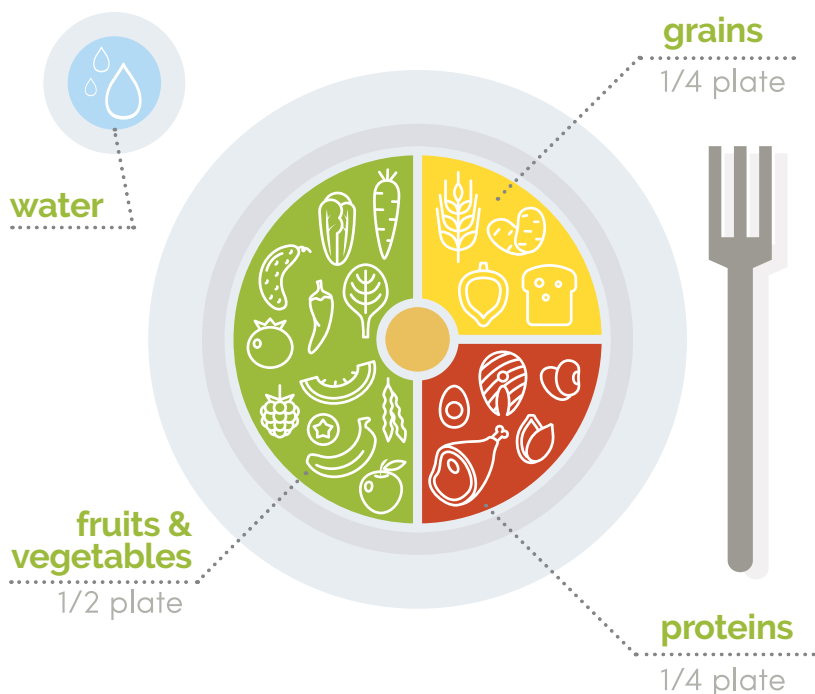
- There may be a slight change in your metabolism (how fast your body burns calories) when you quit using tobacco.
- You may feel hungry more often than when you used tobacco.
- Food is going to smell and taste better!
- You might want to eat to keep from smoking or dipping.
- Exercise, including weight lifting, can help keep metabolism from slowing.

Eating more than you burn off *will* cause weight gain. So, eat, but **eat smart**.



Change Your Plate!

- Eat several small meals throughout the day.
- Drink plenty of water.
- Choose fruits and vegetables that are high in fiber, nutrients, and water.
- Choose foods low in saturated fat.
- Choose foods low in sugar.
- Choose lean proteins like canned light tuna in water, chicken without skin, beef labeled loin or round, fish (broiled, not breaded or fried), peanut butter, tofu, or beans.
- Avoid butter, dips, sauces, and full fat cheeses and oils as much as possible.
- Choose whole grains.
- Read your labels and watch for unhealthy fats, sodium, sugar, and calories.
- Check out these websites for more information: www.eatright.org; www.nutrition.gov





STEP 3

Why Do I Use Tobacco?

This quiz from the National Cancer Institute and the National Institutes of Health will give you an idea about your reasons for using tobacco. **Circle your answers on the chart below.**

Item	Question	Always	Frequently	Occasionally	Seldom	Never
A	I use tobacco to keep from slowing down.	5	4	3	2	1
B	Handling tobacco is part of the enjoyment of using it.	5	4	3	2	1
C	Using tobacco is pleasant and relaxing.	5	4	3	2	1
D	I use tobacco when I am upset about something.	5	4	3	2	1
E	When I run out of tobacco, I find it almost unbearable.	5	4	3	2	1
F	I use tobacco automatically without even being aware of it.	5	4	3	2	1
G	I use tobacco to perk myself up.	5	4	3	2	1
H	Part of the enjoyment of tobacco comes from the steps I take to use it.	5	4	3	2	1
I	I find tobacco pleasurable.	5	4	3	2	1
J	When I feel uncomfortable about something I use tobacco.	5	4	3	2	1
K	I am very much aware of when I am not using tobacco.	5	4	3	2	1
L	I start to use tobacco without realizing I am already using it.	5	4	3	2	1
M	I use tobacco to give myself a "lift."	5	4	3	2	1
N	Part of the enjoyment is in watching the smoke I exhale or looking at my spit can.	5	4	3	2	1
O	I want tobacco when I am comfortable and relaxed.	5	4	3	2	1
P	When I feel sad or want to take my mind off my worries, I use tobacco.	5	4	3	2	1
Q	I get a real craving for tobacco when I haven't used any in a while.	5	4	3	2	1
R	I've found myself using tobacco and I didn't even remember doing it.	5	4	3	2	1



STEP 3

Why Do I Use Tobacco?

Going down each column, enter the number you have circled for each question in the spaces below, putting the number you have circled for question A in box A, for question B in box B, etc.

Add the three scores in each box to get your totals. For example, the sum of your scores for boxes A, G, and M give you your score for Stimulation; boxes B, H, and N give the score for Handling, etc.



MY SCORES

A		+	G		+	M		=		Stimulation
B		+	H		+	N		=		Handling
C		+	I		+	O		=		Pleasure
D		+	J		+	P		=		Relaxation
E		+	K		+	Q		=		Craving
F		+	L		+	R		=		Habit

Scores can vary from 3 to 15. Any score 10 and above is **high**; any score 7 and below is **low**.



Reasons Why I Use Tobacco

REASON 1: Using tobacco stimulates me.

Many people use tobacco like they use coffee: to help them wake up, get moving and keep going when they feel worn out. The nicotine in tobacco, like the caffeine in coffee, is a stimulant. But you can find other ways to get more energy.

These tips can help:

- Get enough rest.
- Exercise regularly. Regular exercise raises your overall energy level.
- If you start feeling sluggish, take a brisk walk instead of using tobacco.
- Eat regular, nutritious meals. Healthful foods are a great natural source of energy.
- Drink lots of cold water. It will refresh you as it helps clear your body of nicotine.
- Avoid getting bored, which can make you feel tired.



REASON 2: I like to touch & handle tobacco.

This type of tobacco user gets physical pleasure from handling tobacco and the rituals associated with using it. It just “feels right” to have tobacco in their hand or mouth. In fact, many tobacco users say they’ve gone back to tobacco because, “I had nothing to do with my hands.” Getting over this obstacle can make it easier to quit and stay tobacco free.

These tips can help:

- Pick up a pen or pencil when you want to reach for tobacco.
- Doodle or make a list of reasons for quitting.
- Play with a coin, twist your ring, or handle whatever harmless object is nearby.
- Take up a hobby that keeps your hands busy.
- Don't confuse needing to eat with the desire to put tobacco in your mouth. Eat regular meals to avoid being hungry.
- Have a low-fat, low-sugar snack like carrot sticks, apple slices, or a bread stick. Suck on a sugar-free lollipop, hard candy, or mint.





Reasons Why I Use Tobacco

REASON 3: Using tobacco is a pleasure.

Approximately two out of three tobacco users say they just plain enjoy it. When you associate tobacco use with “the good times,” it can strengthen your habit. But it can be easier to quit when you focus on enjoying yourself without tobacco.

These tips can help:

Spend the money you save on tobacco on another kind of pleasure:



a shopping spree



a dinner with family



a movie night

Remind yourself of the health benefits of quitting. Giving up tobacco can help you enjoy life's other pleasures for many years to come. Enjoy the pleasures of being tobacco free.

SAVOR:



How good food tastes now.



How fresh you look and smell without tobacco.



How much easier it is to walk, run, and climb stairs.



How good it feels to be in control of the urge to use tobacco.

If you are a pack-a-day smoker in Florida, QUITTING CAN SAVE YOU MONEY!

Calculate your savings from quitting tobacco:

1 WEEK =



tank of gas

2-3 WEEKS =



monthly electric bill

3-4 WEEKS =



family cell phone bill

4-5 WEEKS =



groceries for a week

1 YEAR =

\$2,100



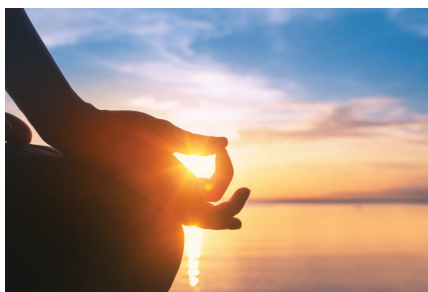


Reasons Why I Use Tobacco

REASON 4: Using tobacco helps me relax when I'm tense or upset.

Lots of tobacco users use cigarettes or other forms of tobacco to help them through bad times. If you use tobacco as a crutch, finding another way to cope with stress can help you stay quit. Otherwise, you may want to use tobacco again whenever problems arise.

These tips can help:



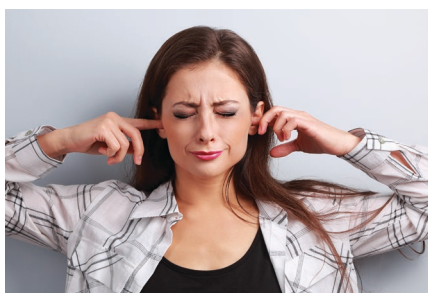
Use relaxation techniques to calm down when you are angry or upset. Deep breathing exercises, muscle relaxation, and imagining yourself in a peaceful setting can make you feel less stressed.



Exercise regularly. Studies show that exercise relieves tension and improves your mood.



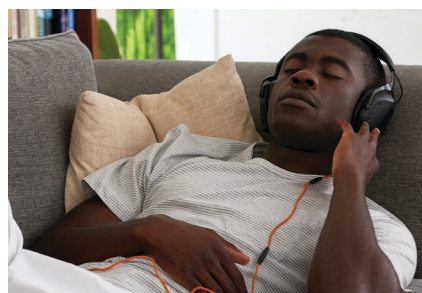
Remember that using tobacco never solves the problem; figure out what will and act.



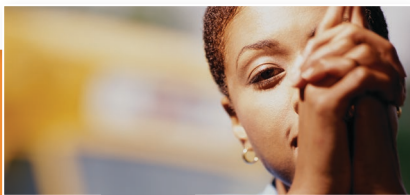
Avoid or get out of stressful situations that might tempt you to use tobacco.



Get enough rest. Take time each day to relax and practice breath awareness meditation no matter how busy you are.



Enjoy relaxation. Take a long hot bath, have a massage, lie in a garden hammock, or listen to soothing music.



Reasons Why I Use Tobacco

REASON 5: I crave tobacco.

Many tobacco users are addicted or “hooked” on the nicotine in tobacco. When addicted tobacco users quit, many go through a withdrawal period. They may have physical symptoms, such as headaches, feeling tired, irritable, and nervous. They may also feel an emotional need for tobacco. It is not easy to get over an addiction to tobacco, but people do succeed.

These tips can help:

- Ask your doctor about medications, including the use of nicotine replacement therapy (NRT).
- Tell family and friends you've quit using tobacco. Ask for help if you need it. **Destroy any tobacco products you have.** Try to avoid people who use tobacco and smoke-filled places.
- Think of yourself as tobacco free. Hang up “Tobacco Free” signs. Do not relive your days as a tobacco user.
- Remember that physical withdrawal symptoms last about two weeks.* Hang in there!

*See Appendix: Coping with Withdrawal Symptoms, page 35.

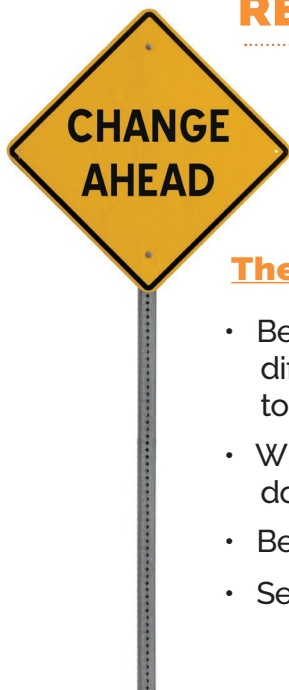


REASON 6: Tobacco use is a habit.

If you are this kind of tobacco user, you are no longer getting much satisfaction from your use of tobacco. Unlike people who use tobacco for pleasure, you might not miss it very much if you stopped. The key is breaking the habit by breaking your tobacco use patterns.

These tips can help:

- Before your quit day, change your tobacco use routines. Keep your products in a different place. Smoke with your opposite hand. Don't do anything else while using tobacco. Limit tobacco use to certain places, such as outside.
- When you want to use tobacco, wait a few minutes. Think of something else to do instead.
- Be aware of every time you use a tobacco product. Ask yourself: Do I really want this?
- Set a date for quitting tobacco and stick to it.





Dealing with Stress

Stress is our response to any situation we find challenging, frightening, or difficult. Stress is an everyday fact of life, but choosing to deal with it instead of reacting to it can make a great difference!

Knowing what stresses you can help you to get ready for it! Make a list of things, situations, or people that stress you out and think of ways to deal with stress other than by smoking/using tobacco.



Activities to help you reduce STRESS

- Press and massage your temples.
- Move your neck slowly forward and to the side.
- Rotate your shoulders one at a time, then together.
- Stretch and relax.
- Practice deep breathing.
- Close your eyes and think pleasant thoughts.
- Slowly count to ten and gather your thoughts.

Mental stress reducers:

- ☐ **Take a break.** Let your mind rest and allow time to calm down. Practice meditation.
- ☐ **Get organized.** Make a to-do-list. Take it one moment at a time.
- ☐ **Be good to yourself.** Reward yourself.
- ☐ **Talk to others.** Don't bottle up your feelings about things that bother you.
- ☐ **Learn to ask for what you need.** Having people who use tobacco around you can cause stress when you are quitting. It's OK to ask people respectfully NOT to use tobacco around you. Explain it's just for a temporary period, until you are stronger.

Physical stress reducers:

- ☐ **Eat well.** Consume healthy foods.
- ☐ **Get plenty of rest.** Fatigue causes stress.
- ☐ **Schedule fun time.** Set time aside for yourself to learn new healthy habits and find a new hobby.
- ☐ **Exercise regularly and moderately.** Engage in moderate exercise according to your physical ability.





STEP 4

Enjoying Life without Tobacco

Make a list:

What are some healthy activities that might also make you feel **relaxed, focused, calm and steady**?

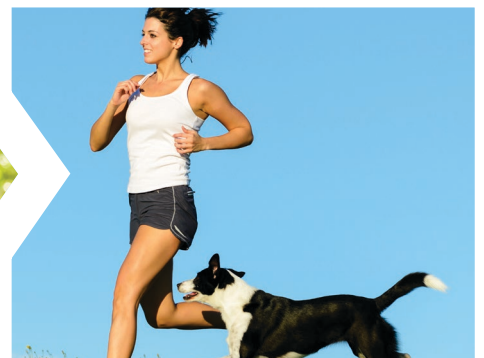
1

2

3

4

5

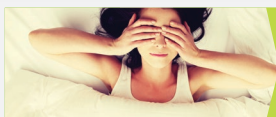




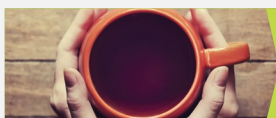
STEP 5

Managing Triggers

Cravings won't be your only challenge. Remember, most cravings only last about five minutes whether you use tobacco or not. Now, let's identify the times that you use tobacco and what to do instead.



**When
waking up**



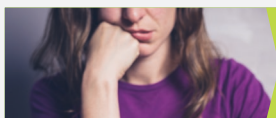
**When drinking
coffee/tea**



**When
driving**



After meals



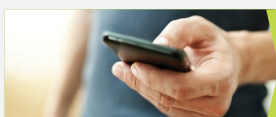
When bored



**In the
Bathroom**



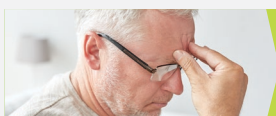
**When drinking
alcohol**



**When on
the phone**



**When
watching TV**



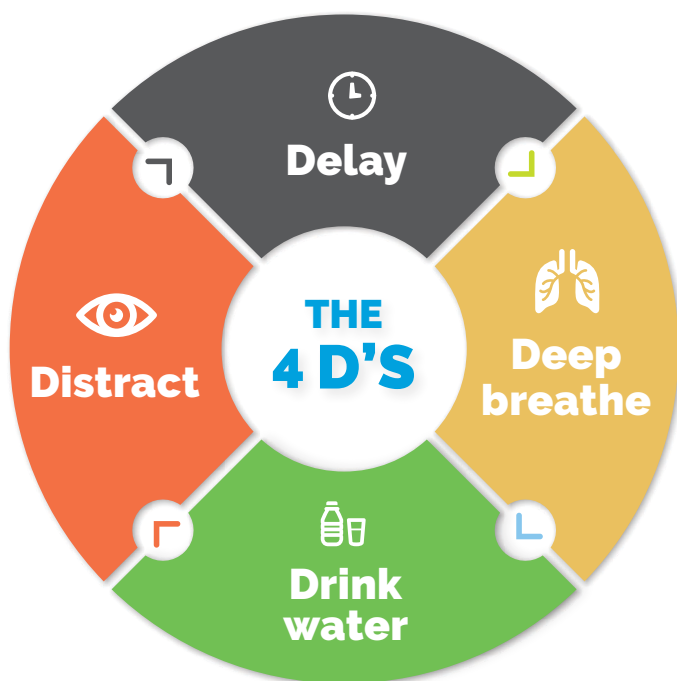
**When
stressed**

?

See Appendix: Managing Triggers, pg. 34



The 4 D's



You may feel withdrawal symptoms when you quit tobacco. A major withdrawal symptom is the strong craving to use tobacco. You know what it is like to have a tobacco craving that you are not allowed to satisfy. Think of the last time you were in a place where tobacco was not allowed. The source of the craving may have been physical (your body telling you it needs nicotine) or psychological (you need stress relief) or a combination of both. The 4 D's listed here can help you deal with cravings. Keep in mind that your cravings will decrease the longer you are tobacco free.

Delay

Most people assume that each craving lasts a long time, but that is not always true. The urge to use tobacco will come and go whether you use tobacco or not. Time yourself to learn the truth. No matter how strong the craving is, convince yourself that you can wait 10 minutes.

Deep breathe

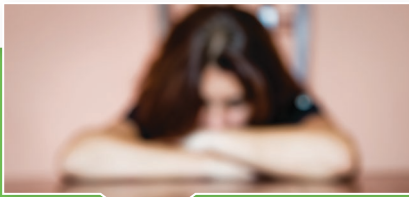
Breathe in through your nose, inhaling deeply, and hold your breath for 10 seconds. Exhale out through your mouth. Do this a couple of times to get the oxygen moving throughout your body. Deep breathing will help you relax and make the craving go away.

Drink water

Drinking cold water helps cravings go away and helps keep your hands and mouth busy.

Distract

Distract yourself by getting up and making yourself active. Go for a brisk walk, call a friend, read a chapter in a book... Many people say that when they get an urge to use tobacco and then make the effort to change their environment, they get distracted and forget they wanted to use tobacco.



Preventing Relapse

IF you have a "slip" and use tobacco briefly OR IF you have a "relapse" and use tobacco for a longer period, **use it as a learning experience and ask yourself these questions:**

- ☐ What happened? Why did I start again? OR Why am I continuing to use tobacco?
- ☐ Am I using the nicotine replacement therapy properly?
- ☐ How can I prevent it from happening again?

And, **MOVE FORWARD**, returning to your goal to **QUIT**.

SLIP TIP:

If you "slip" and use tobacco, do not stop using your nicotine replacement therapy.

RELAPSE TIP:

If you only use tobacco for a day or so, it's OK to admit the "relapse." You are learning to separate who you are from your tobacco habit.

Remember: If you've started using tobacco again or need some extra support, you can participate again. Tools To Quit is just one of the AHEC group cessation offerings from which to choose. There are other multi-week groups that, like Tools To Quit, also allow you to return for a second round of NRT and additional support.

SUCCESS!

Keep on doing

Do again

Do

Try

Plan/AHEC Cessation

Analyze

Think



STEP 6

Countdown to My Quit Day

Make a plan:

Are you ready to quit? Below are the next steps.

Now

- ☐ Start practicing the 4 D's to start reducing your tobacco use daily.
- ☐ Review your workbook.
- ☐ Set a quit date within two weeks.
- ☐ If you want to tell others that you are quitting tobacco, do so now.
- ☐ Stop using tobacco in your home, car or favorite places before your quit date. Make tobacco use inconvenient for you.
- ☐ Schedule appointments for a regular physical and for a dental cleaning.



Before Quit Day

- ☐ Review your list of when you use tobacco.
- ☐ Practice not smoking or using tobacco during those times. Practice the 4 D's.
- ☐ Clean your home, vehicles, and all surfaces to remove the residue/smell of tobacco.
- ☐ Remove all tobacco products after your last tobacco use.
- ☐ Review your reasons to quit list.
- ☐ Review nicotine replacement therapy instructions (page 29-31).
- ☐ Make a list of healthy foods/snacks and beverages to purchase and use.

On Quit Day

- ☐ Stop using tobacco. You are now an **ex-tobacco user!**
- ☐ Begin using your nicotine replacement therapy as instructed.
- ☐ Use the items suggested in group and have available any other replacement items to use.
- ☐ Start using your selected healthy foods/snacks and beverages.
- ☐ Practice the 4 D's regularly.
- ☐ Use the money you are saving to reward yourself regularly.



Select Your Quit Day

My Quit Day Is:

MONTH

DAY

YEAR

**I will not use
tobacco on
this day or
any day
after that!**



Use the “Countdown to My Quit Day” checklist (page 27) to prepare for your quitting process. Fill in the calendar below to show your quit day and other milestones, such as when to call for more NRT.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



Medications to Help Me Quit

Many people choose to use over-the-counter nicotine replacement therapy (NRT) to quit tobacco. The following medications are FDA approved, easy to use, and can more than double your chances of quitting. Be sure to read the package directions and follow the advice of your facilitator for your individual NRT needs.



Nicotine Patch:

The nicotine in patches is designed to help reduce cravings and the desire to use tobacco. Patches provide a steady dose of nicotine for 24 hours.

To properly use the nicotine patch:

- ☐ Clean and dry the area of skin where you are going to put the patch.
- ☐ Apply pressure to the patch for 10 seconds to ensure it sticks to your skin. (Tip: If the patch does not stick well to your skin, you can apply surgical tape over the patch to help it stick better.)
- ☐ Use a new patch every day; take off the previous day's patch when putting on a new patch.
- ☐ Put the patch on clean, non-hairy parts of your upper body - arms, back, chest, and abdomen; rotate the patch site each time you use a new patch.
- ☐ When you throw the patch away, fold it in half with the sticky sides together.

NRT Myths

Circle True or False

NRT does not work. **T** **F**

The nicotine in cigarettes is the same as the nicotine found in NRT products, so I'm just trading one addiction for another. **T** **F**

If I use NRT, I will experience no withdrawal symptoms or cravings from quitting smoking. **T** **F**

If I use one NRT product, I cannot use others. **T** **F**

NRT is too expensive. **T** **F**

Only healthy people can use NRT. **T** **F**



Medications to Help Me Quit



Nicotine Gum:

Nicotine gum provides intense craving relief when used properly. Nicotine gum is designed to be "chewed and parked" so the nicotine can be absorbed in your mouth. Use nicotine gum to control withdrawal symptoms or cravings as instructed and as you experience symptoms.

To properly use nicotine gum:

- ❑ Bite the gum until you feel a tingling sensation or taste a peppery flavor.
- ❑ Put the nicotine gum between the cheek and gum of your mouth until the tingling or peppery taste goes away. This usually takes about 30 minutes.
- ❑ Move the gum from side to side in your mouth.
- ❑ Avoid eating or drinking 15 minutes before using and while using the gum. Food and drinks interfere with nicotine absorption.



Nicotine Lozenge:

Nicotine lozenges dissolve in the mouth to slowly release a dose of nicotine into the body. The nicotine lasts even after the lozenge is gone. Use nicotine lozenges to control withdrawal symptoms or cravings as instructed and as you experience symptoms.

To properly use the nicotine lozenge:

- ❑ Let the lozenge dissolve slowly in your mouth (this usually takes about 20-30 minutes).
- ❑ Move the lozenge from side to side in your mouth.
- ❑ Avoid eating or drinking 15 minutes before and while using the lozenge. Food and drinks interfere with nicotine absorption.
- ❑ Do not chew or swallow the lozenge.



Medications to Help Me Quit

Combination Nicotine Replacement Therapy

PRIMARY

Nicotine Patch
Primary source of nicotine



SUPPLEMENTAL

Nicotine Gum



Nicotine Lozenge



Prescription Cessation Medications

Medication	Cautions	Side Effects	Use
Nicotine Inhaler (Nicotrol)	- May irritate mouth/throat at first - Don't eat or drink 15 minutes before or during use	Local irritation of mouth and throat	Up to 6 months; taper at end
Nicotine Nasal Spray (Nicotrol NS)	- Not for patients with asthma - May irritate nose (improves over time) - May cause dependence	Nasal irritation	3 - 6 months; taper at end
Bupropion SR 150 (Zyban or Wellbutrin SR)	Not for use if you: - Currently use a monoamine oxidase (MAO) inhibitor - Use bupropion in any other form - Have a history of seizures - Have a history of eating disorders	Insomnia Dry mouth	Start 1 - 2 weeks before your quit date; use 2 - 6 months
Varenicline (Chantix)	Use with caution in patients: - With significant renal impairment - With serious psychiatric illness - Undergoing dialysis FDA Warning: Varenicline patients have reported depressed mood, agitation, changes in behavior, suicidal ideation, and suicide.	Nausea Insomnia Abnormal, vivid or strange dreams	Start 1 week before quit date; use 3 - 6 months



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APPENDIX

Managing Triggers

What are the events or activities that trigger you to use tobacco? The table below shows examples given by many tobacco users. Do some of these look familiar to you? Read the solutions for overcoming each one. Can you think of other solutions?

Situations where I tend to use tobacco	Possible solutions once you quit	Other Solutions
In the car, I reach for tobacco as soon as I turn on the ignition. I reach for tobacco whenever I turn a specific corner.	Make it very inconvenient to use tobacco. Remove all ashtrays and lighters. Do not allow others to use tobacco in your car. Keep some hard candy in the car and grab for that instead of tobacco. Take a different route to work.	
I want to use tobacco whenever I drink coffee.	Drink your coffee in a tobacco-free location. Drink tea instead of coffee. Avoid caffeine the first 72 hours after quitting tobacco.	
I want to use tobacco when I am watching television. I want to use tobacco when I am sitting in a particular chair.	Watch different television programs. Try to limit the amount of time you watch television. Use your TV time to do something else that you don't associate with tobacco use. Move the chair to another location.	
I want to use tobacco when I am out with other tobacco users. Every time my partner uses tobacco, I want to use it too. I even want to use tobacco when I see other people using it.	Tell others that you have quit tobacco and ask them not to offer you tobacco. Ask your partner not to use tobacco around you. Be prepared to get up and distract yourself by doing something else until the urge passes.	
I want to use tobacco when I drink alcohol.	Initially, you may want to avoid alcohol. Not only is there a strong psychological association between drinking and tobacco use, but alcohol also may lower your inhibitions.	
Whenever I'm in a social scene, I want to use tobacco.	Imitate the nonsmokers in these scenes. If seeing or smelling tobacco makes you want to use it too, try to avoid it.	
I want to use tobacco when I am talking on the phone or working on the computer.	Put the phone in your other hand. Keep your conversations brief, if you can. Talk on the phone in places where tobacco use is not permitted. Have snacks handy at your computer site to munch on.	
When I get stressed out, I need to use tobacco.	Practice your stress management and relaxation techniques. Do your deep breathing exercise.	
Using tobacco just gives me something to do when I am bored.	Do your deep breathing exercise, get up and walk around, change your environment, talk to a friend or exercise.	
It's weird, but my tobacco products are like my friends. They're always there for me, and when I feel bad, using tobacco makes me feel better.	Talk to friends who will support you as you quit tobacco. Use deep breathing exercises or pick up a new hobby.	
When I am tense, I use tobacco to relax.	Do relaxation exercises and talk to your doctor about NRT.	



APPENDIX

Coping with Withdrawal Symptoms

Listed below are *symptoms of recovery* that may occur in a few days or weeks after you quit tobacco. Not all people will experience any or all of these symptoms! Here are a few suggestions for self-management should any of these occur. Withdrawal symptoms typically peak at two to three days and then begin to taper off. All are normal and temporary. If any of these conditions persist beyond a few days, or become very bothersome, please consult your doctor.

You May Feel	Why It May Happen	What to Do About It
Irritable, nervous, anxious, grumpy	No more nicotine in your body	Take it easy. Avoid stressful situations. Use your stress management techniques. Do whatever relaxes you.
Unable to concentrate, lack of coordination, feeling spaced out or in a fog	Withdrawal from carbon monoxide and nicotine	Deep breathing. Take a walk. Don't expect too much from yourself during the first 72 hours.
Light-headed, dizzy feeling	More oxygen in blood, less carbon monoxide	Sit down. Relax. Take a nap.
Sleepy, weak, no energy	No more nicotine for stimulation	Do deep breathing techniques. Exercise. Get plenty of sleep and take naps. Eat healthier.
Insomnia or other sleep disturbances	Change in daily routine, body may need less sleep	Use more energy during the day. Relax before bed using your relaxation techniques. Take a hot bath, read a book and stay away from caffeine at least 6 hours before bed.
Hungry	Nicotine artificially suppresses appetite	Eat small meals that include high-protein foods. Drink plenty of water. Exercise.
Increased coughing	Excess mucus and tar in the lungs is cleared out	Use hard candy, sip on water, spit out any excess mucus that comes up.
Constipated	Decreased intestinal activity	Eat high fiber, roughage foods, yogurt and drink more water.
Irritated or itchy scalp, hands and/or feet	Better blood circulation to your extremities	Massage the areas; use a moisturizer on your hands and feet.
Tremors, shaky	Nicotine withdrawal	Relax, use your stress management techniques.
Increased need to urinate	Drinking more fluids	The more water you drink, the more you will urinate.
Mouth sores, bad taste, sore gums or tongue, dry tongue	May be due to some of the toxins left in your mouth from tobacco	Use mouthwash or an over-the-counter oral antiseptic. Rinse with warm salt water. Make sure to see your dentist.
Strong emotions	Nicotine no longer deadens your feelings	Feelings are natural. Keep a list of all the things you are happy about.
Dreams of smoking	No one really knows	This too shall pass! Remember it is not reality!



**Florida
HEALTH**

QUIT YOUR WAY



PHONE QUIT

Talk to a Quit Coach® to help you get started.



GROUP QUIT

Get the support you need at one of our group quit sessions.



WEB QUIT

Get access to online tools to help you quit.



MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.



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