

## SMOKE-FREE AND HEALTHY

You want to quit smoking. This time you have a plan that works. You take charge and break free from your tobacco addiction. You're smoke-free for life. Now it's easier to be healthy. Like the first domino in a row, quitting smoking gives you the push to succeed on your path to wellness. Things are a little easier and a lot happier. And you're free to enjoy the good life.



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## Three-Step Program to Becoming

# SMOKE-FREE FOR LIFE





## SMOKE-FREE FOR LIFE

So you're ready to quit smoking. You've decided the risks to your health outweigh the pleasures. You want to regain control of your behavior. Maybe you're tired of how smoking restricts your life. But giving it up is hard. You need a program that works. This booklet will give you one.

### Smoke-Bound

Do you feel trapped by cigarettes? Maybe you tried giving them up before, and it didn't work. Or you feel that smoking is no longer a pleasure. Now it's a burden. Health risks—both to you and those around you—may have finally convinced you to quit. But how do you quit for good?



### Smoke-Free

You can quit smoking if you do it the smart way. You can be smoke-free for the rest of your life. You'll have more energy, fewer health risks, and probably live longer. You'll feel good about yourself for kicking the addiction. You'll get more acceptance from your family, friends, and co-workers. And you won't be burning your money.



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### A Healthier You

Already you've begun to reduce your risk of diseases and needless suffering. You're in better health. And something else begins to happen: **you feel like being healthier!** You begin to enjoy exercise, and you choose healthier foods. You get better at managing stress. Weight control is easier. You're meeting your wellness goals!



### A Happier You

You have more energy and endurance to enjoy more activities. Your self-esteem is higher. You're more accepted by people. You're more productive and successful at work. And you're saving money. You feel pride in having beaten one of the toughest of all habits to break. **You've done it and it feels good!**



## STEP 3: STAYING QUIT



### One Day at a Time...

Today is enough of a challenge; why take on tomorrow too? So every day, use your coping techniques—your smoking cessation products, survival kit, support person, deep breathing, visualization, and exercise—to stay quit. The worst will be over in 1 to 3 weeks, but it may take a year for the smoke-free life to really feel normal.

### ...From Weeks 2 to 6...

After the worst of the physical withdrawal is over, you may feel depressed or anxious. So be sure to **reward yourself** for staying quit. All the changes you're going through may sometimes seem too much. But you prepared yourself for just such times. Use your coping techniques every day. Don't fool yourself into thinking "Maybe I can have just one cigarette." That's the slippery slope back to smoking.

### ...And After

You're well on your way to being smoke-free for life. Celebrate! Why not have a six-month anniversary and a yearly one? As you continue to reward yourself, you'll enjoy life more. You'll become more assertive about asking people not to smoke around you. More and more, you'll **reap the benefits** of taking charge of your addiction.

## THREE STEPS TO BEING SMOKE-FREE

Like so many other smokers, you've probably tried—even vowed—to quit. Maybe you weren't *really* ready to quit before. But this time, you're ready and you can succeed because you'll have a three-part program that puts you in control. It's based on the advice of experts and the experience of millions of ex-smokers.



### STEP 1

#### Getting Ready to Quit (Pages 4–9)

Begin by understanding the harmful effects of smoking and the benefits of quitting. Recognize your barriers to quitting, identify your smoking triggers, and make a take-charge plan.

### STEP 2

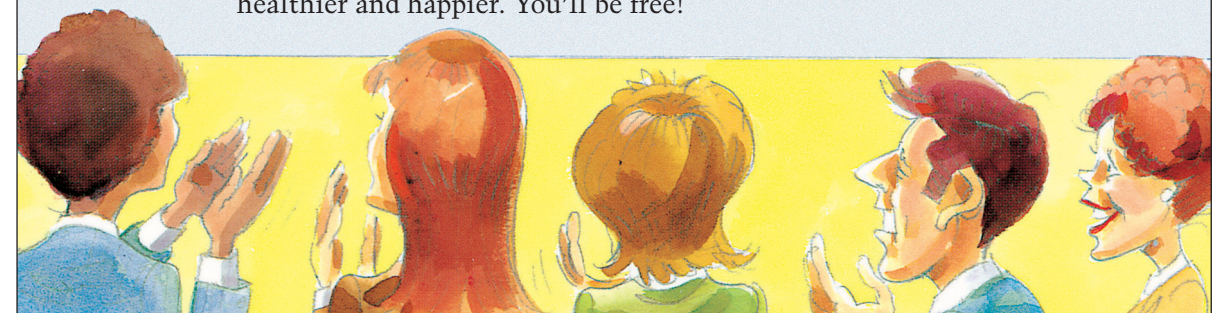
#### Quitting (Pages 10–11)

You'll learn how to weather the symptoms of nicotine withdrawal. Medications lessen the symptoms and can help you quit for good. You'll learn new ways to deal with your moods, sleeping problems, hunger, and fatigue. The worst will likely be over in 1 to 3 weeks.

### STEP 3

#### Staying Quit (Pages 12–15)

Staying quit is hard unless you have some tools. You'll learn techniques that have worked for millions of former smokers. As you use these methods day after day, staying smoke-free will get easier and easier. You'll feel healthier and happier. You'll be free!

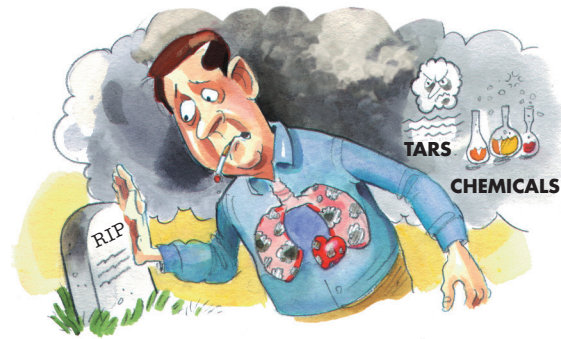




## STEP 1: GETTING READY TO QUIT

### The Harm of Smoking

As a smoker, you've been addicted to a drug—nicotine. You've had to redose throughout the day. Each drag satisfies your craving and keeps nicotine withdrawal symptoms (irritability, fuzzy-headedness, insomnia) at bay. Trouble is, cigarettes have been proven to be harmful to your health.



### Health Risks

Smoking threatens your life. It makes you more likely to have a heart attack, stroke, and cancer. It can ruin your breathing. It can make you impotent or infertile. On top of that, you have less energy and less ability to fight infections. These health hazards are caused by all the toxic chemicals in smoke. They include carbon monoxide and hydrogen cyanide.



### Risks to Family and Friends

When you smoke, those around you are forced to "smoke," too. "Second-hand" smoke can give your family many of the same diseases that actual smoking gives you.

### Physical and Psychological Addiction

Like caffeine or amphetamines, nicotine is a powerful stimulant. It increases your heart rate. And nicotine is as addictive as heroin! The physical addiction is real. Smoking is also psychologically addicting. At first, it's a soothing way to cope with stress. But soon it becomes a knee-jerk response. You're tense, pressured, annoyed, or bored, so you light up. Soon you feel a need for a cigarette to deal with a whole host of daily hassles.



### Get More Exercise

You don't have to start training for the Olympics to get more exercise. Simply add a few active moments to your day: a short walk, a few stretches, or a flight of stairs instead of the elevator. Or try following your kids around!



### Visualize a Soothing Scene

Sometimes you can't remove yourself from a tempting situation. But you can imagine yourself in a calm, happy place. So, when the tension rises, picture yourself at the beach away from it all or on the mountain above it all.



### Call Your Support Person

Sometimes the craving for a cigarette may be just too strong. Call your support person. Talk on the phone. Go for a walk together. Unload your feelings. Call a telephone "quit line." Also, check in with your doctor now and then while using medications that help you quit.





## STEP 3: STAYING QUIT

### Use Proven Coping Techniques

Living smoke-free can be a physical and psychological challenge, especially during the first week or two. But there are ways to cope. Try the techniques below to help you steer clear of cigarettes. And get rid of all your cigarettes, including any you have hidden.

#### Use Your Survival Kit

You've planned things to do with your mouth and hands instead of lighting up. Use these substitutes whenever you hit one of your physical or psychological triggers and crave a cigarette.



#### Stay Away from Temptation

Try to avoid situations and places that you associate with smoking. Upset any habit that triggers you to light up. See your smoking friends in places where you can't smoke. Alcohol can weaken your resolve. So avoid your favorite bar for a while.



#### Try Deep Breathing

It sounds too good to be true, but deep breathing is the most important of all your coping techniques. Relax and breathe fresh air deep into your lungs. Exhale slowly. Breathe in strength and calmness. Breathe out toxins and bad feelings.



### The Benefits of Quitting

There are lots of good reasons for quitting. You'll probably live longer and have less pain and disease. You'll feel good about yourself for breaking free from a powerful addiction. And you'll have more money to spend on yourself and your family!

#### Physical Benefits

You'll have more energy to do the things you want to do. You'll greatly reduce your risk of heart and lung diseases, infections, and cancers. It's also likely your sense of taste and smell will improve.



#### Psychological Benefits

You'll feel good about yourself for taking control. You can find better ways to come to grips with pressure, tense conversations, and anxieties. You won't have to smoke.



#### Social Benefits

There won't be as many limits on your social life—no more being left out by nonsmoking friends. Coworkers will no longer want to avoid your smoke. (Or, you won't be banished outdoors for your daily breaks.) And you'll enjoy the fresh air of the no-smoking sections in public places.

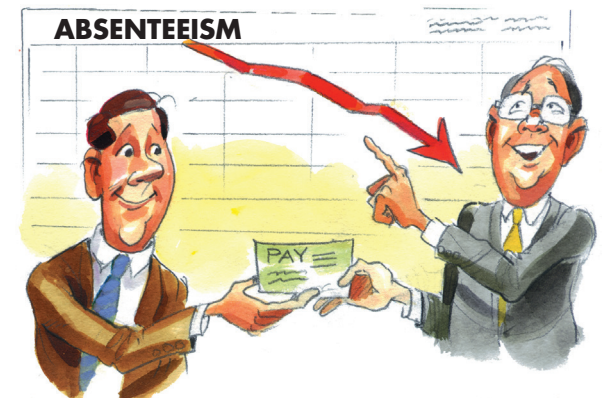


#### Financial Benefits

You won't be off work as often because of illness. So your paycheck will be more secure. You may get some breaks on insurance premiums. And, because the average nonsmoker has lower medical bills, you'll protect your savings. Figure out how much money you'll be able to spend on something other than cigarettes:

\$ \_\_\_\_\_ per pack X \_\_\_\_\_ packs per week

X 4 = \$ \_\_\_\_\_ per month





## STEP 1: GETTING READY TO QUIT

### Know Your Triggers

What feelings or situations trigger your desire to smoke? When do you tend to smoke? What happens just before you smoke? Recognizing your triggers brings you a step closer to kicking the addiction.

#### Physical Triggers

Write down as many of your physical triggers as you can. For example, in the morning, when your nicotine level is lowest, you may feel shaky, grumpy, or headachy. After a movie or a long meeting you may feel foggy or ill at ease. You'll learn how to cope with your triggers on pages 12 and 13.

#### My Physical Triggers:

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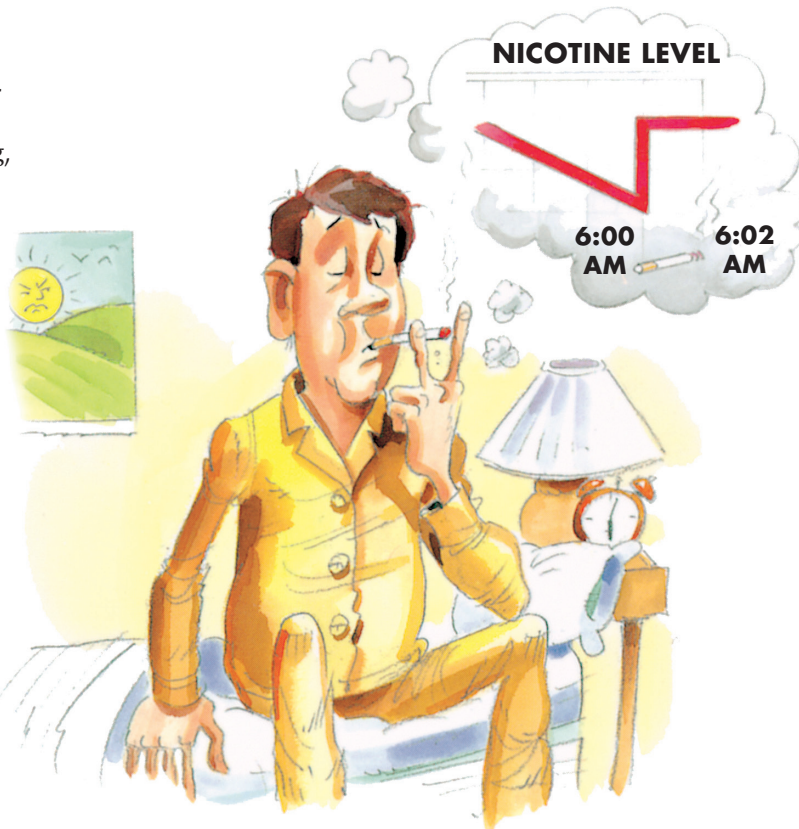
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#### Psychological Triggers

Situations and feelings that make you light up are your psychological triggers. Do traffic jams get you hunting for your pack? Do you smoke more when you're frustrated? Impatient? Nervous? Angry? Write down your psychological triggers. You'll learn how to cope with them on pages 12 and 13.

#### My Psychological Triggers

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### Coping with Nicotine Withdrawal

Withdrawal symptoms are uncomfortable and unavoidable. But they should blow over in 1 to 3 weeks. Smoking cessation products can help soften them. The tips below may also help. Try to think of withdrawal symptoms as a sign of the progress you're making in recovering from nicotine addiction.



**Irritability.** Your urge to smoke may sometimes make it hard to concentrate and make you grouchy. A few slow, deep breaths are often all it takes to get you over the moment.



**Insomnia.** If you have trouble getting to sleep at first, here's your chance to catch up on your reading! Or you might want to end your day with a hot bath or some exercises to relax. And believe it or not, warm milk works!



**Increased appetite.** Cigarettes tend to suppress your appetite. Without them, you may be tempted to snack throughout the day. Be sure to keep your survival kit well stocked with raw vegetables, stick cinnamon, gum, and straws to chew.



**Fatigue.** At first, you may be tired and listless during the day. After all, you don't have the regular stimulant effect of nicotine to keep you going. The solution is to get more exercise and enough sleep at night.





## STEP 2: QUITTING

### Nicotine Without Cigarettes

Your body has come to expect frequent doses of nicotine, the addictive part of tobacco. When it stops getting nicotine from cigarette smoke, your body will rebel. All smoking cessation products ease the withdrawal process. Some work by giving you less and less nicotine over time.

### Over-the-Counter Products

Ask your doctor or pharmacist about these products. Each is meant to get you by for about 2 or 3 months.

- A nicotine patch delivers nicotine through your skin at a constant rate. It's a good idea to combine a patch with nicotine gum or nicotine nasal spray.
- Nicotine gum and nicotine lozenges give you nicotine through the mouth as you need it.



### Prescription Products

Ask your doctor about getting a prescription for the following products. You may use them for 2 to 6 months.

- Nicotine nasal spray supplies nicotine through the nose. The effect starts quickly.
- An inhaler is like a plastic cigarette. You inhale nicotine through it. So it is the closest imitation of smoking.
- Your doctor may prescribe bupropion SR or varenicline. These are two medications that do not contain nicotine. They reduce withdrawal symptoms and the urges to smoke. Bupropion SR is started 2 weeks before your quit date, and varenicline 1 week before. **Note:** Bupropion SR and varenicline can cause serious mood changes. Ask your doctor to explain these and other side effects, and what you should do about them.



### Using Them Safely

Smoking cessation products aren't right for everyone. Ask your doctor if they're suitable for you. If you do use any of these products, follow label directions carefully. Make sure they do not conflict with other medications you take. Do not smoke while you use these products. And don't just switch to smokeless (chewing) tobacco. It's bad for you, too.

### Know Your Barriers to Quitting

What barriers have you been putting up to keep from quitting? They protect your addiction. Work on breaking down these barriers before and after you quit smoking. This can help you control your nicotine addiction.



### "I Might Fail"

Don't get weighed down by past attempts. An unsuccessful attempt can be a learning process. We all improve with practice. Make this attempt be the one that works.



### "I'll Gain Weight"

You probably will gain a few pounds. But that's better than the harmful effects of smoking. Exercise can help keep the pounds down.



### "If I'm Not a Smoker, Who Am I?"

OK, you've been a smoker for a long time. Lighting up has become second nature. Changing is hard. But remember how much you want the benefits of being a nonsmoker.



### "I Might Lose Control"

Maybe you went to pieces last time you tried to quit. That's because you've depended on cigarettes to help you cope. But this time you'll be prepared to control your smoking triggers.



### "But I Need Cigarettes"

You've been relying on cigarettes to calm you down and pick you up. So why not learn healthy ways to cope? You will.



### "But I've Gotta Die of Something!"

Sure, you gotta go sometime. But why go sooner? And why die a slow, painful death of lung disease, heart disease, or cancer? Being smoke-free greatly reduces these risks.



## STEP 1: GETTING READY TO QUIT



### Take Charge

The plans you make will give your program a structure. That will help you stick with it. So fill in all of the blanks on these two pages.

#### ☐ List Your Benefits

You're escaping your addiction for very good reasons. In fact, the more reasons you can think of, the easier it will be to quit and stay quit. So list the benefits for you. Be specific. Try to add to the list every day.

**For me:** \_\_\_\_\_

#### ☐ Set a Quit Date

Your quit date will be a day to celebrate each year. It will be the anniversary of your last day as a smoker—your first day as a non-smoker. Try not to pick a BIG DAY at work, or a holiday, or the day of a party. Set your quit date to make it easiest for yourself.

**Date:** \_\_\_\_\_

#### ☐ Decide On Your Rewards

You're making a difficult life change. So you'll want to treat yourself often. Don't wait for your first anniversary! Plan many rewards that you can give yourself along the way. But try to avoid using food as a reward so you don't gain extra weight.

**Rewards:** \_\_\_\_\_

#### ☐ Get Support

Find an ex-smoker as a support person. You need one you can call anytime—someone who'll listen, not judge. Call a "quit line." Join an ex-smokers' support group. Take a "stop smoking" class. Find a professional who specializes in helping people quit.

**Call:** \_\_\_\_\_

#### ☐ Plan Your "Survival Kit"

You'll need substitutes for the pleasures of smoking. You can get oral satisfaction from low-calorie snacks, gum, or toothpicks. You can keep your hands busy with finger puzzles, pencils, or coffee stirrers. Have a survival kit ready for the moments you'll need it.

**Kit:** \_\_\_\_\_

#### ☐ Make a Contract

You may find it easier to keep your goal in mind by making a contract with yourself. It may help you stick to your personal commitment. Write up a smoke-free contract, including your quit date. Sign it and have it witnessed by your support person.

