Thickening About Quitting

**Kick the Habit**

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<thead>
<tr>
<th>Date</th>
<th>Action</th>
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<tbody>
<tr>
<td>1</td>
<td>Cigarette mark</td>
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**Within 10 Years**
- Cancer-causing cells are gone and healthy cells take their place.

**Within 5 Years**
- Lung cancer and heart disease death rate cut in half.

**Within 1 to 9 Months**
- Your energy level increases, and shortness of breath and tiredness improve.

**Within 2 Weeks to 3 Months**
- Blood moves through the body easier, doing activities like walking is easier, and lungs work 30% better.

**Within 72 Hours**
- Breathing is easier because your windpipe is more open and lungs are fuller. Withdrawal symptoms lessen or are gone.

**Within 48 Hours**
- Smell and taste improve.

**Within 24 Hours**
- Your chance of having a heart attack decreases.

**Within 8 Hours**
- The carbon monoxide levels in the blood drops and the oxygen level increases.

**Within 20 Minutes**
- Your blood pressure, pulse rate, and temperature of hands and feet return to normal.
Nicotine replacement is a plastic tube with a nicotine cartridge inside. When you puff on the inhaler, the nicotine is absorbed through the nose.

Nicotine nasal spray - delivers nicotine quickly to your system.

Regimens

Nicotine lozenges - the newest form of nicotine replacement.

Available in strong and mild strengths.

Nicotine gum - a fast-acting form of replacement.

Nicotine patches - patch provides a measured dose of nicotine through the skin.

Over the counter options

This method gives you a small dose of nicotine to help cut down the urge to use tobacco once you quit.

Nicotine replacement therapy

Beginning any of these therapies:

Talk to your health care provider before cessation. Here are the FDA approved options:

cessation or medications to assist with your nicotine withdrawal. If you are interested in using nicotine replacement medications.

Cessation Medications

Nicotine Replacement &

Preparing to Quit

Congratulations to yourself! You have made a

Stop smoking.
Ask people you live and work with not to smoke around you.

Are more important than anything else.

Start believing that you are becoming a non-
tobacco user. Believe your reasons to quit.

Prepare to succeed. Do whatever it takes.

GO SLOW. TAKE IT ONE DAY AT A TIME.

Find different things to do instead of using tobacco.

Like chewing gum, eating carrots, etc.

and when asked to help you.

Tell everyone you know that you plan to quit.

Don't look for a tobacco during stressful times.

Mind what you will do instead of using tobacco.

Home, car, office, or most common places.

Prior to quitting, rid yourself of tobacco in your

Smoke date: Make a note on your calendar that shows your

Personal pact with yourself to quit.

Congratulations to yourself!
Without tobacco for 2 weeks
Reward yourself

- Increase or start your regular exercise program
- Make an appointment to get your teeth cleaned
- From your car, help you clean the signs and smells of tobacco
- Invite someone who is supportive of you to make an appointment to have your car detailed
- Ice water; mouthwash; brushing teeth instead of tobacco
- Use low-calorie foods, sugarless gum, and snacks
- Try to limit food or sugar products in place of tobacco (Theaters, Libraries, Smoke-free restaurants, etc.)
- Spend lots of time in places that do not allow tobacco use

What are your triggers?

- Watching TV
- Waiting
- Morning awakening
- Parties
- Drinking alcohol
- Golfing
- Driving
- Bowling
- Using the bathroom
- Uncomfortable situations
- Being bored
- Emotions
- Talking on phone
- Finishing a meal
- Work breaks
- Just be the habit for you, or urge. The time, activity and place may now. You may or may not have a craving that you should be using tobacco right now. What are your triggers that tell your brain that you should use tobacco?
1. Start an exercise program such as walking 15 minutes every day, if you are already exercising, make your routine consistent 4-5 times a week.
2. Keep healthy snacks ready to eat!
3. Eat slowly! Try to identify different tastes or seasonings.
4. Drink eight 8 oz. glasses of water a day.
5. Take a walk for 5 minutes every time you have an urge or craving.
6. Count the number of vegetables and fruits you eat a day. Make sure you eat at least 1/2 cup of cooked vegetables or 1 cup raw vegetables, 1 medium fruit, and 1 cup raw serings.
7. Keep busy with hobbies (high fat sauces make sure you do not add)
8. Stop ice cold water through a straw
9. Take your measurements and weigh yourself. Consider your selfish weight.

**Exercise & Weight Loss**

**So give yourself something instead!**

Just too much to think about!

- Quitting tobacco is hard! Sometimes thinking about cutting something else from your life is easier.

**My Triggers**

**What can I do?**

**Remember**

- The good work!
- More successful, keep up!
- What to do will help you be
- They will go away. Planning Triggers are temporary!

**7**

- Keep busy with hobbies (high fat sauces make sure you do not add)
- Stop ice cold water through a straw
If I am a non-smoker, I will write those on the lines below.

Sometimes there are people, places, or things I need to avoid for a short period of time until I feel stronger.

What I can do instead:

Places it will be hard:

Making a plan to stop tobacco use

Things I can do instead:

My reasons:

All reasons:

Kick the Habit
1. Decide what you want to accomplish.
2. Start making short-term plans by making an action plan for this week.
3. Carry out your action plan.
4. Check the results.
5. Make changes as needed and repeat.
6. Reward yourself.

How do I begin to kick the habit?

Action Plan Form

This week I will:

Next week I will:

How confident are you?
0 = not confident
10 = totally confident

How confident are you?
0 = not confident
10 = totally confident

Action Plan Example

This week I will:

Next week I will:

How confident are you?
0 = not confident
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Quit Smoking

find out more about nicotine replacement therapy
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