

## **JOURNEY TO A SMOKE-FREE LIFE**

Your Care. Our Commitment.

## SMOKE-FREE ENVIRONMENT

To protect our patients, visitors, and staff from the harmful effects of second-hand smoke, smoking is not permitted anywhere on UPMC property. All UPMC hospitals, facilities, and grounds, including parking lots, garages, and other outdoor locations such as UPMC-owned sidewalks, are smoke-free. UPMC has no designated smoking areas. If you choose to smoke, you cannot do so on the UPMC campus. A patient who smokes does so against our advice and assumes the risk for any problems as a result of smoking. For information about smoking and how to quit, access the patient education materials on UPMC's website at <http://patienteducation.upmc.com> (select **Smoking**). You may ask UPMC personnel to print out information for you. If you're interested in "Becoming a Quitter," call **1-800-QUIT-NOW (1-800-784-8669)** or visit [www.1800quitnow.org](http://www.1800quitnow.org).

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## INTRODUCTION

Becoming a smoker was a journey. The journey probably began for you many years ago when you started experimenting with those first cigarettes. They probably were not so good, but as time passed, your body became used to smoking. You probably found yourself smoking regularly and in more situations. You developed certain smoking patterns. Smoking became a part of you. Cigarettes have been a part of your identity for a long time.

Becoming a nonsmoker is a journey and a learning process. Think of this as a new beginning, with change occurring over time. As time passes, you will learn more about being a nonsmoker and will develop a new identity. You will become comfortable in life's different situations without smoking. To be successful, you must maintain your commitment to this change over time. The new tobacco-free you will discover a world of benefits as a result of your journey. There is life after smoking, and it is truly better!

Use this workbook as your road map to help you make this important journey. Here you will find information and tips in a format that lets you actively participate in planning and arriving at your destination: a smoke-free life.

**Most people try to quit smoking more than once before they are successful.**

**VIEW  
PREVIOUS  
QUITS  
AS PRACTICE  
&  
LEARNING  
EXPERIENCES.**

## PLANNING YOUR JOURNEY

Getting ready for your journey is a very important step. You may know that smoking is not good for you. Why, then, do you continue to smoke? The reasons you started to smoke and the reasons you continue to smoke are often very different. Understanding why you want to quit smoking and why you continue to smoke can help you to quit.

### Choosing Your Destination

The next few pages offer 4 key activities to help you get ready for your life-changing journey to a smoke-free life!

### Activities to Help You Get Ready

1. Reasons-to-Quit Checklists
2. Why Do I Smoke?
3. Am I Addicted to Nicotine?
4. My Smoking Diary

**It is  
NEVER  
too  
LATE  
to  
QUIT!**

## ACTIVITY 1. REASONS-TO-QUIT CHECKLISTS

Keep in mind the good things that will happen when you quit smoking. These reasons must come from within you and must be important to you on a personal level. You may already have a health problem or want to prevent a health problem related to smoking. There are always benefits when you quit smoking.

### Checklist 1: Check all health-related reasons for you to quit smoking.

- I want to live a longer life.
- I want to decrease my risk of having a heart attack or stroke.
- I want to decrease my risk of having high blood pressure.
- I want to decrease my risk of having cancer.
- I want to decrease my risk of having lung disease.
- I want to decrease my risk of having blood-flow problems through my body.
- I want to decrease my risk of stomach ulcers and heartburn.
- I want to decrease my risk of soft or brittle bones.
- I want healthier gums and teeth.
- I want white teeth.
- I want acid reflux and heartburn to stop.
- I want to be active with less or no shortness of breath.
- I want my cough to decrease or go away.
- I want my skin to have a better color with fewer wrinkles.
- I want my food to taste better.
- I want my sense of smell to improve.
- I want to have more energy.
- I am pregnant or plan to become pregnant.
- I want to lower my risk of miscarriage, stillbirth, or a baby with low birth weight or birth defects.
- I want to decrease my risk of sexual problems.
- I want to stop exposing my loved ones to secondhand and thirdhand smoke.
- I want to stop exposing my pets to secondhand and thirdhand smoke.
- I want to be able to say that I am a nonsmoker.
- Other health reasons: \_\_\_\_\_

**SECONDHAND SMOKE  
IS THE SMOKE FROM THE  
BURNING END  
OF A CIGARETTE  
AND SMOKE EXHALED  
BY A SMOKER.**

**THIRDHAND SMOKE:  
the CHEMICALS  
from SMOKING that  
stay on the smoker's  
BREATH, HAIR,  
CLOTHING, and  
other surfaces.**

### Checklist 2: Check all the personal reasons you have to quit smoking.

- I want the freedom that comes with separating myself from an addictive behavior.
- I want to have more time to enjoy with my family, friends, and hobbies.
- I want to be free of the guilt and fear that I feel when doing something that is not good for me.
- I want to feel proud of myself.
- I want to set a good example for the young people in my life.
- I want to be more accepted in social and work situations.
- I want to have control of my life, not let the cigarettes have control.
- Other personal reasons: \_\_\_\_\_

### Checklist 3: Check any financial reasons for you to quit smoking.

- I want to save the money that goes "up in smoke" when I buy cigarettes.
- I want to save money on cleaning bills and replacing burned clothes, furniture, and car interiors.
- I want to save money on my life and health insurance.
- I want to retain the values of my car and home.
- Other financial reasons: \_\_\_\_\_

### Checklist 4: Check or add any other reasons you have to quit smoking.

- I want my house, car, clothes, and hair to be cleaner, without the smell and film of nicotine.
- I am tired of emptying dirty ashtrays.
- I want to wake up without that stale tobacco taste in my mouth.
- Other reasons: \_\_\_\_\_

**DO THE MATH ...**

**A person who smokes 1 pack of cigarettes a day spends about:**

\$6 per day                      \$180 per month                      \$2,190 per year

**How much could YOU spend?**

\_\_\_ # of packs that you smoke per day x \$6 = \$\_\_\_ spent per day

\_\_\_ # of packs that you smoke per day x \$6 x 30 days = \$\_\_\_ spent per month

\_\_\_ # of packs that you smoke per day x \$6 x 365 days = \$\_\_\_ spent per year

**How much could you SAVE?**

I will save \$\_\_\_\_\_ each day of my new smoke-free life.

I will save \$\_\_\_\_\_ each month of my new smoke-free life.

I will save \$\_\_\_\_\_ each year of my new smoke-free life.

**What else could I do with that money?**

Examples: pay bills, eat out, buy clothes, buy gifts for myself and others, enjoy hobbies, take vacations, go to the movies

Other ideas: \_\_\_\_\_

\_\_\_\_\_

**SAVE THE MONEY**  
**that you would spend on**  
**CIGARETTES EACH DAY.**  
**Put it in a JAR and WATCH IT GROW!**

**YOU HAVE COMPLETED THE FIRST ACTIVITY!**

Now look back at all of your checked items.

Use these to help you mentally picture how much better your life will be after you reach your destination — a smoke-free life.

Now take the quiz on the following page to find out what could be causing you to continue smoking.

**ACTIVITY 2. WHY DO I SMOKE?**

Take the following quiz to help find out which factors could be influencing your smoking behavior.

Circle one number for each statement and total each section.

**Reason #1**

<b>Stimulation:</b> "Smoking gives me more energy."		Often	Sometimes	Never
1.	I smoke to keep from slowing down.	3	2	1
2.	I reach for a cigarette when I need a lift.	3	2	1
3.	When I am tired, smoking perks me up.	3	2	1
Add the three scores to get your total score for this section.				Total:

**Reason #2**

<b>Handling:</b> "I like to touch and handle cigarettes."		Often	Sometimes	Never
1.	I feel more comfortable with a cigarette in my hand.	3	2	1
2.	I enjoy getting a cigarette out of the pack and lighting up.	3	2	1
3.	I like to watch the smoke when I exhale.	3	2	1
Add the three scores to get your total score for this section.				Total:

**Reason #3**

<b>Pleasure:</b> "Smoking is enjoyable."		Often	Sometimes	Never
1.	Smoking cigarettes is pleasant.	3	2	1
2.	Smoking makes good times better.	3	2	1
3.	I want a cigarette when I am comfortable and relaxed.	3	2	1
Add the three scores to get your total score for this section.				Total:

**Reason #4**

<b>Tension Reduction:</b> "Smoking helps me to relax when I am tense or upset."		Often	Sometimes	Never
1.	I light up a cigarette when something makes me angry.	3	2	1
2.	Smoking relaxes me in a stressful situation.	3	2	1
3.	When I am depressed, I reach for a cigarette to feel better.	3	2	1
Add the three scores to get your total score for this section.				Total:

### Reason #5

<b>Habit:</b> "Smoking is a habit."		Often	Sometimes	Never
1.	I smoke automatically without even being aware of it.	3	2	1
2.	I light up a cigarette without realizing I have one burning in the ashtray.	3	2	1
3.	I find a cigarette in my mouth and do not remember putting it there.	3	2	1
Add the three scores to get your total score for this section.			Total:	

### Reason #6

<b>Nicotine Addiction:</b> "I crave cigarettes; I am addicted to smoking."		Often	Sometimes	Never
1.	When I run out of cigarettes, it is almost unbearable until I get more.	3	2	1
2.	I am very aware of the times when I am not smoking.	3	2	1
3.	I get a craving for a cigarette when I have not smoked for a while.	3	2	1
Add the three scores to get your total score for this section.			Total:	

### Why do I smoke?

These are common reasons why you might continue to smoke. Place a check mark beside each reason for which you answered "Often" or "Sometimes."

Stimulation       Handling       Pleasure  
 Tension Reduction       Habit       Nicotine addiction

### What do the categories mean, and what can I do to address each category?

#### Stimulation

If you scored high in this category, it means that you are stimulated by smoking — you feel that it helps to give you energy. You may think smoking helps to wake you, organize your thoughts, and/or keep you going. When you quit smoking, look for other ways to feel energized. Walking, stretching, or other forms of exercise, conversation and attending social functions, drinking water, and eating a nutritious breakfast are just a few ways to increase your energy.

#### Handling

If you scored high in this category, it means that you may enjoy handling or manipulating things. When you quit smoking, look for other ways to keep your hands busy. Holding a pen, pencil, or straw can help to simulate the act of holding a cigarette. Drawing, painting, writing, reading a book, woodworking, knitting, cleaning, and gardening are just a few ways to keep your hands busy.

### Pleasure

If you scored high in this category, it means that you look for ways to enhance feelings of pleasure and well-being. You may think that smoking helps to make a positive situation even better. When you quit smoking, look for other ways to enjoy activities and events. Taking pictures at social gatherings and talking about the fun you are having are a couple of ways to enhance pleasure. Yoga and meditation, exercise, drinking water, and hobbies are other ways to enhance feelings of well-being.

### Tension Reduction

If you scored high in this category, it means that you look for ways to lessen or eliminate negative feelings. You may often feel stressed, upset, overwhelmed, angry, anxious, or depressed. When you quit smoking, look for other ways to decrease negative feelings. Exercise, getting enough sleep, eating well, yoga, meditation, deep breathing, spiritual activities, hobbies, spending time with friends and family, and talking about your thoughts and feelings with a professional are some ways to reduce negative feelings.

### Habit

If you scored high in this category, it means that smoking has become routine for you. The automatic nature of habit smoking means that you may smoke without thinking about it or without realizing how much you smoke. You may not always be able to explain why you are smoking because it is not always connected with how you feel or what you are thinking at the time. As you plan to quit smoking, look for ways to become more aware of where and when you are smoking, and ask yourself if you really want or need a cigarette. Altering your routine may also be helpful. Taking a different route to work, sitting in a different chair, or changing the order of how you get ready in the morning are some ways to alter your routine.

### Nicotine Addiction

If you scored high in this category, it means that you may often think about your next cigarette and may experience waves of intense desire for a cigarette throughout the day. You may feel irritable when you do not have a cigarette or go long periods without tobacco. This may be due to psychological and/or physical addiction. When you quit smoking, look for ways to distract yourself. Exercise, drinking water, deep breathing, hobbies, and calling a friend are some ways to distract yourself from smoking. If you feel you are physically addicted to nicotine, you may find that tobacco cessation medicine helps to eliminate physical symptoms of withdrawal.

Adapted from: *Why Do You Smoke?* National Cancer Institute, National Institutes of Health Publication No. 94-1822, Reprinted January 1992. This material can be accessed online: <http://rtips.cancer.gov/rtips/viewProduct.do?viewMode=product&productId=189980>.

**TIP: Put your old cigarette butts into a clear jar. Add water and seal the lid. Look at it. Remind yourself of the ugliness of smoking. Take a good whiff. Remind yourself of the stale smell.**

### ACTIVITY 3. AM I ADDICTED TO NICOTINE?

Nicotine is an addictive drug. You probably did not realize when you started smoking that you would get hooked on nicotine. As part of getting ready for a new smoke-free life, you can find out if you are addicted to nicotine by answering two easy questions.

**DID YOU KNOW?  
ANY AMOUNT OF  
SMOKING can LEAD  
to ADDICTION!**

**How much do I smoke per day?** \_\_\_\_\_

If you answered 1 pack per day or more, you are probably very addicted to nicotine.

**How soon do I begin smoking after I wake up?** \_\_\_\_\_

If you answered within the first 30 minutes, you are probably very addicted to nicotine.

If you think that you are addicted to nicotine, there is good news for you. Many products are now available to help you quit smoking. So more than ever, now is a good time to begin a smoke-free life.

You will find more information on these products later in this workbook (see page 13).

### ACTIVITY 4. MY SMOKING DIARY

To quit smoking successfully, you need to find out what “triggers” cause you to smoke. **Triggers** are actions, situations, times, places, people, and emotions that bring on the desire to smoke. The more you know about your triggers, the more you will be able to avoid them and choose something other than a cigarette.

You will find a smoking diary sheet on page 35. Make copies of the sheet and use one for each pack of cigarettes you smoke.

- Write the time, place, and reason for each cigarette that you smoke BEFORE lighting the cigarette. You also may add names of people with you and what you are doing at the time.
- To fully understand your triggers, fill out diaries for at least 3 days.
- Keep a diary sheet and a pen with your pack of cigarettes so that it is easy for you to keep track.
- Rate the importance of each cigarette on a scale of low, medium, and high.
  - > **High** means you feel you really have to have the cigarette.
  - > **Medium** means that your need for the cigarette is somewhere between low and high.
  - > **Low** means that you almost smoked (or actually did smoke) without knowing it, with little or no need for it.
- After you complete your diary sheets, look back over them to see what triggers you to smoke.

**USING A QUIT PROGRAM  
AND MEDICINE WILL  
DOUBLE YOUR CHANCES  
OF  
QUITTING SUCCESSFULLY!**

### My Smoking Diary Example:

Time	Activity						Mood						Other Activities, Feelings - Describe	Need Rating		
	Food	Alcohol	Coffee	Friends	Family	Driving	Angry	Happy	Sad	Bored	Relaxed	Tired		Low	Medium	High
6 a.m.	x		x		x							x	x			
7:30 a.m.			x										Walking to office from parking lot.			x
10 a.m.				x							x		Work break, co-workers, usual time to smoke.		x	
11 a.m.							x					x	Alone, overwhelmed, work, and co-workers.	x		

**Please see page 35 for blank diary sheets that you can use (and make additional copies of) to find out your triggers to smoke.**

## PLANNING YOUR DEPARTURE

- I have chosen my destination to be a smoke-free life!
- I completed the activities to get ready to start my journey.

In this chapter, you will find important information and tips to help you organize future steps in your journey to smoke-free living. The 4 steps include:

1. WHEN Should You Leave?
  - > **Picking Your Quit Day**
2. HOW Will You Get There?
  - > **Choosing Your Quit Method**
3. WHAT Should You Pack?
  - > **Necessities and Quit Tools to Make Your Journey Comfortable**
  - > **Changing Behavior and Learning Coping Skills**
4. WHO Is Going With You?
  - > **People for Support and to Make Your Journey More Enjoyable**

## STEP 1. WHEN SHOULD YOU LEAVE?

### Picking Your Quit Day

Your quit day is the day you will stop smoking. You will think of it as “the first day of the rest of my life.” It is an important decision. Picking a good day and preparing for it can help you to succeed. There is usually no perfect time to quit smoking, though some times are better than others.

### A special day can be a good day to quit smoking:

- Birthday
- Anniversary
- Holiday or vacation

Being away from stress at work, day-to-day living, and routine triggers can help to give you a fresh start.

### Think about:

- Will it be easier for me to quit on a weekday or on the weekend?
  - > I will choose a day when I will be busy with activities that I enjoy.
  - > I will avoid stressful situations and activities.
  - > I will spend the day in the company of supportive people.
- What will my schedule be like 3 to 4 days after my quit day?
  - > I may want these 3 to 4 days to fall on less busy, less stressful days.
- Do I have stressful events coming up soon?
  - > I should plan my quit day for a time when stress is at a minimum.

### Plan a positive reward.

Treat yourself to something special.

You may want to share your quit day with others. You may choose to have the support of family and friends.

My quit date will be:

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I plan to reward myself with:

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## STEP 2: HOW WILL YOU GET THERE?

The next step to reaching your destination of a smoke-free lifestyle is to determine who can help you, which quit method you will choose, and whether you will use medicine. This step may take several forms:

- Professional/social support only (no medicine).
- Medicine only (no professional/social support).
- No professional/social support and no medicine use.
- Professional/social and medicine use.

It is important to note that the combination of professional/social support and medicine use increases your chances of quitting for good.

### Who Can Help You?

Quitting smoking is one of the most important journeys you will take in your lifetime. Many people find that help from professionals who understand the quit process makes the journey a bit easier.

Your doctor or other health care provider can:

- Help you to determine the most appropriate method for quitting.
- Discuss medicine options and write prescriptions when needed.
- Follow your progress and help to manage health conditions related to tobacco use.

Quit smoking programs are offered in many formats, including individual or group meetings, by telephone, and/or online. A program can:

- Help you to determine the most appropriate method for quitting, including medicine options.
- Help you to understand the harms of smoking and tobacco dependence, and how to manage your triggers and cravings.
- Provide support before, during, and after quitting.

For more information about programs in your area, please refer to the *Stop Smoking Resources* section on page 20.

Social support is also an important part of your smoke-free journey. For information about how friends, family members, and others can help, please refer to the Social Support section on page 19.

The following professional(s) and/or quit programs can help me to quit:

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### Choosing Your Quit Method

A **quit method** refers to the way someone chooses to quit smoking. There are many methods of quitting. All of the methods described below involve setting a quit date. When choosing a method, it is important to know whether you will use medicine and whether you will receive help from a health care provider or quit smoking program.

**Self-help** refers to setting a quit date and quitting **without** the use of a quit smoking program. You may read books, look up information on the Internet, or ask friends and family for help. When choosing this method, you may or may not use medicine.

**Cold Turkey** refers to quitting smoking **without** the use of medicines. Once you set a quit date, you would smoke until that date then not smoke anymore. When choosing this method, you may or may not seek professional support or enroll in a quit smoking program.

**Tapering** refers to a gradual approach to your quit day. Typically, you would count the number of cigarettes smoked each day and make a plan to reduce the number of cigarettes smoked each day until your quit day. Once you reach your quit day, you would not smoke anymore. When choosing this method, you may or may not seek professional support or enroll in a quit smoking program, and may or may not use medicine.

I choose the following method to help me quit:

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### Using Medicine

Nicotine is the physically addictive chemical in tobacco. When you do not have nicotine, your body can experience physical symptoms. You may feel irritated, angry, or anxious, find it hard to concentrate, or find that you are having a hard time sleeping. This is called withdrawal, and it can be difficult to deal with.

Several medicines are available to help lessen withdrawal symptoms and cravings, making it easier for you to quit. The most commonly used medicines are described below. It is important to talk with your quit program facilitator and/or your health care provider to determine which medicine is best for you.

### Nicotine Replacement Therapy

Nicotine replacement therapy (NRT) is the use of products that contain nicotine. NRT products can be available over the counter (patch, gum, or lozenge) or by prescription (inhaler or nasal spray). The nicotine in these products helps to lessen your physical symptoms while you are



working on other aspects of quitting. Typically, you would start using an NRT product on your quit day and lessen the amount of the product you use over the course of 6 to 8 weeks.

### Non-Nicotine Medicines

Two medicines are commonly used to help people quit smoking: Varenicline (Chantix®) and bupropion (Zyban®/Wellbutrin®). Both medicines work to help reduce the urge to smoke without the use of nicotine. This helps you to focus on addressing other aspects of quitting. Both medicines are typically started 1 or 2 weeks before your quit date and used for at least 8 weeks after your quit date. Both require a prescription from your health care provider.

### Combination Therapy

Sometimes one type of medicine is not enough to help lessen withdrawal symptoms. Your quit program facilitator and/or your health care provider may determine that more than one medicine is needed to help you quit. This is called combination therapy. The most commonly used combinations are:

- Nicotine patch + nicotine gum or lozenge
- Nicotine patch + nicotine inhaler or nasal spray
- Nicotine patch + bupropion

I will ask my quit program facilitator and/or my health care provider about the following medicines to help me quit:

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Additional information about medicines used to help quit smoking can be found on the UPMC website at: <http://www.upmc.com/patients-visitors/education/smoking/Pages/default.aspx>.

## STEP 3: WHAT SHOULD YOU PACK?

### Necessities and Tools to Make Your Journey Comfortable

#### Changing Behavior and Learning Coping Skills

The next step in your journey to smoke-free living is to pack your bags with the things you will need. You will need lots of **coping skills**. A coping skill is any action you can use to avoid smoking a cigarette.

There are two types of coping skills:

- **Cognitive:** Something that you think.
- **Behavioral:** Something that you do.

#### Cognitive Coping Skills

Cognitive coping skills are when you use thoughts to help yourself stay smoke free. Think to yourself:

- I want to be a nonsmoker because ... (your most important personal reason).
- Smoking is not an option.
- Wait a minute. I have been smoke free for \_\_\_\_\_. Don't blow it now!
- Don't do it! Stop!
- The craving will soon pass.
- I am in control.

Another cognitive coping skill is called **imagery**. Imagery is like daydreaming. Imagine yourself in another place — a place from memory or one you make up. When you start to feel a craving, close your eyes and imagine yourself in a calm, peaceful place, such as a beach, park, woods, meadow, on a lake, or in your own backyard. This will help to redirect your thoughts away from thinking about smoking.

Other cognitive coping skills include:

- Prayer
- Meditation
- Any pleasant thought that does not include a cigarette.
- Feel the joy of being able to say "I am a nonsmoker."

The cognitive coping skills I will use are:

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#### Behavioral Coping Skills

Behavioral coping skills are actions that you do to avoid smoking, such as:

- Deep breathing
- Oral substitutes
- Handling substitutes
- Busy work
- Exercise
- Relax and unwind
- Medicine

**Deep breathing** advantages:

- Quick and can be done anywhere.
- Helps cravings pass.
- Promotes feelings of relaxation.
- Helps to relieve feelings of tension, nervousness, anxiety, and impatience.
- Increases the flow of blood and oxygen to the brain, helping to improve memory, alertness, thinking, problem-solving, and decision-making skills.

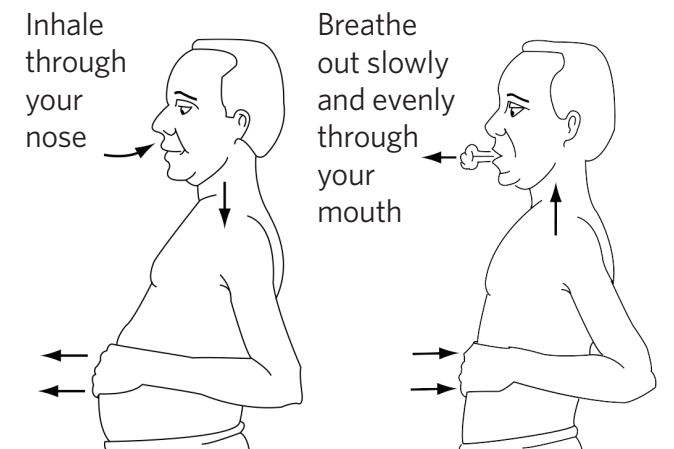
**Deep breathing** technique:

- Place 1 hand on your upper chest.
- Place your other hand on your abdomen (belly).
- Inhale through your nose.
  - > Take a slow, deep breath.
  - > Feel your belly expand outward.

**Deep breathing is a "quick fix" for cravings, stress, nervousness, tension, anxiety, and difficulty concentrating.**

- > Breathe in for 3 seconds.
- > Hold the breath for 3 seconds.
- Purse your lips.
- Breathe out slowly and evenly.
  - > Feel your belly move back inward.
  - > Breathe out for 6 seconds.
- Repeat 3 to 5 times.

Experience the calming effect! Practice frequently so you can use it effectively.



#### Oral substitutes are ways to keep your mouth busy.

When you smoke a pack of cigarettes a day, you put your hand to your mouth several hundred times a day. Your mouth gets a lot of attention. When you stop smoking, your mouth still craves that attention. Using oral substitutes can help you to quit smoking. When choosing oral substitutes, look for low or no-calorie items. Substituting high-calorie, high-fat items can lead to weight gain.

**The following items make good oral substitutes:**

- Water
- Lollipops
- Cinnamon sticks
- Toothpicks
- Fresh fruits
- Hard candy
- Gum
- Brushing teeth, mouthwash, breath spray
- Fresh vegetables (carrot sticks, celery sticks, peppers, radishes)
- Flavored lip balm

**The oral substitutes I will use are:**

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**Handling substitutes will give you something else to do with your hands.**

- Rubber band
- Paper clip
- Small ball
- Pen
- Doodling
- Pencil
- Ring
- Coin
- Straw or coffee stirrer
- Smooth stone
- Wash hands
- Hobbies

**The handling substitutes I will use are:**

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**Busy work: Keep your hands busy and focus on tasks.**

This will help you to fight the urge to light up. Once you stop smoking, you will have more time to give to other activities and people. Extra time can become a problem if you do not find something to fill this time. Choose activities that will mean something to you and add enjoyment to your life. Make a list:

- Things I have not done in a long time:  

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- Things I have never done, but would like to do:  

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- Projects I started long ago and would like to finish:  

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- Household chores I would like to get to:  

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You might choose keep-busy activities from the list below:

- Read
- Listen to music
- Take music lessons
- Art, crafts
- Sew, knit, quilt
- Needlework
- Computers
- Garden
- Play with pets
- Social network
- Write in journal or diary
- Doodle when on the phone
- Woodwork
- Car repair
- Photography
- Renew old friendships
- Play handheld game
- Clean drawers, closets
- Organize photos
- Play an instrument
- Puzzles (crossword, word search, jigsaw)

**My keep-busy list will include the following activities:**

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**CAUTION:** Be careful about doing things that you often did while smoking. Instead of keeping your mind off of smoking, these may act as triggers and increase your desire to smoke.

**“I will try a new hobby to keep my hands and mind busy.”**

**Exercise increases chances of long-term success.**

Exercise will:

- Help to prevent or slow any weight gain when you quit smoking.
- Produce hormones to make you feel good.
- Help to reduce stress and relieve feelings of tension, nervousness, anxiety, and anger.

**What kind of exercise should I do?**

The answer is anything that you enjoy. Going for a walk is an easy exercise you can do anytime.

Other good choices:

- Jog
- Ride a bike
- Swim
- Any other exercise that makes you feel good.
- Play sports
- Dance

**CAUTION:** Be sure to check with your health care provider before making any major changes in your exercise level.

**The exercise(s) I will include in my plan to quit smoking is (are):**

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**Relax and Unwind**

You may feel that smoking a cigarette helps you to beat stress.

Nicotine in cigarettes is actually a stimulant that makes the heart beat faster and increases blood pressure.

You may think that you are more calm and relaxed when you smoke. This belief may be caused by a combination of three things:

1. Your body has become used to a certain amount of nicotine. When the amount of nicotine in your body drops, you feel uncomfortable. You then smoke another cigarette, hoping to feel better.
2. You have probably smoked a cigarette many times during stressful situations. Now you connect smoking with feeling more relaxed and in control of your problems. Have you trained yourself to believe that smoking calms you and makes you feel in control?
3. Think about how you smoke a cigarette. Perhaps you take deep, slow breaths. In fact, it is deep breathing, not the cigarette, that actually calms you.

It is important to understand that you, not the cigarette, have been doing the calming and relaxing. Cigarettes cannot pay bills, make traffic go faster, or help you to deal with your boss. Smoking has been your way of “setting the stage” mentally to prepare yourself to relax. As you focus on your journey to a smoke-free life, you will learn new ways to relax.

**“Stress happens and I CAN handle it!”**

**Ways to relax and reduce stress:**

- Eat healthy, get enough sleep, and exercise regularly.
- Focus on the good things in your life. Make a list of all the good things you have now.
  - > These are things that make my life good:
   
\_\_\_\_\_
   
\_\_\_\_\_
   
\_\_\_\_\_
  - > Look at this list when you become angry or upset.
- Learn to accept the things you cannot change. Try to take 1 day at a time.
- If possible, avoid especially stressful tasks.
- Set aside relaxation time each day for:
  - > Music
  - > Prayer
  - > Meditation CDs, videos, electronic apps
  - > Spending time with family, children, pets
  - > Add your own:
   
\_\_\_\_\_
   
\_\_\_\_\_

Write down 3 things that cause the most stress in your life. List different ways you can handle each situation. Decide which choice would be best and place a check mark next to it. Prepare to use this choice the next time you are faced with the stressful situation.

**1. Cause of stress:**

\_\_\_\_\_

**Ways I can handle this situation:**

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

**2. Cause of stress:**

\_\_\_\_\_

**Ways I can handle this situation:**

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

**3. Cause of stress:**

\_\_\_\_\_

**Ways I can handle this situation:**

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- I will practice deep breathing throughout the day, especially during stressful times.
- I will ask for help from my Higher Power.
- I will close my eyes and see myself successfully handling a stressful situation without a cigarette.
- I will talk about stressful situations with friends, loved ones, clergy, or a counselor.
- I will remind myself that every problem has a solution that does not involve smoking.

**“A cigarette is only paper and dried leaves — not a magic wand. It has never solved my problems — I have always done that myself and will continue to do so ... WITHOUT cigarettes!”**

**Handling the temptations to smoke during stressful times:**

- Think back to a recent stressful situation. The cigarette did not change the situation or improve the outcome.
- When faced with a stressful situation, step back, take a deep breath, and say, “I can handle this.” Then deal with the problem.
- If you become angry or upset with someone, say to yourself, “If I smoke, I am only hurting myself.” Remember: Smoking is not a good way to get back at anyone.
- Leave the room or setting if necessary.
- Distraction helps. Always have something to read or do.
- Wash your face and hands.

**Relaxation technique**

Taking some time to relax each day will reduce the stress in your life. It also will give you the energy to deal with problems when they do occur.

- Find a quiet place.
- Sit in a comfortable chair or lie on the floor.
- Think of a sound or a short word you can think or say over and over.
- Close your eyes.
- Feel yourself relax.
- Begin to breathe deeply and slowly. Take the air in through your nose and let it out through your mouth. As you do this, say or think your special word over and over to yourself. Do not worry if you have trouble clearing your mind the first few times. Thoughts will drift in and out of your mind. Just let them go. Practice this simple routine for at least 15 minutes each day. You will be surprised at how calm and relaxed it helps you feel.

The preceding section “Stress Management” was adapted with permission from the University of Pittsburgh International Smoking Cessation Specialist Certification Program and the University of Pittsburgh School of Pharmacy.

**STEP 4. WHO IS GOING WITH YOU?**

**Social Support**

When you are planning to leave on this most important journey to a smoke-free life, be sure to invite a few people along to help make your trip enjoyable. Family, friends, and co-workers are just a few examples of people who can help you to reach your destination while making the journey enjoyable.

**How can other people help you quit smoking?**

**Many people that you know will be willing to:**

- Understand and be patient, especially if you are sometimes difficult and moody.
- Help to decrease your stress at work or at home.
- Reward, compliment, and provide encouragement.
- Listen and express confidence about your ability to quit.
- Plan social outings and activities in nonsmoking places with nonsmoking people.
- Pay attention and comment on positive changes.
- Provide distractions to help you cope with cravings.
- Maintain support beyond the first few weeks of the quitting process.

**What about someone close to you who chooses to continue smoking?**

**Here are some things you may need to ask of them:**

- “Do not offer me a cigarette.”
- “Please keep cigarettes, lighters, and ashtrays out of my sight.”
- “Please smoke outside.”
- “In exchange, I won’t be critical of you or pressure you to quit.”

Sometimes the people that you count on most may not be so helpful. Do not let them discourage you. They may:

- Offer you cigarettes.
- Smoke around you.
- Nag and harass you.
- Monitor your actions.
- Bet against your ability to quit.
- Offer negative suggestions that you cannot quit.

People who will support me:

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They will help me by:

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UPMC offers convenient stop-smoking programs. Find out more by calling one of the resource groups listed here. Ask your doctor or other health care provider to print information for you.

## STOP-SMOKING RESOURCES

UPMC Referral Services:

**1-800-533-UPMC (8762) or 412-647-UPMC (8762)**

PA Quit Line:

**1-800-QUIT-NOW (1-800-784-8669)**  
**www.1800quitnow.org**

## STOP SMOKING SUPPORT RESOURCES

Allegheny County Health Department  
**www.achd.net**

American Cancer Society  
**1-800-ACS-2345**  
**www.cancer.org**

American Heart Association  
**412-208-3550**  
**www.heart.org**

The American Legacy Foundation  
**www.americanlegacy.org**

American Lung Association  
**1-800-586-4872**  
**www.lung.org**

Breathe Pennsylvania  
**724-772-1750**  
**www.breathepa.org**

Campaign for Tobacco-Free Kids  
**www.tobaccofreekids.org**

CDC's Tobacco Information and Prevention Source  
**www.cdc.gov/tobacco**

PA Department of Health  
**www.health.state.pa.us**

## LAST-MINUTE ERRANDS

Make sure that you are not forgetting anything. You have done a lot of preparation for your journey. Look over your checklists.

**You have:**

- Chosen your destination: Smoke-free living!
- Planned your departure.
- Chosen a departure date — your quit day.
- “Packed your bags” and have not forgotten any medicines that you may need.
- Chosen your travel companions — the support person(s) who will travel with you.

## REMEMBER TO DO A “CLEAN SWEEP”

Get rid of all cigarettes, ashtrays, lighters, and matches. Destroy cigarettes by soaking them in water. Do not forget all of the hidden stashes in your house, workplace, and car, as well as pockets and purses.

Doing a “clean sweep” shows that you are committed to getting rid of strong triggers, such as the sight of your cigarettes and smoking-related items.

**I will do my “clean sweep” on the following date:**

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## DEPARTURE! ON YOUR WAY!

### DISTRACTIONS, TRIGGERS, AND COPING SKILLS

#### Watch out for distractions

Distractions may delay or even prevent you from reaching your destination. You will complete several smoking diaries while preparing to begin your new smoke-free life. Look over these diaries. You can see that situations, time-of-day, feelings, and people trigger your desire to smoke. You can avoid many of these triggers. Some may be more difficult or impossible for you to avoid. Now is a good time to use your coping skills (see page 14).

Some examples of common smoking triggers are listed, along with suggestions for coping. Take time to look at these closely. Find your triggers and decide which coping skills will work for you in handling each situation. You may want to go back, beginning on page 14, to review coping techniques and ways to change behaviors. If you think of other coping skills, add them to each category in the space provided.

**Join a stop-smoking program to increase your success.**

TRIGGER	COPING SKILL	TRIGGER	COPING SKILL
Coffee	<ul style="list-style-type: none"> <li>• Drink something different (tea, juice, water, decaf)</li> <li>• Enjoy in a different place</li> <li>• Use a different mug</li> <li>• _____</li> </ul>	Alcohol, Bars	<ul style="list-style-type: none"> <li>• Avoid altogether</li> <li>• Limit amount</li> <li>• Different kind than usual</li> <li>• Ice up or water down</li> <li>• _____</li> </ul>
Boredom	<ul style="list-style-type: none"> <li>• Oral substitute</li> <li>• Use your keep-busy ideas</li> <li>• Call support person</li> <li>• _____</li> </ul>	Stress	<ul style="list-style-type: none"> <li>• Oral substitute</li> <li>• Relaxation exercises</li> <li>• Deep breathing</li> <li>• _____</li> </ul>
TV	<ul style="list-style-type: none"> <li>• Oral substitute</li> <li>• Sit in different chair, room</li> <li>• Watch different shows</li> <li>• _____</li> </ul>	Phone	<ul style="list-style-type: none"> <li>• Doodle, handling substitute</li> <li>• Limit phone calls</li> <li>• Use a different phone</li> <li>• _____</li> </ul>
Morning Routine	<ul style="list-style-type: none"> <li>• Brush teeth, shower, eat (as soon as you wake up)</li> <li>• Exercise</li> <li>• Change routine</li> <li>• _____</li> </ul>	Driving	<ul style="list-style-type: none"> <li>• Oral substitute, sing</li> <li>• Take a different route</li> <li>• Deep breathing</li> <li>• Listen to music, book on CD</li> <li>• _____</li> </ul>
After Meals	<ul style="list-style-type: none"> <li>• Get up and wash the dishes</li> <li>• Mint, beverage to end meal</li> <li>• Brush your teeth</li> <li>• Take a leisurely stroll</li> <li>• Socialize in a different place</li> <li>• _____</li> </ul>	People Smoking	<ul style="list-style-type: none"> <li>• Move to another area</li> <li>• Tell them you do not smoke</li> <li>• Ask them to smoke outside</li> <li>• Socialize in a different place</li> <li>• Seek out nonsmokers</li> <li>• _____</li> </ul>
Strong Emotions - Negative	<ul style="list-style-type: none"> <li>• Smoking will not fix the situation</li> <li>• Cognitive and behavioral coping</li> <li>• Deep breathing, exercise</li> <li>• _____</li> </ul>	Strong Emotions - Positive	<ul style="list-style-type: none"> <li>• Focus on reason to celebrate (not smoking)</li> <li>• Find other ways to celebrate</li> <li>• Cognitive/behavioral coping</li> <li>• Socialize in a different place</li> <li>• _____</li> </ul>

## MEETING YOUR NEEDS WITHOUT SMOKING

You identified reasons for continuing to smoke (see “Why Do I Smoke?” on page 7). Look these over again now. In the list below, check all that apply to you. Try the suggestions offered to help you meet your needs while enjoying a smoke-free life.

**Stimulation:** “Smoking gives me more energy.”

- Get enough rest. With a good night’s sleep, you will feel refreshed and alert.
- Exercise regularly. A brisk walk raises your overall energy level and is a drug-free stimulant.
- Eat regular, nutritious meals. Healthful foods are a great source of natural energy.
- Drink lots of cold water. It will refresh you as it helps to clear your body of nicotine.
- Keep your mind active. Getting bored can make you feel tired. Call a friend, read a new magazine, play a game, or discover a new hobby.
- Stay smoke-free! This will help to increase your energy level.

**Handling:** “I like to touch and handle cigarettes.”

- Try holding a cinnamon stick, or pick up a pen or pencil when you want to reach for a cigarette.
- Doodle or make a list of your reasons for quitting.
- Play with a coin, twist your ring, squeeze a ball, or play with a yo-yo. Take up a new hobby that keeps your hands busy.
- Have a low-fat, low-sugar snack: carrot sticks, apple slices, or air-popped popcorn.

**Relaxation:** “Smoking is a pleasure.”

- Enjoy the pleasures of being tobacco-free. Enjoy the benefits of smoke-free living:
  - > How good foods taste now.
  - > How fresh you look and feel in social situations without smoking.
  - > How much easier it is to walk, run, and play now that your lungs are smoke free.

- > How good it feels to be in control of the urge to smoke.
- > How good it feels not to be controlled by cigarettes.

- Spend the money you save on cigarettes on something you enjoy.
- Remind yourself of the health benefits of quitting. Giving up cigarettes can help you to enjoy life’s pleasures for many years to come.
- Deep breathing and drinking water will help you to relax.

**Tension Reduction:** “Smoking helps me to relax when I am tense or upset.”

- Use relaxation techniques to calm down when you are angry or upset. Deep breathing, muscle relaxation, and imagining yourself in a peaceful setting can help you to feel less stressed.
- Exercise regularly. Exercise relieves tension and improves your mood.
- Remember that smoking never solves the problem. Figure out what will and act.
- Avoid or get out of stressful situations that might tempt you to smoke.
- Get enough rest. Take time each day to relax, no matter how busy you are.
- Drinking water will help you to feel less stressed.

**Habit:** “Smoking is a habit.”

- Pay attention to times and places that you connect with smoking. Refer to your smoking diary.
- Change the way you do things to decrease the connection with cigarettes (see page 14).
- Avoid triggers if possible.

**Nicotine Addiction:** “I crave cigarettes. I am addicted to smoking.”

- Stay smoke-free. Keep up the good work!
- Use an approved stop-smoking medicine.
- Try to avoid people who smoke and smoke-filled places.
- Try deep breathing.
- Drink water.

**Identity:** “Smoking is a part of my identity, it is who I am, what I do.”

- Think of yourself as a nonsmoker.
- Enjoy saying that you are a nonsmoker.
- Enjoy socializing with friends without smoking interruptions.
- Enjoy the freedom to be anywhere without limitations due to smoking.

Adapted from: *Why Do You Smoke?* National Cancer Institute, National Institutes of Health Publication No. 94-1822, Reprinted January 1992. This material can be accessed online: <http://rtips.cancer.gov/rtips/viewProduct.do?viewMode=product&productId=189980>.

## **SYMPTOMS OF RECOVERY**

One of the reasons that nicotine is an addictive drug is that certain feelings are often experienced when the drug is stopped. These feelings are called withdrawal symptoms or “symptoms of recovery.” These are signs that your body is healing and getting back to when it was nicotine-free.

- Symptoms of recovery may begin within hours of quitting.
- They may peak in 2 to 4 days.
- Over the following week, symptoms tend to decrease.
- Do not be caught off guard! Sometimes some of the feelings return over the next couple of weeks before finally disappearing.
- Some symptoms may last several months. The urge to smoke (a craving) may last longer.
- The best way to get rid of these symptoms is to live smoke free.
- **If any of these symptoms described in this section persist or cause you concern, see your health care provider.**

Your sensations may be few and mild or you may have more intense feelings. However, there should be no extreme discomfort or pain. Using one of the approved stop-smoking medicines will help to decrease these symptoms and cravings.

## **Using a smoking cessation medicine will help to decrease symptoms of recovery and cravings.**

Here are the more common symptoms of recoverers, along with the causes and some management tips.

### **Sleep Disturbances**

*(Difficulty falling asleep, waking up too early, frequent awakenings)*

#### **Cause**

An increase of oxygen to the brain; cutting off your body’s supply of nicotine.

#### **Management**

- Increase your activity while awake.
- Don’t go to bed until you feel tired.
- Try deep breathing to relax and promote sleep.
- Maintain regular sleep habits.
- Do not eat or drink anything with caffeine after 6 p.m.

### **Headache**

#### **Cause**

Removal of nicotine; increase in blood flow and oxygen to the brain.

#### **Management**

- Rest quietly.
- Try deep breathing.
- Use your usual headache medicine.
- Drink plenty of non-alcoholic fluids.

### **Difficulty Concentrating**

#### **Cause**

Withdrawal from the stimulant effect of nicotine.

#### **Management**

- Try deep breathing.
- Take frequent breaks and increase activity.
- Ignore it.
- Break work into small blocks of time.
- Go easy on the caffeine — too much can interfere with concentration.
- Limit use of alcoholic beverages.

### **Cough**

#### **Cause**

Extra mucus. This is a normal bodily action to rid your lungs of tar and chemicals.

#### **Management**

- Drink more fluids, especially water, to thin and loosen mucus.
- Use cough drops, if needed, to soothe your throat.
- Do not use medicines to stop the cough.

### **Emotional Changes**

*(Impatient, feeling irritable, anxious, nervous, angry, crying, sad)*

#### **Cause**

Physical addiction and psychological dependence, empty hands, and possible increase in caffeine levels.

#### **Management**

- Talk about your emotions when you can.
- Ask others to be patient with you.
- Try deep breathing.
- Do something fun.
- Keep your mind and hands busy.
- Limit caffeine and alcohol intake.

### **Increased Appetite**

#### **Cause**

Removing nicotine from your system may cause feelings of hunger. You may miss putting something into your mouth. Your senses of taste and smell improve.

#### **Management**

- Eat several small meals each day.
- Snack on low-calorie or no-calorie foods.
- Increase your physical activity.

**See the section on “Preventing Weight Gain” on page 29.**

### **Tiredness**

#### **Cause**

Withdrawal of nicotine; increased sleep disturbance.

#### **Management**

- Get plenty of rest.
  - Increase physical activity to give you a natural energy boost.
  - Avoid excess caffeine, sugar, and alcohol.
- See your health care provider if tiredness persists.

### **Tingling in the Arms or Legs**

#### **Cause**

May be signs of improved circulation due to withdrawal of nicotine and increased oxygen.

#### **Management**

These feelings are usually temporary and will soon pass.

### **Light-headedness, Dizziness**

#### **Cause**

Carbon monoxide is no longer robbing your blood cells of oxygen. You now have an increased oxygen level in your brain.

#### **Management**

- These feelings are usually temporary and will soon pass.
- Do not operate a motor vehicle or heavy machinery if you are light-headed or dizzy.

### **Cravings**

*(See separate information on cravings on page 26.)*

#### **Cause**

Your brain misses the presence of nicotine.

#### **Management**

- Drink more fluids (water).
- Try deep breathing.
- Get some exercise.
- Try a low-calorie or no-calorie snack, candy, or gum.
- Use an approved stop-smoking medicine (as directed).
- Avoid habits or situations that have triggered

you to smoke in the past.

- A craving will go away whether or not you smoke.

Cravings decrease with time as long as you don't smoke.

### Dry Mouth, Tight or Sore Throat

#### Cause

Smoking irritates the mouth and throat. At the same time, it also numbs these areas.

Without the numbing effect of smoking, you may feel soreness for a few days until healing occurs.

#### Management

- Hard candy or throat lozenges can soothe symptoms.
- Sips of water.

### Nausea, Constipation

#### Cause

Withdrawal of nicotine stimulation on the digestive system. The body needs time to adjust to working without nicotine.

#### Management

- Increase fluids and fiber in your diet.
- Allow more bathroom time.
- Exercise as tolerated.

See your health care provider if nausea and constipation persist.

## FEELING HOMESICK

### Cravings and Rewards

When you travel to a place that may not be familiar to you, you may be homesick at first. You find yourself thinking about routines, and missing people and certain comforts of home. On your journey to a smoke-free life, from time-to-time, you may miss certain things about smoking, such as handling cigarettes, special ashtrays, lighters, cigarette cases, and familiar smoking places. Often, these thoughts will lead to strong cravings to smoke.

### Cravings

Often classified as a symptom of recovery, cravings are urges or desires to smoke. They are the most common symptom, and they may last longer than other symptoms. Here is some helpful information about cravings that will help you to better understand them.

- Each craving is like a wave. It comes, peaks, and goes away, whether or not you smoke.
- Each craving is short-lived.
- Cravings go away in time, as long as you do not smoke.
- Cravings tend to increase again if you smoke, even one puff.

You can use your cognitive and behavioral coping skills to deal with cravings (see page 14).

### Rewards

Plan to reward yourself often for staying smoke free. Examples of rewards include buying yourself something, enjoying your favorite hobby, listening to music, reading, taking a walk, buying flowers, focusing on the benefits of quitting smoking, taking a bubble bath, talking with a friend, or going out to lunch or dinner.

#### I will reward myself with:

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**Smoking even one puff after you quit smoking will only cause symptoms of recovery to return and last longer!**

## ROADBLOCKS AND DETOURS

### High-Risk Situations for Slips and Relapse

Roadblocks and detours along your journey to a smoke-free life can take the form of high-risk situations for relapse and slips. Relapse is a return to the addictive behavior of smoking. A slip is smoking that does not lead back to regular smoking.

Risk for relapse or slips is greatest in the first 3 months and gradually decreases for up to 1 year. Risk is much lower after 1 year. Examples of high-risk situations are listed below. Coping skills are listed for each situation. There also is space for you to add your own coping skills.

HIGH-RISK SITUATION	COPING SKILL
Negative Emotional States (frustration, anger, anxiety, depression, sadness, guilt)	<ul style="list-style-type: none"> <li>• Try relaxation techniques.</li> <li>• Do deep breathing.</li> <li>• Try self-talk.</li> <li>• Exercise.</li> <li>• Remind yourself that smoking will take away any good feelings and make you feel bad.</li> <li>• _____</li> </ul>
Positive Emotional States (happiness, excitement, enjoyment, relaxation)	<ul style="list-style-type: none"> <li>• Try relaxation techniques.</li> <li>• Do deep breathing.</li> <li>• Try self-talk.</li> <li>• Exercise.</li> <li>• Remind yourself that smoking will take away any good feelings and make you feel bad.</li> <li>• _____</li> </ul>
Overconfidence that "Just one won't hurt"	<ul style="list-style-type: none"> <li>• Rethink this: "Just one <i>can</i> hurt."</li> <li>• Smoking "just one" cigarette can increase cravings and cause relapse.</li> <li>• _____</li> </ul>
Social Situations, especially when others are smoking	<ul style="list-style-type: none"> <li>• Avoid or leave the situation.</li> <li>• Take a walk.</li> <li>• Take a few deep breaths.</li> <li>• Eat or drink something.</li> <li>• Avoid smokers/seek out nonsmokers.</li> <li>• Take a support person with you.</li> <li>• Say, "No, thank you. I don't smoke," if you are offered a cigarette.</li> <li>• Plan ahead for the situation. Picture yourself at the gathering not smoking.</li> <li>• _____</li> </ul>

**“I will NOT smoke!  
I need to stay HEALTHY  
to manage this crisis.”**

HIGH-RISK SITUATION	COPING SKILL
Alcohol	<ul style="list-style-type: none"> <li>• Avoid alcohol.</li> <li>• Limit yourself to 1 or 2 drinks.</li> <li>• Add ice or water to your drink.</li> <li>• Drink something different than your usual.</li> <li>• _____</li> </ul>
After Eating	<ul style="list-style-type: none"> <li>• Leave the table.</li> <li>• Have a mint. Brush your teeth or use mouthwash.</li> <li>• Clear the table and do the dishes.</li> <li>• Exercise.</li> <li>• Move to a different room.</li> <li>• _____</li> </ul>
Crisis Situations (car accident, death, job loss, house fire, divorce)	<ul style="list-style-type: none"> <li>• Think ahead about your response to a crisis situation.</li> <li>• Remember: Smoking will not solve any problem.</li> <li>• Focus on solutions to the crisis.</li> <li>• _____</li> </ul>
Boredom	<ul style="list-style-type: none"> <li>• Plan activities to fill your time.</li> <li>• Exercise.</li> <li>• Try deep breathing.</li> <li>• Carry a book or puzzle with you for those unexpected waiting times.</li> <li>• _____</li> </ul>

**What if you slip and smoke a cigarette?**

Remember: Any stops along the way will take you longer to reach your destination.

- Recognize that you made a poor choice.
- Do not dwell on it or feel guilty.
- Do not see yourself as hopeless or a failure.
- Most important, do not give up!
- Look at the slip as a learning experience.
- Figure out what happened, why you chose to smoke, and what you could do better the next time.
- Do not beat yourself up. Forgive yourself for smoking.
- Renew your commitment to stop smoking.

**KEEPING FIT/PREVENTING WEIGHT GAIN**

Do you have a fear of gaining weight when you quit smoking? Not everyone who quits smoking gains weight. Those who do, gain an average of 6 to 10 pounds. It is best not to try to lose weight and quit smoking at the same time.

**What might cause you to gain weight when you quit smoking?**

- Nicotine decreases the appetite. Your appetite may increase after quitting. Food is sometimes substituted for smoking and used as a reward. Weight gain may occur when cigarettes are replaced with food.
- There is a tendency to crave sweets after quitting.
- A cigarette marks the end of a meal. After quitting, you may find yourself having extra helpings of food or turning to dessert instead of a cigarette after eating.
- Food may smell and taste better.

**WARNING!  
Do NOT use this  
INFORMATION as an  
excuse to slip!**

**Tips to prevent weight gain:**

- Develop a new way to end your meal.
- Replace cigarettes with fresh vegetable sticks.
- Decrease the amount of sugar in your diet.
- Use low-calorie or no-calorie snacks, candy, or gum.
- Increase water intake to feel full. Drink a glass of water before meals.
- Avoid fast food restaurants.
- Reduce the amount of fat in your diet.
- Avoid alcohol, high-calorie juices, and soda.
- Eat breakfast. Your body will burn more calories during the day if you eat at least some breakfast.
- Find ways to fit exercise into your daily routine (check with your doctor before making major changes in your exercise level).
  - > Take the stairs instead of the elevator.
  - > Park farther away from the grocery store or the mall and walk a little farther.
  - > Join a gym or exercise class.

**Focus on the benefits of quitting to help you stay smoke free.**



## REACHING YOUR DESTINATION — THE NEW SMOKE-FREE ME!

These are the first days of the rest of your life — a longer, happier, healthier life. You are no longer a smoker! Now it's time to change your identity. Start to see yourself as a nonsmoker or former smoker.

Positive thinking will help you to see yourself as a person changed for the better.

Focus on the benefits, because life is much better as a nonsmoker. You have not taken something away from your life, you have added dramatically to your quality of life.

## TOPICS THAT MAY HELP YOU IN YOUR JOURNEY TO A SMOKE-FREE LIFE

Ask your health care provider to print a copy for you or go to

<http://www.upmc.com/patients-visitors/education/smoking/Pages/default.aspx>

to access additional information and to print out the materials.

### CHECK OFF THE BENEFITS YOU FEEL IN YOUR NEW SMOKE-FREE LIFE.

- I can breathe better.
- I have an improved sense of smell.
- I smell better.
- My food tastes better.
- I don't cough anymore.
- I don't wheeze anymore.
- I have more energy.
- I feel more in control.
- I feel a sense of freedom.
- I have saved money.
- My house is cleaner.
- I feel good about myself.
- I sleep better.
- Add your own:

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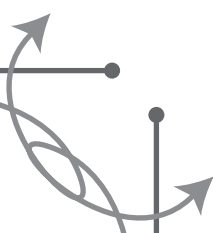


**Congratulations!**  
**Enjoy your new smoke-free life!**

Name \_\_\_\_\_

Date \_\_\_\_\_

**UPMC** LIFE CHANGING MEDICINE



### MY SMOKING DIARY

Time	Activity						Mood					Other Activities, Feelings - Describe	Need Rating		
	Food	Alcohol	Coffee	Friends	Family	Driving	Angry	Happy	Sad	Bored	Relaxed		Tired	Low	Medium

### MY SMOKING DIARY

Time	Activity								Mood					Other Activities, Feelings - Describe	Need Rating		
	Food	Alcohol	Coffee	Friends	Family	Driving	Angry	Happy	Sad	Bored	Relaxed	Tired	Low		Medium	High	

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**UPMC**

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