



YOU CAN QUIT

WE CAN HELP

SO, you're thinking of quitting tobacco.

Let's figure out where you are right now, and see how this book can guide you through the quit process.

Which of these sounds most like YOU?

i **WANT TO QUIT**
and don't think i can.

But, I am still willing to do things to help me take the first step to quit. *If you are feeling this way, go to the **RED** section.*

i **REALLY WANT TO QUIT**
but I am nervous about it.

*If you are feeling this way, go to the **RED** and **ORANGE** sections.*

i **AM READY TO QUIT!**

I'm thinking about a quit date. I have a good idea how to deal with things that may get in the way. *If you are feeling this way, go to the **ORANGE** and **GREEN** sections.*

i **AM QUIT. (CONGRATULATIONS!)**

But, I still feel that I might slip, and want some help staying quit. *If you are feeling this way, go to the **GREEN** and **PURPLE** sections.*

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DIFFERENT STROKES FOR DIFFERENT FOLKS!

If you like to:

TALK

That's when **ASHLine** coaches can help you with your plan – call **1-800-55-66-222**.

PLAN ON PAPER

You can use the exercises in this book.

PLAN ONLINE

We have a computer program called **WebQuit**. Log on at **www.ashline.org**

Additional resources appear at the back of this guide.

IT CAN BE
SCARY TO QUIT
TOBACCO, BUT
ASHLINE IS HERE
TO HELP YOU
ALONG THE WAY.

MY

QUIT PLAN

So first, let's look at **WHY** you want to quit.

MY REASONS FOR QUITTING:

Let's list some reasons why you want to stop using tobacco. For example, you might write,

For my family.



BENEFITS OF QUITTING

We may tend to put off quitting tobacco, even though we have good reasons such as those we listed. Quitting may seem like a huge task. You may use tobacco as a stress reliever or crutch. If you live with other people who smoke or chew, quitting can be harder.

BENEFITS OF QUITTING:

Let's list the **BENEFITS** you can think of. For example, you might write,

I will have more money.

④

SMOKING costs me

HOW MUCH?

(Money, Money, Money)

How much do I spend on tobacco a week?

\$

Multiply by 52 to give you the yearly cost:

\$

Now let's calculate your cost for:

THREE YEARS: Your Cost Per Year x 3 = \$ _____

FIVE YEARS: Your Cost Per Year x 5 = \$ _____

TEN YEARS: Your Cost Per Year x 10 = \$ _____

TWENTY YEARS: Your Cost Per Year x 20 = \$ _____



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THINGS I CAN DO

with the MONEY I save



*BIG SCREEN TV!
SKI TRIP!
CRUISE!
NEW CAR!
HOME IMPROVEMENTS!
TROPICAL VACATION!*

MY TRIGGERS

WHY DO I USE TOBACCO?

Triggers are habits that keep you using tobacco. Even if you've just had a cigarette or a dip of chew, a trigger like driving your car can make you reach for tobacco again.

MY TRIGGERS:

For example, you might write,

Drinking coffee.

The when's and why's of tobacco use:

It might be a good idea to know more about how and when you smoke or chew. Here's an activity for you to track that for a day or two:

Time of Day	What Triggers You	How Strong an Urge 1=low 10=high
8:00 a.m.	coffee	8



DID YOU KNOW?
THERE ARE
7,000 CHEMICALS
IN CIGARETTES!

Coping with TRIGGER Moments

- Stay busy – this distracts your brain.
- Get up and move – pick up a book, pay a bill, do a chore.
- Plan, or think about something else.
- Daydream or make a plan for some upcoming activity.
- Go back and read some of the Activities you completed.
- TAKE A DEEP BREATH to calm down. This really works!
- EXERCISE releases “feel good” chemicals in the brain – so move your buns!
- Turn on some music and dance.
- Drink a big glass of water.
- Call one of the people on your support list (pages 12 & 20).
- Make sure you are using your Nicotine Replacement Medication (See page 18).

STRONG CRAVINGS
LAST ONLY 30-90
SECONDS! STAY BUSY
FOR A MINUTE
OR TWO,
'TIL THEY PASS!

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Can you think of some
more things that will help
you when you have a
trigger moment?

REMEMBER, when you quit smoking or chewing, you will be **less stressed** and **have more money** to do fun things.

- **Treat yourself to small rewards with the money you save.**
- **OR... Save for that special thing you just could never afford.**
- **Share how you quit with your friends.**
- **Help other smokers to quit.**
- **Take time to relax and enjoy life.**
- **Get more sleep – treat yourself well!**

**WE'RE HERE TO HELP!
CALL ASHLINE FOR SUPPORT.**

So you think you're **READY?**

Fill in your **QUIT DATE** below. If you're still thinking about quitting, you can always call a quit coach to help you.

MY QUIT DATE:



MY CHANGES

After thinking about why you smoke or chew, it's time to get serious.

SO, LET'S MAKE A PLAN!

What do I need to do first?

Stop smoking in my car.

PEOPLE I can round up for SUPPORT when I need it:

AVOID IT!

Things I need to **AVOID**:

Think about the things you might do, or the people, times, or places that make you want to use tobacco.

What I need to **DO INSTEAD**:

Brainstorm other things you can do when you're tempted. For example, you might write,

AVOID

DO INSTEAD

drinking alcohol.

drink iced tea.

STAYING BUSY:

During the first week, **keep busy!** The busier you are, the less time you have to think about cravings. **Change your routines.** That will keep you alert and occupied, and reduce cravings.

IT GETS BETTER!

How will your life improve?

Some examples include:

- You'll improve your sense of smell and taste
 - You'll breathe better
- No more burn holes in clothing or furniture!
- You'll have more time to spend with your family

What other things will improve for you?

Things that will BE BETTER in my life:

STRESS AND CRAVINGS

Try to choose a quit time when you are not expecting an upcoming event that can lead to a lot of stress. Remember, even good stress is still stress!

Make a list of other ways you can deal with stress when it comes up.

If you have quit before but returned to smoking or chewing, learn from that experience – don't beat yourself up for not being successful that time.

Give yourself credit –you have chosen to try again!

Quitting is a process, and we're here to help you in that process.

GO FOR A WALK
TAKE THE DOG OUT
CALL A FRIEND
LISTEN TO MUSIC
WORK ON A HOBBY
PICK UP A MAGAZINE

WITHDRAWALS

Withdrawal symptoms may not happen to everyone, but some people may have some of these symptoms. If you have strong withdrawals or they keep happening, you might want to talk to your doctor about **Nicotine Replacement Therapy** (patches, gum, lozenges, inhalers or nasal spray) to help with this. (see page 18.)

• Symptom • What's Going On • Coping Skills

**Moodiness
or Irritability**

These are signs of nicotine withdrawal. They will soon pass.

Let friends and family know this may happen. Ask for their support.

**Trouble
Sleeping**

This may be because nicotine is leaving your body.

Cut down on coffee, tea or soda before bed. Get some exercise.

Dizziness

More oxygen is getting to your brain instead of carbon monoxide.

Sit down. This symptom should go away after a few days.

**Food
Cravings**

Your body is changing and food tastes better.

Eat lots of fruits and vegetables, drink plenty of water, and chew gum.

**Coughing,
Dry Mouth
or Phlegm**

Your lungs are clearing of tar.

Warm drinks help. It's better to cough out the phlegm. Things will improve.

**Constipation
or Diarrhea**

Your body is returning to normal, and it will settle down.

Again, eat lots of fruits and vegetables, and drink plenty of water.

HOW QUITTING AFFECTS THE BODY

After quitting, your body starts feeling better quickly!

- | | |
|-------------------------------|---|
| 20 mins: | Your heart rate returns to normal. |
| 8 hours: | Carbon monoxide leaves your system and your oxygen level returns to normal. |
| 24 hours: | Your chance of having a heart attack drops. |
| 48 hours: | Your ability to smell and taste improves. |
| 72 hours: | Your lung capacity increases and breathing becomes easier. You have more energy. |
| 2 weeks–
3 months | Your circulation improves and your lungs become stronger. |
| 1 month–
9 months: | The lining of your lungs begins to regrow, fatigue and shortness of breath start to decrease and your overall energy level goes up. |
| 5 years: | Your chance of dying from lung cancer drops by almost half! |
| 10 years: | Your chance of dying from lung cancer is about the same as a never-smoker! |

MEDICATIONS CAN HELP YOU QUIT TOBACCO

You can always use medication to help you with quitting. And for most people, using medication to help also improves chances of long term success. Any time you want to use medication, you should talk to your doctor or pharmacist.

- **Nicotine Replacement Therapy (NRT)**

(better known as Patch, Gum, Lozenge, plus more)

NRT gives you the option to get some nicotine just like you were getting in tobacco, but without all the other bad things that come with tobacco use. So, you don't get all the toxins and cancer-causing stuff from tobacco, you only get the nicotine you crave. It's a great way to deal with withdrawals! **For more about the latest NRT products, go to our website:**

www.ashline.org

- **Prescription Medication**

There are also medications to help you quit, which require a doctor to give you a prescription. You'll need to talk to your doctor to get these medications.

For more about the most recent medications, go to our website:

www.ashline.org

SECONDHAND SMOKE



The smoke from your cigarettes not only hurts you, it also hurts those around you. More than 3000 people a year who don't smoke die from inhaling other people's smoke.

And it's not just people. More and more pets are getting sick and dying from inhaling cigarette smoke.

Smoking outside doesn't always help stop the damage. Your lungs hang on to the smoke and chemicals for about 15 minutes after your last puff. Many of those nasty things are invisible to you after that last puff, but they are still there...and they really do hurt the people and animals you love.

For more information on secondhand smoke, go to our website:
www.ashline.org





IMPORTANT REMINDERS

WHAT'S MOTIVATING ME TO QUIT:

PEOPLE I CAN CALL FOR SUPPORT:

my quit coach:



TOBACCO-FREE ZONE

This area has been established as a
Tobacco-Free Zone by

If you feel the need to smoke or chew, please take it outside
AND away from any openings that could let smoke in.

Thank you!

RESOURCES

ASHLine

1-800-55-66-222

ashline.org

MORE INFORMATION:

- **SmokeFree:** More information and tools including how to control tobacco. www.smokefree.gov
- **Chew Free:** www.chewfree.com
- **American Lung Association:** www.lungarizona.org
- **Center for Disease Control:** cdc.gov/tobacco
- **Nicotine Anonymous:** www.nicotine-anonymous.org

SOCIAL NETWORKING:

Connecting with others who are quitting or have quit is important. To connect with others, go to our website and click on the links to social networks: www.ashline.org



ASHine



1-800-55-66-222



THE UNIVERSITY
OF ARIZONA

MEL AND ENID
ZUCKERMAN COLLEGE
OF PUBLIC HEALTH