



# Quitting Tobacco

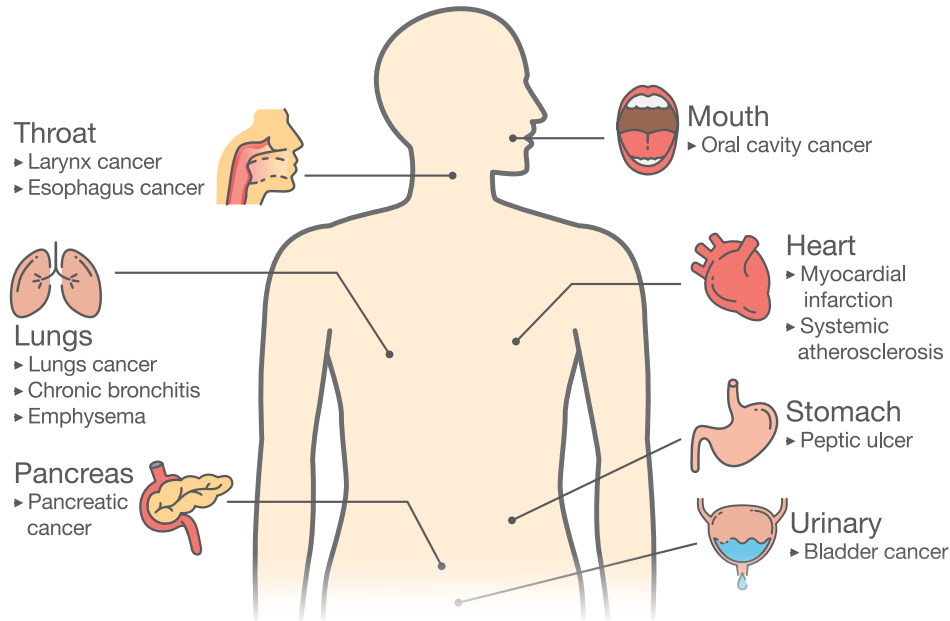
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HEALTH



# Think About Your Tobacco Use

When you started using tobacco, you gradually built up the amount of tobacco you used. Quitting tobacco is a process that follows the same gradual path. Most smokers will try to quit 6 or 7 times before becoming tobacco free.

**Tobacco use affects more than your lungs.**



## Health Benefits for Tobacco Users Who Quit

Your body begins to heal as soon as you quit using tobacco.

- **Within minutes:** your heart rate and blood pressure, which are abnormally high while smoking, begin to return to normal.
- **Within a few hours:** the level of carbon monoxide in the blood begins to decline. (Carbon monoxide reduces the blood's ability to carry oxygen.)
- **Within a few weeks:** people who quit smoking have improved circulation, produce less phlegm, and cough or wheeze less often.
- **Within several months:** people can expect improvements in lung function.
- **Within a few years:** people will have lower risks of cancer, heart disease, and other chronic diseases than if they had continued to smoke.
- **Quitting smoking:** reduces the risk of cancer and many other diseases, such as heart disease and COPD, caused by smoking.
- **Longer life:** regardless of their age, people who quit smoking can live longer compared with those who continue to smoke.

Adapted from the National Cancer Institute. "Harms of Cigarette Smoking and Health Benefits of Quitting." December 19, 2017.

## Why/When Do You Use Tobacco?

This is a list of common reasons or triggers for using tobacco.

Check all that apply to you:

- |   |  |
|---|--|
| <input type="checkbox"/> After meals                      | <input type="checkbox"/> Habit                     |
| <input type="checkbox"/> Alcohol                          | <input type="checkbox"/> Having an argument        |
| <input type="checkbox"/> Being around other tobacco users | <input type="checkbox"/> Keeping hands busy        |
| <input type="checkbox"/> Boredom                          | <input type="checkbox"/> Nervousness               |
| <input type="checkbox"/> Celebrating                      | <input type="checkbox"/> Seeing people use tobacco |
| <input type="checkbox"/> Coffee, tea, or pop              | <input type="checkbox"/> Socializing               |
| <input type="checkbox"/> Driving                          | <input type="checkbox"/> Stress                    |
| <input type="checkbox"/> Feeling angry                    | <input type="checkbox"/> Talking on the phone      |
| <input type="checkbox"/> Feeling alone                    | <input type="checkbox"/> Work breaks               |
| <input type="checkbox"/> Feeling sad                      | <input type="checkbox"/> Other_____                |
| <input type="checkbox"/> Feeling scared                   | <input type="checkbox"/> _____                     |

## Identify Barriers to Quitting

What is blocking your way to your success? Check all that apply to you:

- |  |   |
|--|---|
| <input type="checkbox"/> Dealing with stress   | <input type="checkbox"/> Low motivation                   |
| <input type="checkbox"/> Death of a loved one  | <input type="checkbox"/> New job                          |
| <input type="checkbox"/> Divorce or separation | <input type="checkbox"/> Weight gain                      |
| <input type="checkbox"/> Fear of failure       | <input type="checkbox"/> Withdrawal symptoms              |
| <input type="checkbox"/> Habit                 | <input type="checkbox"/> Being around other tobacco users |
| <input type="checkbox"/> Health problems       | <input type="checkbox"/> Other_____                       |
| <input type="checkbox"/> Loss of relationships | <input type="checkbox"/> _____                            |

## Why Do You Want to Quit?

Think about why you want to quit using tobacco. Here are some important reasons to think about quitting. Check the reasons that apply to you. Add your own reasons to the list.

- Cost savings: Consider both the cost of tobacco and health care costs.
- Family: Prevent danger to your loved ones from second and third hand smoke.
- Health benefits: Quitting tobacco is the best way to improve your health and prevent disease.
- No tobacco at work.
- Social pressure: The pressure to stop using tobacco is all around you.
- Other reasons to quit tobacco: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## How Much Money Could You Save?

Do you know how much money you will spend on tobacco/nicotine products? Use this step-by-step guide to see how much you can save.

\$ \_\_\_\_\_ price per pack/tin/cartridge  
x \_\_\_\_\_ how many packs/tins/cartridges per week  
= \$ \_\_\_\_\_ each week  
x 52 weeks  
= \$ \_\_\_\_\_ per year

### Example

\$7.00 per pack  
x 7 packs per week  
= \$49.00 each week  
x 52 weeks  
= \$2,548.00 per year

# Types of Tobacco

There are many types of tobacco. They all contain nicotine and various chemicals that harm your health.

## Smoking

- **Cigarettes** contain nicotine plus many different chemicals. Some chemicals make your addiction stronger. The chemicals are absorbed into your blood and affect many parts of your body, not just your lungs.
- **Cigars, cigarillos, little cigars, and pipes** are different sizes and the amount of nicotine can be very high.

## Smokeless Tobacco

- **Chewing tobacco** (snuff or snus) can have as much nicotine as 3 to 4 packs of cigarettes plus added chemicals.
- **Spitless tobacco** (Bandits snus, sticks, strips, and orbs) contains nicotine and chemicals that are absorbed when you swallow the juice.

## Other Tobacco Delivery Methods

- **Hookahs or water pipes** filter the tobacco through water before it is inhaled. The water does not filter out the chemicals and nicotine.
- **Vaping or Juuling** uses heat to deliver nicotine in a chemical solution. Nicotine and cancer-causing chemicals are still present and not found to be safer. Reports of severe lung damage and death have occurred.



Tobacco free Nicotine (TFN), called synthetic nicotine, is made using chemicals rather than being extracted from tobacco plants. Little is known about how toxic these products are and there is a concern that these may be purchased with the **false belief** that they are a safe replacement.

## Why Is Nicotine Addictive?

Nicotine may be more addictive than cocaine or heroin. Nicotine causes your brain to release a chemical called dopamine (doe-puh-meem). Anything that causes your brain to release dopamine makes you feel good. Your brain gets used to that good feeling. When you do not have nicotine, your brain sends out a signal that it needs more to feel good. You may feel stressed, irritated, and uncomfortable. When you use tobacco, your brain gets a big bang of nicotine and you get a big boost of pleasure from the dopamine. Your craving for nicotine is not a weakness or a bad habit – there is a real chemical reaction behind it.

## About Nicotine Replacement Therapy (NRT)

You may wonder why you should switch from tobacco to NRT to get nicotine.

Using NRT to get nicotine will:

- Give your brain a smaller boost of dopamine than tobacco
- Provide a more controlled amount of nicotine that is absorbed more slowly
- Allow your body to be cleansed of the other chemical toxins while you use NRT
- Let you slowly lower the dose of NRT

## NRT Products to Manage Cravings

The amount of NRT you need is based on the amount of nicotine that you use. NRT products include gum, lozenges, mini-lozenges, patches, inhalers, and nasal spray. Generic brands work as well as the name brand products. If you are using the right amount of NRT, your cravings should be low if present at all.

If your cravings for nicotine persist while using NRT, call your doctor or tobacco treatment specialist for more information.

### Nicotine Patch and Gum



### Nicotine Lozenges



## Nicotine Replacement Therapy Available Without Prescription

Medicine	How to Use	Pros
<p><b>Nicotine patch</b></p> <ul style="list-style-type: none"> <li>• Nicoderm CQ</li> <li>• Nicotrol</li> <li>• Habitrol</li> <li>• Generic brands</li> </ul>	<ul style="list-style-type: none"> <li>• Releases a steady dose of nicotine that is absorbed through the skin</li> <li>• Apply to the skin, changing the location every day</li> </ul>	<ul style="list-style-type: none"> <li>• Easy to use</li> <li>• Reaches comfortable levels “Patch to Match”</li> <li>• Very few side effects</li> </ul>
<p><b>Notes:</b></p>		
<p><b>Nicotine gum</b></p> <ul style="list-style-type: none"> <li>• Nicorette</li> <li>• Generic brands</li> <li>• Various flavors</li> </ul>	<ul style="list-style-type: none"> <li>• Absorbs in the lining of the mouth</li> <li>• Not chewed like regular gum</li> <li>• Chew until peppery taste is released, then park it between the cheek and the gums</li> <li>• Do not drink or eat while using</li> </ul>	<ul style="list-style-type: none"> <li>• Easy to use</li> <li>• Faster delivery</li> <li>• Flexible dosing</li> <li>• Can use with other NRT products</li> </ul>
<p><b>Notes:</b></p>		
<p><b>Nicotine lozenge</b></p> <ul style="list-style-type: none"> <li>• Standard size</li> <li>• Mini size</li> <li>• Various flavors</li> </ul>	<ul style="list-style-type: none"> <li>• Absorbs in the lining of the mouth</li> <li>• Park it between the cheek and gum</li> <li>• Let it dissolve</li> <li>• Do not chew or bite</li> <li>• Do not eat or drink while using</li> </ul>	<ul style="list-style-type: none"> <li>• Convenient</li> <li>• Faster delivery</li> <li>• Flexible dosing</li> <li>• Can use with other NRT products</li> </ul>



Cons/Potential Side Effects	How Available
<ul style="list-style-type: none"> <li>• Slow onset of delivery</li> <li>• Less flexible dosing</li> <li>• Vivid dreaming and nightmares</li> <li>• Mild skin rashes or irritation</li> <li>• Note: treat mild skin irritation with cortisone cream available without prescription</li> </ul>	<ul style="list-style-type: none"> <li>• 7 mg, 14 mg, and 21 mg patches</li> <li>• Using more than one patch is advised only with proper education by your doctor or tobacco treatment specialist</li> </ul>
<ul style="list-style-type: none"> <li>• May not be tolerable for people with dental or jaw problems</li> <li>• Frequent or scheduled use is needed to reach adequate levels of nicotine</li> </ul>	<ul style="list-style-type: none"> <li>• 2 mg</li> <li>• 4 mg</li> </ul>
<ul style="list-style-type: none"> <li>• Hiccups</li> <li>• Heartburn</li> <li>• Nausea</li> </ul>	<ul style="list-style-type: none"> <li>• 2 mg</li> <li>• 4 mg</li> </ul>

## Prescription Medicines

Medicine	How to Use
<p><b>Nicotine inhaler</b></p> <ul style="list-style-type: none"> <li>Nicotrol</li> </ul>	<ul style="list-style-type: none"> <li>Absorbed through the lining of the mouth</li> <li>Puff into the back of your mouth.</li> <li>You do not need to inhale deeply to achieve the effects</li> </ul>
<p><b>Nicotine nasal spray</b></p> <ul style="list-style-type: none"> <li>Nicotrol</li> </ul>	<ul style="list-style-type: none"> <li>Absorbed through the lining of the nose</li> <li>Insert tip into nostril</li> <li>Breathe through your mouth</li> <li>Spray one time in each nostril</li> <li>Do not sniff or inhale while spraying</li> </ul>
<p><b>Varenicline</b></p> <ul style="list-style-type: none"> <li>Chantix (May not be available)</li> </ul>	<ul style="list-style-type: none"> <li>Helps people avoid the physical discomforts of quitting tobacco.             <ul style="list-style-type: none"> <li>Acts as a nicotine receptor stimulant and blocker</li> <li>Helps prevent withdrawal and blocks nicotine from getting into the body</li> </ul> </li> <li>The package will have directions on use. Here is a quick review of what to do:             <ul style="list-style-type: none"> <li>First, pick a <b>Quit Date</b>.</li> <li>7 days before that date, begin with the <b>first week plan</b>. Increase the dose as directed.</li> <li>Tablets come in different doses. Use care to take the correct pills at the right times.</li> </ul> </li> </ul>
<p><b>Bupropion</b></p> <ul style="list-style-type: none"> <li>Zyban</li> <li>Wellbutrin</li> </ul>	<ul style="list-style-type: none"> <li>May be used to help a person stop using tobacco</li> <li>Many people use bupropion along with NRT</li> <li>Alters chemicals in the brain to cause effects similar to nicotine</li> </ul>

You will need a prescription from your healthcare provider and more instructions about the use of any of these products.

Pros	Cons/Potential Side Effects	How Available
<ul style="list-style-type: none"> <li>• Flexible dosing</li> <li>• Mimics hand-to-mouth movement</li> <li>• Faster delivery</li> </ul>	<ul style="list-style-type: none"> <li>• Frequent use is required to obtain adequate levels</li> <li>• May cause mouth and throat irritation</li> </ul>	<ul style="list-style-type: none"> <li>• Available as cartridges</li> <li>• Dosing varies with use</li> </ul>
<ul style="list-style-type: none"> <li>• Flexible dosing</li> <li>• Faster delivery</li> </ul>	<ul style="list-style-type: none"> <li>• Frequent use is required to obtain adequate levels</li> <li>• May cause mouth and throat irritation</li> </ul>	<ul style="list-style-type: none"> <li>• Multi-use spray bottle</li> <li>• Use as directed</li> </ul>
<ul style="list-style-type: none"> <li>• Pill form</li> <li>• Easy to dose</li> <li>• High quit rates</li> </ul>	<ul style="list-style-type: none"> <li>• Nausea: controlled by taking with meals and drinking water</li> <li>• Vivid dreaming</li> <li>• Other side effects are rare</li> </ul>	<ul style="list-style-type: none"> <li>• After the first week, the dose is usually 2 pills each day</li> <li>• Dose may be adjusted</li> </ul>
<ul style="list-style-type: none"> <li>• Pill form</li> <li>• Easy to use</li> <li>• Few side effects</li> </ul>	<p>Not for those with:</p> <ul style="list-style-type: none"> <li>• Seizure history</li> <li>• Eating disorders</li> <li>• MAO inhibitors</li> <li>• High blood pressure</li> <li>• Brain trauma</li> </ul>	<p>Usual dosing:</p> <ul style="list-style-type: none"> <li>• 150 mg every morning for 3 days</li> <li>• Then 150 mg 2 times every day</li> <li>• Start 7 to 10 days before quitting smoking</li> </ul>

# Motivation: Are You Ready to Quit?

## Rate Your Motivation to Quit

With 1 being the lowest and 10 being the highest or the most motivated, where are you in your motivation or desire to quit? Circle your motivation number. Then, find your motivation number below. There is no right or wrong answer.

1	2	3	4	5	6	7	8	9	10
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### 1 to 3

You know that you have a problem with tobacco. You are beginning to think about how to quit. Think about the reasons you use tobacco. Do you need more information about how to beat an addiction or handle stress? Learning more about how to quit is an important part of the journey.

### 4 to 6

Maybe you are not ready to quit today. Change is a process. Pay more attention to when and why you use tobacco. Remind yourself about the reasons you want to quit. Plan what you will do with the money you save. Imagine not having to stand in the cold to smoke. Learn more about tobacco cessation medication. Plan how you will deal with situations where you will want to use tobacco.

### 7 to 10

You are ready to quit! Start making a plan to stop using tobacco. You may choose to set a quit date or make gradual changes. Gather the information and tools that you need to be successful.

## Tobacco Usage Diary

Tear out and use the last page of this guide. Place the diary with your tobacco product. Write down when you use tobacco. Think about how you felt before using. Keeping a diary can help you decide which cigarettes will be easier or harder to give up.

## Make a Plan

Most people need to make a plan to stop using tobacco products. Some choose a quit date and some choose to make more gradual changes.

## NRT Products and Prescription Options

Consider if you want to use NRT or other medications to help you quit. Decide which NRT products you would like to use or see your doctor about using a prescription option.

## Decide on Your Rewards

Decide ahead of time what your rewards will be so that you are motivated by them:

- Watch a movie
- Play a video game
- Schedule a massage or facial
- Take a walk with a friend
- Listen to music
- Take a warm bath
- Read a book or magazine
- Do some fun activities – bowling, go carts, mini golf
- Sleep late or take a nap
- Buy concert tickets or go to a game
- Start a new hobby: fishing, knitting, etc.
- Visit several city parks – see what they offer – enjoy nature
- Take a vacation

## Pack Your Survival Kit

Gather substitutes that you can use instead of using tobacco. Keep these items where you normally keep cigarettes or in a small pouch near you.

## Oral Choices

- Mints
- Sugarless gum
- Toothpicks
- Sunflower seeds
- Orange wedges
- Carrot or celery sticks
- Water
- Cinnamon stick
- Blow soap bubbles
- Brush your teeth

## Keep Busy

- Squeeze a stress ball
- Doodle with a pen or pencil
- Play games on your cell phone
- Stretch a rubber band
- Hold a marble or worry stone
- Play solitaire using playing cards
- Do puzzles – Sudoku, crosswords, word searches

## Get Rid of Your Tobacco Supplies

- Remove all forms of tobacco from your home, car, purse, backpack, and other places you stash them.
- Throw away all tobacco materials, including matches, lighters, ashtrays, and vaping devices.
- Wash your clothing or jackets so they do not smell of smoke.
- Clean your car.

## Setting a Quit Date

Pick a date after you have made your plan, avoiding holidays or other times that are less likely to lead to success.

## Coping Plan

Think about the times you were tempted to use tobacco in the past. Refer to the coping suggestions on the following pages for each of those situations. Then decide the best coping choices for you.

These tools will help you the next time you are tempted. Think about the triggers you identified earlier. For each trigger:

- Pick 1 coping tip to change what you **do**.
- Pick 1 coping tip to change how you **think**.
- Using 2 or more tips together **increases** your ability to cope.

Work at this for at least 6 to 8 weeks. You will quickly learn to deal with tempting situations that come along.



# Coping Menu

## Preventing Urges

You can do many things to get rid of the urge to use tobacco before you get into a tempting situation.

- Picture yourself easily dealing a situation without tobacco.
- Make a plan. Know what you will do in any given situation before it happens. Practice that plan often.
- Avoid stressful situations.
- Change the routines you had with tobacco as much as possible.
- Rethink your belief that tobacco somehow makes your life better or helps you deal with all your problems.
- Begin an exercise program. Walk briskly a few minutes every day. Increase the amount you walk every day.
- Keep yourself busy. Avoid boring situations where you may begin to think about using tobacco.
- Remind yourself often that you are happy not using tobacco and that life is much better without it.

## General Suggestions

Accept the thoughts about tobacco. It is natural that you will have these thoughts. Do not be concerned about them. Say to yourself “so what” and let the thought go.

## Try the 5 Ds

- 1. Deep breathing.** Every time an urge hits, take in a slow deep breath and hold it for 3 to 5 seconds. Then slowly exhale for 6 to 10 seconds. (This breathing pattern mimics that used when smoking.)
- 2. Drink water.**
- 3. Discuss.** Talk about the urge. Call your support person or let people around you know you need to talk for a few minutes.
- 4. Delay.** Out wait the urge. The urge goes away whether you use tobacco or not.
- 5. Distract yourself.**
  - Escape the situation. Leave until you feel comfortable going back.
  - Picture a stop sign in your head or say the word “stop” loudly to yourself.
  - Count to 20.
  - Use positive self-talk. Say to yourself, “I am in control” or “I can get through this.”

# Specific Situations

Circle ideas that you want to try:

## Morning Routine

- Change the order of your routine.
  - Take a shower as soon as you get up.
  - Eat something for breakfast if you normally do not.
  - If you listen to the radio, turn on the TV. If you watch TV, listen to the radio.
- Look in the mirror first thing each morning and say, “I’m proud to be a non-smoker!” or “I am proud that I do not chew any more!”

## Evening Routine

- Find projects to do while at home. Clean out the basement, refinish furniture, rearrange the kitchen cupboards, and more.
- Keep yourself occupied while watching TV. Do puzzles, make out a grocery list, read a magazine, knit, or crochet.
- Visit family or friends instead of staying at home.
- Begin a new hobby or volunteer at a local organization.
- Start an exercise program.

## After Meals

- Get up from the table as soon as you are done eating.
- Brush your teeth after every meal.
- At home, have dessert and coffee in a different place from dinner.
- Do the dishes in the sink after each meal instead of using a dishwasher.
- Take a short walk after each meal.

## Coffee

- Drink a flavored coffee, a different brand, or switch to tea.
- Drink coffee out of a glass, paper cup or the good china you never use.
- Change where you have your coffee breaks at work.
- If you always have your morning coffee at home, have it at a café or at work.
- Hold your coffee in the hand opposite of the one you usually use.



## Parties/Socializing

- Before you go, develop and practice a plan to deal with the situation.
- Rehearse going to the function.
- Close your eyes and see yourself having a good time, meeting people, and enjoying the music without a cigarette or without chewing.
- Practice saying, “No thank you, I don’t smoke” just in case someone offers you a cigarette.
- Limit yourself to 1 or 2 alcoholic drinks or avoid alcohol completely.
- Have a support person with you at the party.

## Alcohol

- Explore alternative ways to socialize with friends:
  - Go to a movie.
  - Work out or take a walk together.
  - Have a party without alcohol.
- If you choose to drink:
  - Change what you usually drink.
  - Limit yourself to 1 or 2 alcoholic drinks.
  - Talk about the urge to use tobacco when it occurs.
- Decide not to go to a bar for at least the first few weeks after you quit.
- Remind yourself that you can have fun without drinking.

## Work

- Rearrange your office or work space if you can.
- Put a “No Smoking” sign or motivation poster in your work area.
- Change your work routine as much as possible.
- Listen to music, talk radio, or tapes.
- Have a support person at work.

## Breaks

- Take your break at a different time than usual. Try to spend your break time with people who do not use tobacco.
- Change the place where you take your break.
- Take a short walk instead of staying indoors.
- Do a crossword puzzle or read a novel.
- Realize that you do not need an excuse to take a break. You deserve it.

## Boredom

- Always carry a book, newspaper, crossword puzzle, or electronic game with you.
- Plan so that you will not have long periods of being still.
- Learn to enjoy doing nothing from time to time. You do not always have to be doing something important.
- Use idle time to make the grocery list, plan your schedule, or write letters.
- Start a new hobby or begin an exercise program to fill the time.

## Negative Moods

- Rethink your belief that cigarettes will calm or relax you.
- Ask yourself how a cigarette will make the situation any better.
- Do deep breathing throughout the day.
- As you do the deep breathing, think calming thoughts. Say to yourself, “I can get through this” or simply “I am calm”.
- Realize that using tobacco hurts you more than anyone else. Tobacco use is not a good way to get back at anyone or to punish someone you are angry with.

## Stress Management

- Separate tobacco from the stressful situation. Using tobacco never made a situation any better or helped you deal with it.
- Step back, take a deep breath, and say to yourself, “I can handle this.” Then, deal with the problem.
- Discuss how to handle stressful situations with friends, relatives or trusted clergy before those situations happen so you are not forced to make a quick decision.
- Every problem has a solution that does not involve using tobacco.
- Begin an exercise program, take a formal stress management class, or learn to meditate.

## Car

- Choose a slightly different route for routine trips.
- Remove the ashtray from your car.
- Listen to a talk radio station or books on tape to keep your mind occupied when you drive.
- Use public transportation for the first few weeks after you quit so you are in a non-tobacco environment.
- Clean your car and get rid of as much smoke smell as possible. Clean the entire interior, get new seat covers, and put up a no smoking sign.

## Telephone

- Stand instead of sitting when you talk on the phone.
- Hold the phone in the hand opposite of the one you usually use.
- Limit your time on the phone. Consider using email or text message instead.

## Hand to Mouth

- Hold and suck on a cinnamon stick.
- Suck on sugar free candy.
- Use straws, swizzle sticks, and toothpicks.
- Chew strong, tangy, sugar-free gum.
- Eat carrots or celery sticks.
- Hold your coffee cup with the opposite hand.

## Weight Gain

- The average weight gain as a result of quitting is 5 to 7 pounds.
- Drink 6 to 8 glasses of water a day.
- Begin an exercise program.
- Tobacco does not turn your body into a fat burning machine.

## Other Tobacco Users

- Avoid places where you know people are using tobacco for the first few weeks after you quit.
- Leave the area from time to time, if you have to be in a place others use tobacco.
- Tell others that you are trying to quit and ask them not to use tobacco around you.
- Ask yourself what is still appealing about seeing other people use tobacco.
- Realize that the tobacco user is not happier or having more fun than you are just because they are smoking or chewing.

## Living With Another Tobacco User

- Agree where and when they will smoke or chew. Do not make demands.
- Ask them to keep their tobacco products where you will not be able to find them.
- Ask them to keep their ashtray clean and out of your sight when not in use.

## Setting Goals Can Help You Reach Success

When you have decided to take the big step and quit tobacco, write a goal in the **SMART Format**.

**S**pecific.....What do you want to do, exactly?  
**M**easureable.....Answers how much or how many.  
**A**ttainable.....Something you want or decide to do.  
**R**ealistic.....Is this do-able? This does not mean it is easy.  
**T**imely.....What time frame? 1 week, 3 weeks? What is your deadline?

Here are examples of SMART goals:

“I will quit smoking (Specific) (Measurable) with the use of NRT (Attainable) and a plan for coping with urges (Realistic) by September 1 (Timely).”

“I will not smoke over lunch break (Specific) (Measurable) by taking a walk (Attainable) during my half hour break (Realistic) starting July 1 (Timely).”

## Write Your Goals Below

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## Dealing With Slips

Think about why you slipped.

- Have you found a new trigger?
- Did you learn anything about being tempted?
- Did you try some coping tips?

You could get an urge to use tobacco even years after you have quit. If you find yourself thinking of smoking or chewing again, here is something to consider: All relapses begin with 1 cigarette, 1 puff, or 1 dip of chew. But, that does not mean you are hooked again. Consider it a slip, no matter how strong your cravings have become. Stopping immediately will be a lot easier than having a full relapse.

## For Intense Cravings

If you are struggling with a strong craving, use the “should I or shouldn’t I” thought:

- Use a few pieces of low dose nicotine gum or lozenges to help you curb those cravings. You will not give your brain the blast of nicotine that can wake up those receptors and get you started again.
- Use several ways to cope mentioned in this booklet.
- Call a trusted friend or a tobacco treatment specialist for ideas and inspiration in ways to stay quit.

Do not lose hope. You are no longer a tobacco user. Review all the positive changes that you have made. Renew your commitment to be **tobacco free**.

## Weaning NRT

Once you have stopped using tobacco completely, you should begin cutting back on the NRT.

- Decrease the amount you use slowly. If using patches, lower the dose 7 mg at a time. (Choose a lower dose of the NRT patch.)
- Stay on each dose for 4 to 6 weeks or longer if advised.
- Take time to let the nicotine receptors that have been calling for nicotine go to sleep or become less active.
- If you drop down to a lower level and your cravings become uncomfortable, it is okay to increase your NRT dose and try weaning later.
- As you move to a lower dose of nicotine patch, use gum or lozenges for cravings.

## For More Information

- Smokefree.gov/talk-to-an-expert
  - (800) QUITNOW / (800) 784-8669
- State Quitlines:
  - Iowa: [www.quitline.iowa.org/](http://www.quitline.iowa.org/) (800) QUIT NOW / (800) 784-8669
  - Minnesota: [www.quitplan.com/](http://www.quitplan.com/) (888) 354-PLAN / (888) 354-7526
  - Nebraska: [www.quitnow.ne.gov](http://www.quitnow.ne.gov) (800) QUIT NOW / (800) 784-8669
  - North Dakota: [www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits) (800) QUIT NOW / (800) 784-8669
  - South Dakota: [www.sdquitline.com](http://www.sdquitline.com) (866) SD-QUITS / (866) 737-8487
  - National Cancer Institute Smoking Quitline: (877) 44U-QUIT / (877) 448-7848
- Apps you may find useful for iPhone and android phones:
  - Smoke Free
  - Kwit
  - Plan Q

## Sanford Tobacco Cessation Programs

Call to learn more about the Sanford Health Tobacco Cessation programs near you.

**Bagley:**  
(218) 694-6640

**Fargo:**  
(701) 234-8383

**Bismarck:**  
(701) 323-2935 or (855) 862-6198

**Sioux Falls:**  
(605) 333-6504

## Notes

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Tobacco Usage Diary			
Date/Time	Place and Activity	Rating	Ratings:
_____	_____	_____	1. I could <b>do without</b> this cigarette or chew. 2. I <b>would like</b> a cigarette or chew 3. I <b>need to have</b> a cigarette or chew.
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	

Tobacco Usage Diary			
Date/Time	Place and Activity	Rating	Ratings:
_____	_____	_____	1. I could <b>do without</b> this cigarette or chew. 2. I <b>would like</b> a cigarette or chew 3. I <b>need to have</b> a cigarette or chew.
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	

Tobacco Usage Diary			
Date/Time	Place and Activity	Rating	Ratings:
_____	_____	_____	1. I could <b>do without</b> this cigarette or chew. 2. I <b>would like</b> a cigarette or chew 3. I <b>need to have</b> a cigarette or chew.
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	

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 Always follow your health care provider's instructions.

