

UPMC HEALTH SYSTEM



JOURNEY TO A

Smoke-Free Life

A workbook to help you succeed



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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 more regularly and in more situations. You developed certain patterns for your smoking. Smoking became a part of who you are. Cigarettes have probably been a part of your identity for your entire adult life.

Quit Tip: Have you tried to quit smoking before? If you have, consider the following:

- Most people try quitting smoking more than once before they are successful.
- View any previous quits as practice and learning experiences.



Becoming a nonsmoker is also a journey and a learning process. Think of this process as a new beginning. It's a process of change over time. As time passes, you will learn more about being a nonsmoker and will develop a new identity as a nonsmoker. You will become comfortable in life's 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 as you make this important journey. It contains helpful information and tips in a format that lets you actively participate in planning for a smoke-free life.



Getting Ready

The first step in any journey is getting ready. When you are going on a trip, you get ready by planning where you are going, researching your destination, mapping out your travel plans, and packing your bags. On this journey, your destination is a smoke-free life. Several exercises will help you get ready to make this journey.

Getting Ready Exercise #1: Reasons for Quitting Smoking

You can help motivate yourself by keeping in mind the good things that will come from quitting smoking. These reasons must come from within you and must be important to you on a personal level.

Most people who choose to quit smoking say their health is the most important motivating factor. Maybe you already have had a health problem related to smoking. Or perhaps you want to prevent health problems related to smoking. Remember, whatever your current state of health, there are always benefits to quitting smoking — **it's never too late to quit!**

Check off the health-related reasons for quitting that are important to you:

- I want to live a longer life.
- I want to decrease my risk of having a heart attack. (If you have already had a heart attack, quitting smoking will decrease your risk of having another heart attack.)
- I want to decrease my risk of having a stroke.
- I want to decrease my risk of having cancer. (Smoking increases the risk of lung, mouth, throat, voice box, pancreatic, kidney, bladder, cervical, and colon cancers.)
- I want to decrease my risk of having lung diseases such as chronic bronchitis and emphysema.
- I want to decrease my risk of having blood supply problems in my legs, so I can walk better and have warmer feet.
- I want to decrease my risk of stomach ulcers and heartburn.
- I want to decrease my risk of osteoporosis.
- I want healthier gums and teeth.
- 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 less wrinkles.
- I want my sense of taste to improve.
- I want my sense of smell to improve.
- I want to have more energy.
- I am pregnant or planning a pregnancy and want to decrease my risk of having a miscarriage, stillbirth, or a baby with low birth weight or birth defects.
- I want to stop exposing my loved ones to secondhand smoke.

Add any other health reasons you can think of: _____

Check off the psychological reasons you have for wanting to quit smoking:

- I want to experience the sense of freedom that comes with separating myself from an addictive behavior.
- I want to have more time to enjoy myself with my family, friends, and hobbies.
- I want to be free of the guilt and fear that is felt by someone who is doing something they know is not good for them.
- 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 situations.

Add any other psychological reasons you can think of: _____

Check off any financial reasons you have for wanting 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 and furniture.
- I want to save money on my life insurance.

Add any other financial reasons/benefits you can think of: _____

Do the math...

A person who smokes one pack of cigarettes a day spends about \$1,500 each year on cigarettes. How many packs do you smoke each day?

_____ (number of packs a day) X \$4.00 (about the cost of one pack) X 365 (days in one year)

I will save _____ each year of my new smoke-free life.

What else could you do with that money?

Examples: investments, dining out, clothes, hobbies, weekend trips, vacations, movies, videos, CDs

Add your own ideas: _____

Check off the other reasons you have for wanting to quit smoking:

- I want my house, car, clothes, and hair to be cleaner, without the smell and film of nicotine.
- I want to stop burning holes in my clothes, furniture, and car seats.
- I am tired of emptying dirty ashtrays.
- I want to wake up without that stale tobacco taste in my mouth.

Add any other reasons you can think of: _____

Now look back at all the checks you made. Use these to help you mentally picture how much better your life will be after you quit smoking.

Getting Ready Exercise #2: Smoking Diary

One of the principles of successfully quitting smoking is changing your behavior, or “behavior modification.” Your behavior is the way in which you act or function. When you modify something, you change or alter it. Before you begin changing your behavior to rid your life of smoking, you need to find out which “triggers” cause the desire to light up. Triggers are actions and situations (times, places, people, emotions, etc.) that bring on the desire to smoke. The more you know about your smoking behavior, the more successful you will be in either avoiding triggers or planning alternatives.

Quit Tip: Save the money each day you would have spent on cigarettes. Put it in a jar and watch it grow!



You will find a smoking diary sheet on page 6 in this workbook. Make copies of the page. Keep a copy with your pack of cigarettes, so it's easy to make your entries. Be sure to place each entry in the diary before lighting the cigarette.

Each sheet will last for one pack of cigarettes. You will need to fill out several sheets to more fully understand your smoking behavior. Besides writing the time, place, and reason for each cigarette, also rate the importance of each on a scale of 1 to 3. A rating of 1 means you feel you really needed the cigarette. A rating of 3 means that you smoked the cigarette automatically, almost without realizing it. Rating a cigarette 3 means you felt little need for it. The need for a cigarette rated at 2 falls between 1 and 3.

Take the first step by eliminating your number 3 cigarettes now.

Smoking Diary

	Time	Place	Reason	Need Rate 1-3
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____
10.	_____	_____	_____	_____
11.	_____	_____	_____	_____
12.	_____	_____	_____	_____
13.	_____	_____	_____	_____
14.	_____	_____	_____	_____
15.	_____	_____	_____	_____
16.	_____	_____	_____	_____
17.	_____	_____	_____	_____
18.	_____	_____	_____	_____
19.	_____	_____	_____	_____
20.	_____	_____	_____	_____

Reason #3: Relaxation: “Smoking is a pleasure.”

Smoking cigarettes is pleasant and enjoyable.

Often	Sometimes	Never
-------	-----------	-------

Smoking makes good times better.

Often	Sometimes	Never
-------	-----------	-------

I want a cigarette when I am comfortable and relaxed.

Often	Sometimes	Never
-------	-----------	-------

Almost two of three smokers say they just plain enjoy smoking. When you associate smoking with good times, it can strengthen your smoking habit. It’s easier to quit when you focus on enjoying yourself without tobacco.

Reason #4: Tension Reduction: “Smoking helps me relax when I’m tense or upset.”

I light up a cigarette when something makes me angry.

Often	Sometimes	Never
-------	-----------	-------

Smoking relaxes me in a stressful situation.

Often	Sometimes	Never
-------	-----------	-------

When I’m depressed, I reach for a cigarette to feel better.

Often	Sometimes	Never
-------	-----------	-------

Lots of smokers use cigarettes to help them through bad times. If you’ve used cigarettes as a crutch, it’s important to find other ways to cope with stress. Otherwise you may want to smoke again whenever problems arise.

Reason #5: Habit: “Smoking is a habit.”

I smoke automatically without even being aware of it.

Often	Sometimes	Never
-------	-----------	-------

I light up a cigarette without realizing I have one burning in the ash tray.

Often	Sometimes	Never
-------	-----------	-------

I find a cigarette in my mouth and don’t remember putting it there.

Often	Sometimes	Never
-------	-----------	-------

If you are this kind of smoker, you don’t get much satisfaction from your cigarettes. You really might not miss it very much when you stop. The key is breaking your smoking patterns.

Quit Tip: Make a “butt jar.” Put your old cigarette butts in a clear jar. Add water and seal the lid on the jar. Look at it to remind yourself of the ugliness of smoking. Open it and take a good whiff to remind yourself of the smell of stale smoke.



Pick a Quit Day and Method for Quitting

Picking Your Day

After you have decided on your destination and received some planning information, the next step in your journey is to decide when you are leaving. The next step in your journey to smoke-free living is to set a quit date.

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

Is there a special day coming up soon (a birthday, anniversary, or holiday)? Special days can be good quit days. Will it be easier for you to quit on a weekday or on the weekend? Choose a day when you will be busy with nonstressful things and in the company of supportive nonsmoking people. You may want to consider what your schedule is three to four days after quit day. You may want these days to fall on less busy, less stressful days.

A vacation is usually a good time to quit smoking. Being away from the stresses associated with work, day-to-day living, and routine triggers can help give you a fresh start.

Are there any particularly stressful events coming up soon? If so, avoid planning your quit day during that time. Instead, plan your quit day for a time when stress is at a minimum.

Just before you quit, do a “clean sweep.” Gather up all of your cigarettes, ashtrays, lighters, and matches and get rid of them. Destroy the cigarettes by soaking them in water. Don’t forget all the hidden stashes in your house, workplace, and car, as well as pockets, purses, etc. Doing a clean sweep shows you are committed and gets rid of a strong trigger — the sight of your cigarettes and smoking-related items.

Plan a positive reward for yourself for quit day, maybe a dinner out or a shopping trip.

Sharing your quit date with others is your choice. If you are comfortable with sharing, it can help to have the support of family and friends.

My quit date will be: _____

I will do my “clean sweep” on: _____

Quit Tip for Women:

Planning your quit date several days following the start of your menstrual period will help to decrease withdrawal symptoms and feelings of depression.



Picking Your Method

The next step is to decide on a method of getting to your destination: quitting. Your choices are “cold turkey,” “tapering,” and “postponing.”

Cold turkey is the method that has been used by most successful ex-smokers, and therefore it is the recommended approach. Cold turkey refers to an abrupt and total end to your smoking. One day you are smoking, and the next day (your quit date) you don't smoke anymore. Cold turkey requires no special changes in your smoking behavior before your quit date. Until your quit date arrives, smoke in a way that makes you most comfortable. Some smokers choose to smoke more, some choose to smoke less, and some continue to smoke as usual before quitting cold turkey.

Tapering is a more gradual approach to quitting. To taper, you will need to count the number of cigarettes smoked each day. Then, a plan is made for slowly cutting back on the number of cigarettes smoked each day until quit day. The downside of tapering is that cravings and withdrawal symptoms are felt for a longer period of time.

Postponing is also a gradual approach to quitting. To postpone, you will need to watch the clock. Make a plan to put off the start of each day's smoking by increasing amounts of time. If you usually have your first cigarette at 7 a.m., postpone it until 8 a.m. for several days. Then postpone your first cigarette until 10 a.m. for several days. Eventually you will reach a day when you don't smoke at all. There is no need to count cigarettes with this method. Like tapering, you will feel cravings and withdrawal symptoms for a longer period of time.

My method for quitting smoking will be: _____

Quit Tip: Deep breathing is a “quick fix” for cravings, stress, nervousness, tension, anxiety, and difficulty concentrating.



Changing Behavior and Learning How to Cope

The next step in any journey is to pack your bags with the things you will need along the way. For your journey to tobacco-free living, you will need to pack your bags with coping skills. A craving is an urge or desire to smoke. A coping skill is any response to a craving that helps you avoid smoking a cigarette. There are two types of coping skills, cognitive and behavioral. A cognitive coping skill is something that you think. A behavioral coping skill is something that you do.

Using either cognitive or behavioral coping skills alone can help you quit. But using them together is even more helpful.

Cognitive Coping Skills

Cognitive (COG-nih-tiv) coping skills use the way you think to help you stay smoke-free. The following are examples of cognitive coping skills that use the way you talk to yourself about smoking. Choose those most meaningful to you, or come up with your own.

“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!”

“I am in control.”

Another cognitive coping skill is called imagery. Imagery is like daydreaming. In imagery, you imagine yourself in another place. The place you use can be one from your memory or one you have made up. When you start to feel a craving, close your eyes and imagine yourself in your favorite calm and peaceful place: the beach, the park, the woods, in a meadow, or your own backyard. This will help you redirect your thoughts.

The cognitive coping skills I will use are: _____

Behavioral Coping Skills

Behavioral (bee-HAY-vye-rul) coping skills are things that you do. One behavioral skill is deep breathing. Other skills involve replacing cigarettes with other things to keep your mouth and your hands busy. Exercising and keeping yourself occupied are other behavioral coping skills.

Deep breathing is a very useful coping skill. Here are some of its advantages:

- It is quick, and you can do it anywhere.
- It helps cravings to pass.
- It promotes feelings of relaxation.
- It helps relieve feelings of tension, nervousness, and anxiety.
- It increases the flow of blood and oxygen to your brain, helping improve memory, alertness, problem-solving, and decision-making skills.

Here’s the technique for deep breathing:

1. Inhale through your nose, taking a slow, deep breath. Feel your abdomen expand.
2. Hold your breath for about three seconds.
3. Purse your lips and exhale slowly through your mouth (as if you were blowing out a candle). Take longer to exhale than you did to inhale.
4. Repeat the breath several times and feel the calming effect. Practice it often so it works well for you.

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
- fresh fruits
- fresh vegetables (carrot sticks, celery sticks, peppers, radishes)
- sugarless candy and gum (Be careful about the amounts of sugarless candy and gum. Too much can lead to diarrhea.)
- lollipops
- cough drops, especially menthol
- stick cinnamon
- straw, coffee stirrer
- toothpicks
- brushing teeth, mouthwash, breath spray

The oral substitutes I will use are: _____

Handling substitutes will give you something else to do with your hands. Examples of good handling substitutes are:

- rubber band
- paper clip
- other hobbies
- coffee stirrer
- doodling
- pencil
- coin
- ring
- small ball
- pen

The handling substitutes I will use are: _____

Quit Tip: Go to the dentist and have your teeth cleaned.



Exercise provides many benefits. Exercise has been shown to increase the likelihood of long-term success. When you exercise, your body produces endorphins (en-DOR-fins). These are hormones that make you feel good. Exercise will help prevent or slow any weight gain associated with quitting smoking. It is also a good stress management technique that can help relieve feelings of tension, nervousness, anxiety, and anger.

What kind of exercise should you do? The answer is anything you enjoy. Walking is an easy exercise you can do anytime. All you need is a good pair of shoes. Other good choices are jogging, biking, swimming, playing sports, dancing, and doing aerobics.

CAUTION: BE SURE TO CHECK WITH YOUR DOCTOR BEFORE MAKING ANY MAJOR CHANGES IN YOUR EXERCISE LEVEL.

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

Keeping busy with your hands and keeping your mind occupied will really help you fight the urge to light up. Once you have stopped smoking, you will find that you have more time to devote to other interests. This extra time, however, can be a problem if you have nothing with which to fill it. If you are bored, your first thought is often of a cigarette because that has been your usual response to idle time for many years. Make your life more interesting, fulfilling, and productive by including a variety of activities in your plan.

Make a list of activities that interest you. When you have a craving or some downtime, you can refer to the list and choose something that meets your needs. On your list, include new and interesting things you have never done or things you have not done in a long time. You can also include household chores, but be sure to emphasize things you want to do, things that add value, meaning, and enjoyment to your life. Be careful about including activities that you often did while smoking. Instead of keeping your mind off smoking, this type of activity could act as a trigger and increase the desire to smoke.

Quit Tip: Find a new and exciting hobby or pastime to keep your hands and mind busy.



Below is a list of some examples of activities chosen by ex-smokers. See what interests you and add your own items to the list.

- reading
- listening to music
- taking music lessons
- art
- sewing
- needlework
- crafts
- knitting
- quilting
- computers
- gardening
- woodworking
- car repair
- puzzles (crossword, word search, jigsaw)
- photography or organizing old photos
- cleaning drawers, closets
- playing a musical instrument

My keep-busy list includes the following activities: _____

Social Support

When you are “packing your bags” for this most important journey, be sure to include a few people who can help you along the way. Including family members, friends, co-workers, and a smoking cessation group can help you succeed.

Those around you are usually very willing to help you achieve your goals. But they may be unsure about how to help. Your needs may not be clear, even to those who are closest to you. You might need to let them know how to help. When you ask for help, it is important to be specific. Ask what you would like the person to do or not to do. Your request could go something like this:

“I have decided to quit smoking. To quit for good I would like your help and support. Here is what you could do Would you be willing to help?”

Don't hesitate to ask for help, but try not to overload any one support person. Besides helping you achieve a smoke-free life, you might find that asking someone to help you can do a lot for a relationship. Giving and receiving support can strengthen the bond between people.

How can others be helpful?

- providing encouragement
- being understanding and patient, especially if you are sometimes difficult
- helping decrease stress: advance notice of work deadlines, providing quiet time, or picking up chores or responsibilities
- rewarding and complimenting
- listening
- planning social outings and activities in nonsmoking places with nonsmoking people
- expressing confidence about your ability to quit
- paying attention and commenting on positive changes
- providing distractions to help you cope with cravings
- maintaining support beyond the first few weeks of the quitting process

Not all of the people who surround you will be nonsmokers. You may need to ask for support from someone who chooses to continue to smoke. Here are some things you may need to ask of them:

- Do not offer me a cigarette.
- Please keep cigarettes, lighters, ashtrays, etc., out of sight.
- Please smoke outside. (This will help you to quit and will free you from the hazards of secondhand smoke.)
- In exchange, I won't be critical of your choice to continue smoking or pressure you to quit.

Sometimes, the people you count on for support may not be up to the challenge. Here are some examples of nonsupportive behavior:

- offering you cigarettes
- smoking around you
- nagging, harassing, or policing your actions
- betting against your ability to quit or any other negative suggestions that you might not be successful

Stop Smoking Programs and Support Groups

You can add to your social support by joining others who are in the process of quitting smoking. UPMC Health System offers a variety of programs throughout the system. Call 1-800-533-UPMC (8762) for information about programs near you.

Joining a support group can:

- increase your chances of success (According to research, quitting with a group can double your chances of success.)
- help you express your feelings in a safe environment with others who understand because they are in the same situation
- increase your self-awareness
- foster positive thinking and promote hope
- improve your coping skills through sharing information
- decrease your feelings of isolation
- provide accountability

My sources of social support will be: _____

They will help me by: _____

Quit Tip: Joining a stop smoking program or support group will increase your chances of success.



Medication

When you are “packing your bags,” you can also include a medication to help you stop smoking. According to research, adding a medication to your stop-smoking program can double your chances of success. Below is a brief summary of products that are currently available to help you quit. The information is designed to help you make a decision about which would be most helpful for you. Ask your doctor, nurse, respiratory therapist, or pharmacist for additional information.

Many of these products also sponsor Web sites and have toll-free advice hot lines. Because you can buy some of the products over the counter without a prescription, you can use them without talking to your doctor. It is important, however, to talk to your doctor about quitting smoking, especially if you take other medications. There can be drug interactions between smoking and other medications. A drug interaction occurs when one drug affects the action of another drug. Your doctor may need to make dosage changes in other medications when you stop smoking.

It is important not to smoke while you are using a nicotine replacement product. You could experience symptoms of nicotine overdose, such as:

- bad headaches
- salivation
- diarrhea
- hearing difficulties
- dizziness, fainting, or weakness
- mental confusion
- abdominal pain
- upset stomach, nausea, or vomiting
- tremors
- blurred vision
- cold sweats

Nicotine Patches

- available over the counter without a prescription
- deliver nicotine through the skin

Products available

- Nicoderm CQ, Clear Nicoderm CQ
- Nicotrol
- Equate (Wal-Mart)
- private label store brands

Common side effects

- local skin reactions (redness, itching, swelling)
- headache
- sleep disturbances or abnormal vivid dreams for 24-hour patches

Advantages

- easy to use
- provides steady supply of nicotine to decrease withdrawal symptoms and cravings

Disadvantages

- less flexible dosing
- slow onset of action

Contraindications

(If any of these symptoms apply to you, do not use this product:)

- recent heart attack
- severe or worsening angina (heart pain)
- irregular heart beat
- allergic skin reactions
- pregnancy, nursing (talk to your doctor)

Comments

- For best results, combine using the patch with attending a behavior modification support program.
- Change the patch location every day.
- Do not smoke while using a nicotine patch.
- Keep used and unused patches out of reach of children and pets.
- If you are bothered by sleep disturbances or dreams while wearing a 24-hour patch, remove the patch at night and put a new one on in the morning.

Nicotine Gum

- available over the counter without a prescription
- delivers nicotine through the lining of the mouth

Products available

- Nicorette (regular and flavors)
- private label store brands

Common side effects

- jaw soreness
- hiccups
- nausea/vomiting
- mouth sores, ulcers

Advantages

- flexible dosing to control cravings
- oral gratification
- faster delivery of nicotine

Disadvantages

- special chewing method needed to enhance nicotine delivery and decrease side effects
- may be difficult to use with dentures

Chewing technique

- Slowly chew 10 to 15 times.
- Feel a tingling sensation or a peppery taste.
- “Park” the gum between your cheek and gums.
- Wait for the tingling sensation or taste to fade.
- Repeat the sequence, but “park” the gum in a different location each time.
- Discard the gum after 30 minutes.

Contraindications

(If any of these symptoms apply to you, do not use this product.)

- dental problems
- temporomandibular joint (TMJ) syndrome
- active stomach ulcers
- recent heart attack
- severe or worsening angina (heart pain)
- irregular heart beat
- pregnancy, nursing (talk to your doctor)

Comments

- For best results, combine using the gum with attending a behavior modification support program.
- Do not smoke while using nicotine gum.
- Keep gum out of reach of children and pets.
- Don't eat or drink anything while chewing the gum.

Nicotine Nasal Spray

- requires a prescription
- Nicotine is squirted directly into each nostril and absorbed through the lining of the nose.

Product available

- Nicotrol NS

Common side effects

- nose and throat irritation (hot, peppery feeling)
- runny nose
- watering eyes
- sneezing
- coughing

Advantages

- flexible dosing to control cravings
- fastest delivery of nicotine
- achieves higher blood levels than other nicotine replacement products

Disadvantages

- can irritate the nose (may decrease with time)

Contraindications

(If any of these symptoms apply to you, do not use this product.)

- asthma
- chronic nasal problems (allergy, rhinitis, polyps, sinusitis)
- recent heart attack
- severe or worsening angina (heart pain)
- irregular heart beat
- pregnancy, nursing (talk to your doctor)

Comments

- For best results, combine using the nasal spray with attending a behavior modification support program.
- Do not smoke while using Nicotrol NS.
- Follow directions for use. It is important not to sniff, swallow, or inhale while spraying.
- Keep bottles (even empty ones) out of reach of children and pets.

Quit Tip: Take it “one day at a time.”



Nicotine Inhaler

- requires a prescription
- The inhaler consists of a mouthpiece into which a nicotine vapor cartridge is inserted. When you “puff” on the inhaler, the air you breathe in contains nicotine, which is absorbed through the lining of your mouth.

Product available

- Nicotrol Inhaler

Common side effects

- mouth or throat irritation
- cough
- nasal irritation
- menthol or mint taste accompanied by cool or numb feeling
- pain in jaw and neck
- tooth disorders
- sinusitis
- upset stomach, nausea, hiccups, diarrhea

Advantages

- flexible dosing to control cravings
- addresses the hand-to-mouth action of smoking

Disadvantages

- frequent use needed to get adequate blood level of nicotine
- can irritate the mouth (may decrease with time)

Contraindications

(If any of these symptoms apply to you, do not use this product.)

- asthma
- chronic lung diseases
- recent heart attack
- severe or worsening angina (heart pain)
- irregular heart beat
- pregnancy, nursing (talk to your doctor)
- allergy to menthol

Comments

- For best results, combine using the inhaler with attending a behavior modification support program.
- Do not smoke while using the nicotine inhaler.
- Keep inhaler and cartridges out of reach of children and pets.
- Similar results are achieved by deep or shallow inhalations.
- Deep inhalation may lead to increased side effects.
- Best results are achieved by frequent puffing.
- Clean the mouthpiece daily with soap and water.
- Cold temperatures reduce the amount of nicotine inhaled.
- Each cartridge lasts for about 20 minutes of active puffing.
- Once a cartridge is opened, it should be replaced after 24 hours, even if it is not fully used.

Zyban (bupropion hydrochloride) Sustained Release Tablets

- requires a prescription
- This no-nicotine pill mimics the action of nicotine in the brain, helping to decrease withdrawal symptoms and cravings.

Product available

- Zyban

Common side effects

- dry mouth
- insomnia
- tremors
- nervousness, difficulty concentrating
- skin rash
- constipation

Advantages

- easy to use
- may be beneficial if you have some depressive symptoms
- can be combined with nicotine replacement products

Disadvantages

A risk of seizures exists, especially if you have certain conditions (see contraindications).

Contraindications

(If any of these symptoms apply to you, do not use this product.)

- epilepsy, seizure disorders
- eating disorders, anorexia, bulimia
- taking another medication containing bupropion hydrochloride (example, Wellbutrin)
- taking an MAO inhibitor in the past 14 days
- history of head injury
- history of stroke
- pregnancy, nursing (talk to your doctor)

Comments

- For best results, combine using this medication with attending a behavior modification support program.
- This medication will take one week to achieve proper blood levels.
- Your quit date should be set within the second week of treatment.

The medication I plan to use to help me quit smoking is:

I want to ask my doctor (nurse, respiratory therapist, pharmacist) about:

Beginning Your Journey

You have thought about your smoking, you have picked a quit day, and you have prepared and “packed your bags” for your journey. Now it is time to begin your journey.

Distractions Along the Way

When you were preparing to begin a new smoke-free life, you completed several smoking diaries. Look back at your diaries and observe the patterns. You can probably see that certain situations, feelings, and people trigger your desire to smoke. Some of these triggers can be avoided. Some triggers are difficult or impossible to avoid. For these triggers, it is helpful to plan alternative behaviors or coping skills. Some examples of common smoking triggers are listed below along with suggestions for alternate behaviors. Find your triggers and decide which alternate behaviors will work for you. If you have other alternate behaviors, add them to each category in the space provided.

Common triggers and alternate behaviors

Trigger: Coffee

- drink something different (tea, milk, juice, water)
- drink coffee in a different place
- use a different mug

Trigger: Driving

- oral substitute
- take a different route
- deep breathing
- listen to music
- sing
- listen to books on tape

Trigger: After meals

- get up and wash the dishes
- use a mint or a beverage to signify the end of a meal
- brush your teeth
- take a leisurely stroll
- socialize in a different place
- sit in the nonsmoking section of a restaurant

Trigger: In the morning

- brush your teeth, shower, and eat breakfast as soon as you wake up
- exercise
- change your routine

Trigger: Telephone

- doodle
- use a handling substitute
- use a different phone or walk around with a cordless phone
- limit phone calls

Trigger: TV

- oral substitute
- sit in a different chair
- watch different shows
- watch TV in a different room

Trigger: Alcohol, Bars

- avoid
- limit number of alcoholic beverages
- drink something different than usual
- ice up or water down your drink

Trigger: Boredom

- use your keep-busy ideas (see page 14)
- be prepared for downtime

Trigger: Stress

- deep breathing
- relaxation exercises (see page 38)

Meeting Your Needs Without Smoking

Completing the “Why Do You Smoke?” exercise at the beginning of this workbook helped you identify the reason(s) you have continued to smoke and the needs that have been met by smoking. Go back to page 9 to find the reasons that apply to you. Check them off on the list below. Then, use the suggestions offered to help you meet your needs while enjoying a smoke-free life.

Reason #1: Stimulation: “Smoking gives me more energy.”

Try these tips:

- Get enough rest. With a good night’s sleep, you’re more likely to feel fresh and alert.
- Exercise regularly. Exercise raises your overall energy level, so you feel less need for a boost.
- Take a brisk walk instead of smoking, if you feel sluggish. Moving around 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 clear your body of nicotine.
- Avoid getting bored, which can make you feel tired. Keep your mind active, perhaps by calling a friend, reading a new magazine, or playing a game.
- Discover a new hobby.
- Quit smoking. Ex-smokers often experience increased energy levels.

Reason #2: Handling: “I like to touch and handle cigarettes.”

Try these tips:

- Try handling cinnamon sticks.
- 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 handle whatever harmless object is nearby.
- Take up a new hobby that keeps your hands busy.
- Have a low-fat, low-sugar snack like carrot sticks, apple slices, bread sticks, or air-popped popcorn. Suck on a sugar-free hard candy or mint.

Reason #3: Relaxation: “Smoking is a pleasure.”

Try these tips:

- 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 enjoy life's pleasures for many years to come.
- Deep breathing will help you relax.

❑ **Reason #4: Tension Reduction: “Smoking helps me relax when I’m tense or upset.”**

Try these tips:

- Use relaxation techniques to calm down when you are angry or upset. Deep breathing, muscle relaxation, and imagining yourself in a peaceful setting can make you feel less stressed.
- Exercise regularly. Studies show that 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.

❑ **Reason #5: Habit: “Smoking is a habit.”**

Try these tips:

- Increase awareness of the cigarettes you smoke. Pay attention to the times and places you associate with smoking. Refer to your smoking diary.
- Change the way you do things to decrease the association with cigarettes (see page 22).
- Decrease your exposure to triggers.

❑ **Reason #6: Nicotine Addiction: “I crave cigarettes; I am addicted to smoking.”**

Try these tips:

- Stop smoking “cold turkey.”
- Use a nicotine replacement therapy or Zyban.
- Get rid of all your cigarettes, lighters, and other smoking things.
- Try to avoid people who smoke and smoke-filled places.
- Think of yourself as a nonsmoker.
- Try deep breathing.
- Drink water.

Adapted from: “Why Do You Smoke?” U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, National Cancer Institute Publication No. 94-1822, July 1993.

Symptoms of Recovery

One of the reasons that nicotine is believed to be 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,” because they are signs that the body is healing and adjusting itself back to when it was nicotine-free.

Just as each person is unique, each person’s smoking is unique, and so is each person’s experience of quitting. Smokers may have a wide variety of feelings and different degrees of discomfort. Some may have very few and very mild sensations, while others may have more difficulty. There should be no extreme discomfort or pain.

Symptoms of recovery are temporary. In general, when symptoms of recovery occur, some may begin within hours of stopping smoking. They may peak in two to four days. Over the following week, they tend to decrease. But, please do not be caught off guard. Sometimes, some of the feelings return over the next couple of weeks, before finally disappearing. Some symptoms last several months. The urge to smoke (craving) may last longer. The best way to get rid of these symptoms is to continue not smoking.

Using one of the medications listed on pages 17-21 will help decrease these withdrawal symptoms and cravings.

The following chart lists the more common symptoms of recovery, along with the causes and management tips. Remember that everyone is different, so the experience of quitting smoking will be different. This chart is for your reference. You may or may not experience the sensations listed.

Quit Tip: Lighting up even once after you have tried to quit will only cause symptoms of recovery to return and last longer.



If any of the following symptoms persist, are severe, or cause you concern, call your doctor.

Symptom

Cravings (see separate information on cravings on page 32)

Cause

Physical addiction to nicotine, habits, and psychological dependence.
Your body misses nicotine and tries to get some by giving you cravings to smoke.

Management

- Drink more fluids (water, fruit juice).
- Try deep breathing.
- Get some exercise.
- Try a low- or no-calorie oral substitute.
- Use nicotine replacement, Zyban.

No matter what you do, the craving will go away. Cravings decrease with time as long as you don’t smoke.

Symptom

Emotional changes (irritable, impatient, angry, crying, sad)

Cause

Physical addiction and psychological dependence.
(may last a few weeks)

Management

- Express the emotions when you can.
- Ask others to be patient with you.
- Try deep breathing.
- Do something fun.

Symptom

Anxiety, tension, nervousness

Cause

Physical addiction and psychological dependence, empty hands.
Increased caffeine levels in the body.
(may last a few weeks)

Smokers get rid of caffeine more rapidly than nonsmokers. When you stop smoking, the rate at which your body gets rid of caffeine decreases. If you take in the same amount of caffeine, there will be more of it in your body.

Management

- Keep busy.
- Try deep breathing.
- Get some exercise.
- Decrease caffeine intake. (Things with caffeine include coffee, tea, cola, and chocolate.)

Quit Tip: Using a nicotine replacement product or Zyban will help decrease symptoms of recovery and cravings.



Symptom

Difficulty concentrating

Cause

Withdrawal from the stimulant effect of nicotine.
(may last 10 days or more, up to four weeks)

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.

Symptom

Increased appetite

Cause

Removing nicotine from your system may cause increased appetite and hunger pangs (stomach cramps signaling hunger).
You may miss putting something into your mouth.
Your senses of taste and smell improve.
(may last longer than four weeks)

Management

- Eat several small meals each day.
- Snack on low- or no-calorie oral substitutes.
- Increase your physical activity, especially if you are concerned about the increased appetite leading to weight gain.
- See the section on “Preventing Weight Gain” on pages 36-37.

Symptom

Sleep disturbances, including difficulty falling asleep, waking up too early, or frequent awakenings during the night.

Cause

Cutting off your body's supply of nicotine.
(may last two to three weeks)

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.
- Drink milk before going to bed.
- Call your doctor if sleep difficulties persist.

Symptom

Cough

Cause

The cleansing system of the airways does not work well when you are smoking. A cough is a sign that the lungs are cleaning themselves of tars, particles, and the extra mucus your body makes to protect the airways.

(can last from a few days up to a few weeks, or longer in some cases)

Management

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

Symptom

Headache

Cause

Removal of nicotine. Temporary increase in stress due to stopping smoking.
(may last several days)

Management

- Rest quietly.
- Try deep breathing.
- Use your usual headache medication.

Symptom

Nausea, constipation

Cause

Nicotine has different effects on the digestive system. It stimulates the large intestine and moves food through more quickly. This is especially true for the first cigarette of the day. Repeated cigarettes may slow digestion. The body needs time to adjust to working without nicotine.

(Constipation may last several weeks to several months.)

Management

- For constipation, increase fluids and fiber in your diet.

Symptom

Light-headedness, dizziness

Cause

Since carbon monoxide is no longer robbing your blood cells of oxygen, you are now functioning on a more normal supply of oxygen.

(may take several days to two weeks for the brain to adjust)

Management

- Ignore it, and the feeling will go away as your body adjusts.
- These feelings are usually temporary and will soon pass; however, if they persist or are severe, call your doctor.

Symptom

Tingling in the arms or legs

Cause

Nicotine causes narrowing of the blood vessels, decreasing circulation to the arms and legs. Carbon monoxide interferes with the supply of oxygen in the blood, also decreasing the oxygen to the arms and legs. These feelings are a sign of improved circulation to which the body needs time to become adjusted.

(may last up to two weeks)

Management

- These feelings are usually temporary and will soon pass; however, if they persist or are severe, call your doctor.

Symptom

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

- Try sucking on hard candy or throat lozenges.

Symptom

Tiredness

Cause

You are no longer using nicotine as an artificial stimulant, so you may feel tired or drowsy for a while.

Management

- Try to be well-rested.
- Increase physical activity to give you a natural energy boost.

Cravings and Rewards

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's some helpful information about cravings that will help you 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 generally peak in the first 24 hours and then decrease over the next week. They may be variable over the next weeks. After that, cravings may come occasionally.
- Cravings go away in time, as long as you do not smoke.
- Cravings tend to increase again if you smoke.

You can use your cognitive and behavioral coping skills to deal with cravings (see page 12).

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, going out to lunch or dinner, etc.

I will reward myself with _____

Quit Tip: Plan to reward yourself often for staying smoke-free.



High-Risk Situations For Relapse

On any journey there are sometimes roadblocks and detours. Along your journey to a smoke-free life, the roadblocks and detours can take the form of high-risk situations for relapse and slips.

You are acquiring new skills. You are learning to become a nonsmoker. The mastery of any new skill involves active participation. Use this self-help guide to overcome the roadblocks and detours that you encounter. It is your responsibility to use these tools to become actively involved in the quitting process. Along with self-responsibility and active participation will come a feeling of pride and sense of accomplishment as you master your new skills and become a nonsmoker.

When you are recovering from any addictive behavior, there is a risk of relapse. Relapse means a return to the addictive behavior, beginning smoking again. This risk is greatest in the first three months and gradually decreases for up to one year. Relapse rates are much lower after one year. Most relapses begin with a high-risk situation, a situation in which there is greater temptation to smoke again.

Quit Tip: Put a sign on your mirror, desk, dashboard that states, “One will hurt.”



If you are in a high-risk situation, it's important that you continue to use your cognitive and behavioral coping skills. Those who do not use their coping skills are much more likely to relapse, no matter what the situation. Examples of high-risk situations have been identified and are listed below. Coping skills are listed for each situation. There is also space for you to add your own coping skills.

High-Risk Situation

Negative emotions (frustration, anger, anxiety, depression, sadness, guilt)

Coping Skills

- Try relaxation techniques.
- Do deep breathing.
- Try calming self-talk.
- Get some exercise.
- Change the way you think: Smoking will not make the feelings go away. It could make you feel worse if you smoked again.
- _____

High-Risk Situation

Overconfidence or “Just one won’t hurt.”

Coping Skills

- Rethink this. Just one **can** hurt.
- Smoking “just one” cigarette can increase cravings and start you into a relapse.
- _____

High-Risk Situation

Social situations, especially when others are smoking

Coping Skills

- Avoid the situation.
- Leave the situation.
- Take a walk.
- Do deep breathing.
- Eat or drink something.
- Seek out nonsmokers.
- Take a support person with you.
- Avoid groups of smokers.
- Say: “No, thank you. I don’t smoke,” if you are offered a cigarette.
- Plan ahead for the situation by reaffirming your decision, reviewing your reasons for quitting smoking, mentally picturing yourself at the gathering, and planning some topics to talk about.
- Plan a reward for after the situation.
- _____

High-Risk Situation

Alcohol

Coping Skills

- Avoid alcohol.
- Limit yourself to one or two drinks.
- Ice up or water down your drink.
- Drink something different than your usual.
- _____

High-Risk Situation

After eating

Coping Skills

- Leave the situation.
- Clear the table and do the dishes.
- Take a leisurely walk.
- Move to a different room.
- Have a mint.
- Brush your teeth or use mouthwash.
- _____

High-Risk Situation

Positive emotional states (happiness, excitement, enjoyment, relaxation)

Coping Skills

- Try relaxation techniques.
- Do deep breathing.
- Try self-talk.
- Get some exercise.
- Change the way you think: Smoking will not make the pleasant feelings better. It could take away the good feelings and make you feel worse if you smoke again.

• _____

High-Risk Situation

Boredom

Coping Skills

- Plan activities to fill your time.
- Get some exercise.
- Try deep breathing.
- Carry a book, puzzle, or handwork with you for those unexpected waiting times.

• _____

High-Risk Situation

Crisis

Coping Skills

- Plan ahead for your response to a crisis situation.
- Remember that smoking will not solve any problem.
- Carry a piece of paper on which you have written your strongest personal reason for quitting smoking.
- Focus on solutions to the crisis.

• _____

What If I Slip and Smoke a Cigarette?

If you slip and smoke a cigarette:

- Recognize that you made a mistake.
- Don't dwell on it or feel guilty. Don't see yourself as hopeless or a failure. Most important, **do not give up**.
- Figure out what went wrong and what you could do better the next time. Learn from your mistake.
- Renew your commitment to stop smoking.

WARNING! Do not use this information as an excuse to slip!

Preventing Weight Gain

Many people have a fear of gaining weight when they quit smoking. This fear may even prevent a person from quitting smoking and enjoying the benefits of smoke-free living. The following information describes the relationship between smoking and weight gain, and helps you to see why some people gain weight when they quit smoking. Knowing why some people gain weight after they quit and following the tips below will help you prevent weight gain.

- Not everyone who quits smoking gains weight.
- Those who do, gain an average of 6 to 10 pounds.
- The benefits of quitting smoking far exceed the negatives of gaining a few pounds. Smoking one pack of cigarettes a day is the same risk to your health as a weight gain of 125 pounds.
- It is best not to try to lose weight and quit smoking at the same time.
- A return to smoking because weight was gained does not mean that the extra weight will be lost.

Why do some people gain weight when they quit smoking?

- Nicotine decreases the appetite. So, your appetite increases after quitting.
- Cigarette smoking increases the energy you use (metabolism) by approximately 15 percent (200 calories/day). When you quit, your metabolism slows, so you don't burn as many calories.
- Smoking may prevent the normal age-related weight gain.
- Food is sometimes substituted for smoking.
- There is a tendency to crave sweets after quitting smoking, which may lead to eating more fats and sugars.
- A cigarette marks the end of a meal. After quitting, some people have extra helpings of food or turn to dessert instead of a cigarette after eating.
- Your senses of taste and smell improve.
- Food is sometimes used as a reward.

Tips to prevent weight gain:

- Fill up on fresh vegetable sticks.
- Decrease the amount of sugar in your diet.
- Chew sugarless gum to satisfy sweet cravings.
- Increase water intake to feel full. Drink a glass of water before meals.

Tips to prevent weight gain (continued)

- Reduce the amount of fat in your diet:
 - Trim fat from meats.
 - Trim skin from poultry and choose white meat.
 - Choose low-fat dairy products.
 - Avoid high-fat snacks, like potato chips. Choose pretzels instead — they are low fat.
 - Use applesauce as a substitute for oil in cake mixes.
 - Change recipes to decrease fat. Here are some examples of how to substitute low-fat ingredients:
 - Instead of one whole egg, use 1/4 cup egg substitute or 1 egg white plus 1 teaspoon of vegetable oil or two egg whites.
 - Instead of butter, use the same amount of regular, diet, or whipped margarine. (Do not use tub margarine for baking.)
 - Instead of 1 cup of shortening or lard, use 3/4 cup vegetable oil.
 - Instead of 1/2 cup of shortening, use 1/3 cup vegetable oil.
 - Instead of whole milk, use skim milk.
 - Instead of 1 cup of light cream, use 1 cup of evaporated skim milk or 3 tablespoons of oil plus skim milk to equal 1 cup.
 - Instead of 1 cup of heavy cream, use 1 cup of evaporated skim milk or 2/3 cup of skim milk plus 1/3 cup of oil.
 - Instead of 1 oz. (1 square) of baking chocolate, use 3 tablespoons of powdered cocoa plus 1 tablespoon of oil.
 - Instead of regular buttermilk, use low-fat buttermilk. Or make your own by adding skim milk to 1 tablespoon of lemon juice or vinegar to make 1 cup.
- Do not use food as a reward.
- Use low- or no-calorie oral substitutes.
- Avoid alcohol. It's high in empty calories, meaning it has a lot of calories and no nutrition.
- Eat breakfast. Your body will burn more calories during the day if you eat at least some breakfast.
- Using nicotine gum or Zyban may help delay weight gain.
- Develop a new end-of-meal ritual.
- Exercise to increase your metabolism and burn calories (check with your physician before making major changes in your exercise level). Find ways to work increased activity into your daily routine:
 - Take the stairs instead of the elevator.
 - Park farther away from the grocery store or the mall and walk a little farther.

UPMC Health Enhancement offers weight management and exercise programs. Call 1-800-533-UPMC (8762) for information about programs near you.

Stress Management

Like many people you may feel that smoking a cigarette helps you to beat stress. You may be surprised to find that the nicotine in cigarettes is actually a stimulant that makes your heart beat faster and increases your blood pressure.

So, why do many smokers feel more calm and relaxed when they smoke? This is caused by a combination of three things:

1. If you are a smoker, your body is used to a certain amount of nicotine. When your nicotine level drops below that amount, you feel uncomfortable. When you put more nicotine into your body, you feel better — not because your problems are gone, but simply because nicotine is back in your bloodstream.
2. If you are a smoker, you have probably smoked a cigarette so many times during stressful situations that you now connect the “feeling better” that nicotine brings with feeling more relaxed and in control of your problems. You have actually trained yourself to believe that smoking a cigarette helps calm you and makes you feel in control.
3. Each time you inhale while smoking a cigarette, you are taking deep, slow breaths. Deep breathing in this way, with or without a cigarette, actually does help calm you.


So, as you smoke a cigarette, you breathe deeply and bring the nicotine level in your body back up to a certain level. You get a feeling that you are more relaxed, and you think that the cigarette has done this for you.

It is understandable that you are concerned that, by quitting smoking, you will lose your relaxation tool and will be overcome by stress.

But, it's important to understand that you, **not** the cigarette, have always been the one doing the calming and relaxing. A cigarette does not contain any ingredient that can relax you. It cannot pay your bills, make the traffic go any faster, or help you deal with your boss.

Smoking has simply been your way of setting the stage for relaxing yourself and coping with stress. As you focus on quitting smoking, you simply need to find new ways to set the stage for relaxation and stress management. There are many ways to do this.

And while you're at it, why not reduce the number of stressful situations in your life at the same time? You'll find yourself enjoying your new smoke-free life even more!



Quit Tip: Remember, a cigarette is only paper and dried up leaves. It is not a magic wand! A cigarette has never solved your problems—you've done that yourself, and you can continue to do so without cigarettes.

Reducing stress in your life

Be sure to:

- Eat right, get plenty of sleep, and get some exercise. If you don't exercise now, walking 20 minutes a day would be a good way to start. Talk with your doctor before beginning any exercise program.

- Focus on the good things in your life! Make a list of all of the good things you have now. Look at the list when you become angry or upset.

These things make my life good: _____

- Learn to accept the things you cannot change. Try to take one day at a time.
- If possible, put off any especially stressful tasks until you have been smoke-free for several weeks.
- Set aside relaxation time each day. Purchase a relaxation or meditation CD or video, or try listening to music.

Stress happens and you can handle it

Write down three things that cause the most stress in your life. Below each one, list some of the different ways you could better handle the situation. Then decide which choice would be best and place a check mark next to it. Be prepared to use this choice the next time you are faced with the stressful situation.

1. Cause of stress: _____

Solution: _____

2. Cause of stress: _____

Solution: _____

3. Cause of stress: _____

Solution: _____

- Practice deep breathing throughout the day, especially during stressful times. Inhale, or draw in air through a cinnamon stick or a straw to help you relax.
- Close your eyes and practice seeing yourself successfully handling a stressful situation without a cigarette. Make the picture as real as possible.
- Talk about stressful situations with friends or loved ones to get suggestions from them about dealing with the problem at hand. Talk with a clergyman or a counselor if you feel it's necessary.
- Remind yourself that **every problem has a solution that does not involve smoking.**

Handling the temptations to smoke during stressful times

- Separate the cigarette from the situation. Think back to a recent stressful situation. Ask yourself what a cigarette could have done to make the situation better.
- Step back, take a deep breath, and say to yourself, "I am in control" or "I can handle this." Then deal with the problem.
- If you become angry or upset with someone, tell yourself, "If I smoke, I am only hurting myself, not that person." Remind yourself that smoking is not a good way to get back at anyone.
- Leave the room or setting if necessary.
- Distract yourself. Always have something with you to read or do. (Do a crossword puzzle, write your next shopping list, read a magazine, knit, etc.)

Relaxation technique

Taking some time to relax each day will reduce the stress in your life. It will also give you the energy to deal with problems when they do occur. Practice this simple routine for at least 15 minutes each day. You'll be surprised at how calm and refreshed you'll feel.

- Find a quiet place where no one will bother you.
- Sit in a comfortable chair or lie on the floor.
- Think of a sound or a short word that you can say over and over to yourself.
- Close your eyes.
- Let yourself relax.
- Begin to breathe deeply and slowly, taking the air in through your nose and letting it out through your mouth. As you do this, say your special word over and over to yourself.
- Do this for 15 minutes each day.
- Don't worry if you have trouble clearing your mind the first few times. Just like everything else, it will get easier as you practice.

The preceding section "Stress Management" was adapted with permission from the University of Pittsburgh Interational Smoking Cessation Certification Program and the University of Pittsburgh School of Pharmacy.

UPMC Health Enhancement offers a stress management program. Call 1-800-533-UPMC (8762) for information about programs near you.

The New Smoke-Free You

These are the first days of the rest of your life — a longer, happier, healthier life — because you made the important decision to quit smoking and took action. For many years you have identified yourself as a smoker. Now it's time to change that identity. Start to see yourself as a nonsmoker or ex-smoker. Positive thinking will help you see yourself as a person changed for the better.

Focusing on the benefits you feel because you chose to quit smoking can help you see that your 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.

Check off the benefits you have felt in your new smoke-free life.

- I can breathe better.
 - I have an improved sense of smell.
 - I smell better.
 - I can taste my food more.
 - 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 _____
-
-

Quit Tip: Focus on the benefits of quitting to help you stay smoke-free.





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



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