

DOUBLE YOUR CHANCES OF QUITTING. MAKE A PLAN.



You can't rely on cold turkey alone!

To successfully quit smoking or using other tobacco products, it is important to make a plan.

You can call the **Washington State Tobacco Quit Line at 1-800-QUIT-NOW** to speak with a quit coach, someone who can help you create a plan, provide one-on-one counseling and give helpful, easy-to-follow information.

Quitting is a process that takes practice, patience and support. While the Tobacco Quit Line can start you off on the path to a tobacco-free life, it is up to you to make sure you stay quit for good. These easy-to-follow steps will help you develop your quit plan:

Step 1: Make a Decision

- What are your **reasons to quit** using tobacco? Health? Family? Cost? The future? Create a list of all the reasons, make several copies and post them in places where you will see them. Keep one copy with you at all times.
- Learn more about the dangers of tobacco use.** Talk to your doctor about the health effects, read about other people's experiences and learn from them. You may find more reasons to quit as you learn more about the effects of using tobacco products.
- Reduce your tobacco intake. Gradually reducing the amount of tobacco you use will make it easier to say goodbye for good on your quit date.

My reasons to quit smoking:

1. I'm always short of breath
2. Save money to pay my bills
3. My son's asthma is getting worse
4. Want to be around to see my grandchildren

January 2007				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	
8	9	10	11	
15	16	17 QUIT DAY!!!	18	
22	23	24	25	
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Step 2: Prepare to Quit

Talk to your doctor or call the Tobacco Quit Line to decide on a plan and resources that can effectively help you quit. Other local resources are available to help you find quit programs near you.

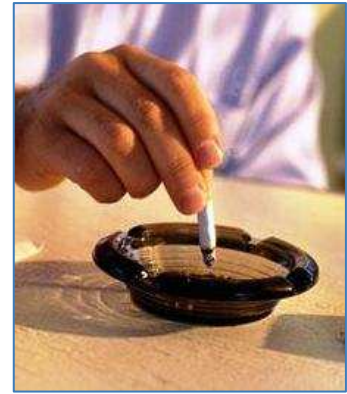
- Pick your quit date and mark it on your calendar.
- Tell friends and family about your plan to quit.
- Clean your home and car of all tobacco products.
- Stock up on oral substitutes -- sugarless gum, carrot sticks and hard sugar-free candy are good options.
- Practice saying, "No thank you, I don't smoke."
- Set up a support system. This could be a group, class or a friend or family member who has successfully quit.

Step 3: Quit Day

It is your quit day! By now you should be ready to quit and convinced that this is the right thing to do:

- Do not smoke or chew tobacco!
- Stay active. Try walking, exercising or doing other activities to keep your mind off of tobacco products. Carry a stress ball if it helps.

- Drink lots of water and juices.
- Begin using nicotine replacement therapy or join a class, if that is your choice.
- Avoid situations where the urge to use tobacco products is strong.
- Reduce or avoid alcohol.
- Change your routine.
- Use oral substitutes when you feel an urge.



Step 4: Deal with Withdrawal

Withdrawal from nicotine has two parts – the physical and the mental. The physical symptoms can be difficult to deal with, but nicotine replacement can help reduce cravings. Most people find that the bigger challenge of quitting is conquering the mental part.

- Recognize rationalizations** and write them down. These are false ideas such as: *“Today is not a good day; I’ll quit tomorrow,” “One more time won’t kill me.” “A lot of people smoke or chew and live to be 90.”*
- Avoid places where temptation is strong and people who might convince you to use tobacco.
- Alter your habits.** Switch to juices, teas or water instead of alcohol or coffee, take a different route to work or take a brisk walk or write your thoughts in a journal instead of taking a coffee break.
- Decrease you stress.** Exercise or do hobbies that keep your hands busy.
- Meditate**, take deep breaths and drink water.
- If you feel that you are about to light up or chew, delay. **Wait at least 10 minutes!** This simple trick will allow you to get past the strong urge to use tobacco.
- Save the money** you would have spent on tobacco and do something for yourself with the extra funds.

Step 5: Maintain Success

Staying quit is the final and most important stage of the process. You can use the same methods to stay quit as you did to help you through withdrawal. If you feel the urge to use tobacco remember to:

- Review your reasons for quitting** and think of all the benefits to your health, your finances and your family.
- Call the Tobacco Quit Line.** Quit coaches are there to help you through the tough times.
- Remind yourself that there is **no such thing as just one.** One cigarette or plug of chew will almost always lead to more.
- Read other people’s experiences online or write your own and encourage others to quit like you.

What if you do give in to temptation? Even if you do relapse, try not to get too discouraged. It takes most people several attempts before kicking the habit successfully. What’s important is figuring out what helped you in your attempt to quit and what worked against you. You can then use this information to make a stronger attempt to quit the next time.

WORKSHEET FOR YOUR QUIT PLAN

By thinking things through in advance and by choosing a quit date, you greatly increase your chance of success. Answering these ten questions will help you make a plan and stay tobacco-free.

1. Why do you want to quit?
2. What are the benefits of quitting?
3. If you tried to quit in the past, what helped? What didn't help?
4. What times of day do you crave tobacco, and what routine activities do you associate with it? (Examples: After lunch or while you're reading the newspaper).
5. How will you handle situations where the temptation to smoke is high?
6. Who will support you when you need someone to talk to about the quitting process?
7. What should you expect from withdrawal symptoms and how can you prepare?
8. Will you consider using medication to help you succeed?
9. How will you reward yourself for staying tobacco-free?
10. What will your quit date be?