



You've GOT
What It Takes.

A Self-help Guide to
QUITTING TOBACCO

THE OFFICIAL SPONSOR OF BIRTHDAYS.®





CONGRATULATIONS! YOU'VE DECIDED TO QUIT SMOKING – AND THE AMERICAN CANCER SOCIETY IS HERE TO HELP! **YOU'VE GOT WHAT IT TAKES** IS A GUIDE THAT WILL HELP YOU QUIT SMOKING FOR GOOD. THE BOOK CONSISTS OF THREE SECTIONS:



MAKING THE DECISION TO BE SMOKE FREE

Reminds you why it's important to quit smoking and gives ways to make quitting easier.

YOU HAVE WHAT IT TAKES!

Helps you prepare to stop. Lets you know what to expect. Gives advice on how to take care of yourself, along with tips to help avoid slip-ups.

BEING SMOKE FREE

Shows you ways to be tobacco free for good. Helps you prepare for hard situations that could make you smoke again. Talks about stress and peer pressure – and how to deal with it.

To get the most from this guide:

Even if you don't feel ready to quit, this book can help.

Keep in mind there's never been a better time to quit smoking.

Making the Decision to Be SMOKE FREE

QUITTING MAY NOT BE EASY, BUT THERE HAS NEVER BEEN A BETTER TIME THAN NOW! QUITTING SMOKING IS ONE OF THE BEST THINGS YOU CAN DO FOR YOURSELF, AND FOR THOSE AROUND YOU. BEFORE YOU BEGIN TAKING STEPS TO A NEW SMOKE-FREE LIFE, IT'S IMPORTANT TO LEARN MORE ABOUT TOBACCO – AND WHY YOU SHOULD QUIT SMOKING.



FACTS ABOUT SMOKING QUIZ

- Tobacco accounts for about one-third of all cancer deaths in the United States.
True or False
- How many young people under the age of 18 try their first cigarette every day?
A. 500 B. 2,000
C. 4,000 D. 5,000
- Smoking is associated with an increased risk of at least _____ types of cancer?
A. 10 B. 15
C. 4 D. 8
- Tobacco use remains the leading preventable cause of death in the United States, causing more than _____ deaths each year.
A. 120,000 B. 250,000
C. 310,000 D. 440,000
- Nicotine is the substance in tobacco that is very addictive.
True or False
- What chemicals are found in cigarette smoke?
A. Arsenic (used in rat poisoning)
B. Benzene (rubber cement)
C. Acetone (fingernail polish remover)
D. All of the above
- Light cigarettes are safer than other brands.
True or False
- On average, a smoker's life is shortened by how many years?
A. 6 B. 9.5
C. 11 D. 13.7
- What are some physical effects of smoking?
A. Gum disease and tooth loss
B. Erectile dysfunction
C. Wrinkles
D. All of the above
- Within 24 hours of quitting smoking, your chance of heart attack decreases.
True or False

You know that secondhand smoke is the smoke you exhale and the smoke that comes off the end of cigarettes, but do you know how harmful it is? Here are some quick facts about secondhand smoke. Check the ones you didn't know!

- Every year, 50,000 non-smokers in the United States die from secondhand smoke.
- Secondhand smoke from cigars is more dangerous than secondhand smoke from cigarettes.
- Non-smokers who breathe secondhand smoke get more lung cancer than non-smokers who don't.

WHAT'S IN THAT CIGARETTE?

Cigarette smoke contains more than 4,000 toxic chemicals. In addition to nicotine, cigarettes contain:

Arsenic: used in rat poison

Acetic acid: hair dye

Acetone: fingernail (polish) remover

Ammonia: household cleaner

Benzene: rubber cement

Cadmium: found in batteries

Carbon monoxide: poison

Formaldehyde: used to embalm dead bodies

Hydrazine: used in jet and rocket fuels

Hydrogen cyanide: poison in gas chambers.

Polonium: radiation dosage, equal to 300 chest x-rays in one year

Styrene: found in insulation material

Vinyl chloride: ingredient found in garbage bags.

ANSWERS

1. True 2. C, 4,000 3. B, 15 4. D, 440,000 5. True. Nicotine is as addictive as heroin and cocaine. 6. D, All of the above 7. False 8. D, 13.7 9. D. All of the above 10. True

THE PRICE OF SMOKING

You're coughing up more than you think when you smoke. Stopping smoking reduces your health risks, and it also adds money to your wallet. In the United States, smokers spend \$80 billion annually on cigarettes.



HOW MUCH DO YOU SPEND ON SMOKING?

Ever wonder how much money you are spending to buy those cigarettes? Answer these quick questions and you can find out.

How much does a pack usually cost you?
How many packs do you smoke a week?

Now plug these numbers into the following formula to find out how much you are spending in 1 year on cigarettes:

$$\frac{\text{_____}}{\text{(cost of a pack)}} \times \frac{\text{_____}}{\text{(number of packs smoked a week)}} \times \frac{52}{\text{(number of weeks in a year)}} = \text{_____}$$

That's a lot of money being spent on cigarettes, but imagine what else that money could be used for if you quit smoking – a new laptop, a shopping spree, money toward a trip, tuition payment. List some other things you could do with the money you'd save from quitting.

Why Do You Smoke?

You know what the risks are for yourself and others, but two strong forces may be holding you hostage to tobacco. Is it the physical addiction, or are you hooked on the habit? For some smokers, the physical addiction is stronger. For others, it's the habit and emotional dependency. But for most people, it's a combination of these forces hard at work.

Most smokers have regular habits associated with their smoking. When making the decision to quit, it's important to understand why you smoke and the reasons why you want to quit. What makes you want to smoke? You will need to learn to break these habits and not smoke when you used to. Check your reasons for smoking and reasons for quitting, and then add your own in each category.

Reasons for Smoking

- Friends do it
- Looks cool
- Addicted
- Weight control
- Habit
- To be rebellious
- Tastes good
- When I drink
- Relaxing
- Stress reliever
- My choice
- Gives me energy

Reasons to Quit

- Healthier for me
- Family wants me to
- Always sick
- Cancer
- Healthier for others around me
- Save money
- Yellow teeth, and hair and clothes smell bad
- Can prevent erections
- My boyfriend/girlfriend doesn't like it
- Causes wrinkles
- Makes me more appealing
- Feel more in control of my life
- People won't judge me.

Now Ask Yourself:

- Do my reasons for quitting matter more than my reasons for smoking?
- Are these reasons important enough to make me decide to quit soon?

What's STOPPING you?

It doesn't matter who you are or where you're from. All smokers have one thing – besides tobacco – in common: They can think of a bunch of reasons why now is not a good time to quit! We call these reasons "smokers' thoughts."

A smokers' thought is an excuse to keep using (or go back to using) tobacco that seems reasonable. It is usually based on a weak or hopeless feeling. It is **never** true.

It is OK to have mixed feelings about quitting. You just need to want to stop more than you want to smoke. Don't talk yourself out of quitting! Here are some common smokers' thoughts, with ways to turn them around.

I'll gain weight if I quit smoking!

Instead think:

"I might gain a little weight, or none at all. A few pounds is a small price to pay for quitting. I'll keep busy and watch what I eat. If I do gain, I'll take it off once I quit."

All my friends smoke.

Instead think:

"I quit for good, and my friends will accept and respect that. I am doing this for me."

Smoking really helps me deal with stress.

Instead think:

"I know I can learn a new way to deal with stress. I'll try deep breathing. I'll take a walk. I'll learn to calm down without a cigarette."

I've tried to quit before – this time won't be any different.

Instead think:

"Most people don't make it the first few times. I know more about my smoking than before. I'm going to use every trick in the book to quit."

Try a couple of your own!

Instead think:

Instead think:

Things That Help

It's not always easy to drop the smoking habit, and most people need some sort of help or support as they quit. Here are some ideas that might make it easier:



- Buddy System** – Find a friend or family member who also wants to quit, and do it together. You can provide each other with support and encouragement, as well as accountability along the way.
- Smoking Programs or Classes** – Arm yourself with information about the risks of smoking and how to quit. The more you know, the easier it will be to focus on quitting and staying quit.

Support Group – Join a group to get support from others trying to quit. Support groups are available to provide emotional support, friendship, encouragement, and understanding as you take the steps to quit together.

Medical Approach – Ask your parents or doctor about the nicotine patch, gum, lozenges, and other medications available that can help reduce withdrawal symptoms. Help with relieving some of the physical symptoms allows you to focus on the mental/emotional aspects of quitting. Studies show that medicines can double your chance of success, so if you are hooked consider these options.



Telephone Program – Contact a tobacco quitline service that can provide counseling services that are convenient for you. A counselor can help you plan a quit method that fits your unique smoking pattern, and helps keep you from making many common mistakes when you quit.

What stop-smoking method(s) will you try?

Ways to Quit

There are many ways to quit. Which one will work best for you? Read the descriptions and think about which one fits your situation best.



Cold Turkey – Pick a day to quit, and when it comes – stop smoking. You may have cravings at first, but they will pass with time. This is the fastest way to quit, and for most people, the most successful. If you have never tried quitting before, it's worth trying this method.

Cutting Down – For some smokers, reducing the number of cigarettes you smoke each day helps. Pick a day to stop (maybe 2 weeks from now), and cut out 1 or 2 cigarettes a day until then.

IMMEDIATE REWARDS OF QUITTING

- Breath smells better
- Stained teeth get whiter
- Bad smell in clothes and hair goes away
- Yellow fingers and nails disappear
- Food tastes better
- Sense of smell returns to normal
- Everyday activities don't leave you out of breath

Section
TWO

2

You've GOT What It Takes!

NOW THAT YOU KNOW THE FACTS ABOUT SMOKING AND QUITTING, IT'S TIME TO TAKE THE FIRST STEP TOWARD BEING SMOKE FREE – PICKING A QUIT DAY. TO HAVE YOUR BEST CHANCE AT SUCCESS, IT'S IMPORTANT TO BE PREPARED WHEN YOUR QUIT DAY ARRIVES. THIS SECTION WILL HELP PREPARE YOU FOR YOUR QUIT DAY BY LETTING YOU KNOW WHAT TO EXPECT AND PROVIDING TIPS FOR HOW TO COPE ALONG THE WAY.

PICK A QUIT DAY THAT IS A WEEK OR SO AWAY SO THAT YOU WILL HAVE TIME TO GET READY.

When is Your **QUIT** Day? (PICK THE DATE)

DON'T LET STRESS GET TO YOU! EVERYONE FEELS STRESS OF ONE KIND OR ANOTHER. SCHOOL, FAMILY, MONEY, OR JOB WORRIES ARE EVERYDAY BUMPS IN THE ROAD. DON'T TALK YOURSELF INTO WAITING FOR A LESS STRESSFUL TIME TO QUIT. YOU CAN LEARN NEW WAYS TO COPE WITH STRESS THAT INVOLVE BEING SMOKE FREE.



TRACKING WHEN AND WHY YOU USE TOBACCO

Most smokers have regular tobacco habits. In order to break these habits, you need to understand when and why you smoke. What makes you want to smoke? Do you smoke in the morning when you get up? Do you smoke in the car? Do you smoke with certain people? In order to quit, you'll need to learn not to smoke when you used to.

Here's what to do:

Your job today is to take some notes about every cigarette before you smoke it. Starting with the first time you smoke today, jot down these facts: the time of day, where you are and whom you're with, what you're doing, and how you're feeling. Ask yourself "how much do I need this cigarette?" Rate your need for cigarettes as "high," "medium," or "low." Even if you have more than one cigarette at a time, fill out the tobacco tracker for each one.

TOBACCO TRACKER			
Time	What was I doing? Where? With Whom?	How was I feeling?	My need was: High/Medium/Low
7:45 a.m.	Getting ready for class/my room/alone	Tired/busy day	High
2:30 p.m.	Driving to my job/with Jennifer, Susan, and Jackie in my car	Relaxed	Medium

The only time you should put off tracking notes is while driving. Once you arrive, take a few seconds to fill out the tobacco tracker before you get out of the car.

Track your smoking on at least one other day this week.

THINGS THAT MAKE ME WANT TO SMOKE

Make a list of the things that make you want to smoke and possible ways you can deal with them.

- _____

- _____

- _____

- _____

- _____

Check off the ones you know how to deal with.



Small changes will help you along the way.

Why track your tobacco? It will help you deal with tough situations that come up. If you are prepared, it will be easier to deal with sudden urges that might surprise you.

Look at your tobacco trackers, and using the box at the left make a list of situations or triggers that make you want to smoke. Write down ways to deal with each one.

TRY CHANGING YOUR ROUTINES.

Breaking the connection between your routines and smoking will help you beat the habit. This page has a bunch of ideas for handling common smoking situations (all tested by smokers who quit). You'll also find more suggestions throughout the book. Some of these will help most in the first few days, and others may become part of your regular routine.

If you smoke as soon as you get up: jump into the shower right away

- change the order of when you shower, dress, and eat
- take a five-minute walk around the block
- eat breakfast/drink coffee standing up, or in another room
- get up later, if possible, so you won't have time on your hands
- spend the time you would have spent smoking brushing your teeth or filing your nails

If you smoke in the car going to school/work: take a different route

- offer a ride to a non-smoker
- wash the inside of all windows (take a look at the brown scum on the rag: *You've been breathing that!*)
- lock the cigarette lighter from your car in the trunk
- buy a special CD to play only in the car
- grab a handful of coffee stirrers from a coffee shop to "smoke"
- keep a roll of mints or hard candy on the seat beside you

If you smoke when you're stressed or angry: take slow, deep breaths for 5 minutes

- take a quick walk
- squeeze a "stress" ball or rubber ball
- talk it out
- write it down



WHAT CAN I EXPECT WHEN I QUIT SMOKING?

While you are preparing to stop smoking, it is important to know what to expect – both good and bad.

Within a short time after quitting, your body is on its way to being healthier. During this time you might feel worse instead of better. It is during the initial period of quitting that you will experience "recovery symptoms" – that often include:

- Weight gain (caused by fluid retention)
- Dry, sore gums/tongue
- Feeling irritable, tired, or hungry
- Trouble sleeping
- Increased coughing

Believe it or not, these are good things. They are all signs that your body is cleansing itself of the nicotine. Most nicotine is out of your system in a couple of days.

BENEFITS OVER TIME

20 minutes after quitting: Your heart rate and blood pressure drop.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves, and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of someone who is still smoking.

5 years after quitting: The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years after quitting: The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx and pancreas decreases.

15 years after quitting: The risk of coronary heart disease is that of a non-smoker's.

It's good to be ready for withdrawal.

As soon as you stop using tobacco, nicotine and other tobacco poisons will start to leave your body. If you're hooked on nicotine, your body will tell your brain – through withdrawal symptoms – that it wants more. Withdrawal can be unpleasant, and if you are not prepared, it can cause you to slip up or give up on quitting.

Remember that withdrawal symptoms are part of the recovery process, and it means your body is healing. There are things that you can do to ease this process. Think about what you can do to help yourself feel better if you go through withdrawal. If you have tried to quit before, you may face the same symptoms as last time or you may have some others. The most common symptoms are listed on the right with a few suggestions for how to deal with them. Very few people have all of them, and no one has had them all at once.



I WILL TAKE CARE OF MYSELF DURING WITHDRAWAL.

Headache

- Acetaminophen
- Rest
- Warm bath
- Relaxation techniques
- _____

Feeling Dizzy/Lightheaded

- Close your eyes and breathe slowly.
- _____

Sore Throat

- Throat lozenges
- Hard candy
- Drink liquids.
- _____

Cough

- Cough drops
- Drink liquids.
- _____

Trouble Sleeping

- Cut down on caffeine.
- Read a dull book.
- _____

Constipation

- Eat more fruit and fiber.
- Drink more fluids.
- Exercise.
- _____

Feeling Nervous and Grouchy

- Cut down on caffeine.
- Deep breathing
- _____

Low Concentration

- Make a "to-do" list, and look at it often.
- Take extra time to get things done.
- _____

GIVE YOURSELF TIME.

A withdrawal symptom will fade in about 20 minutes – whether you smoke or not. This seems simple, but when withdrawal is strong or symptoms occur one after another, it's hard to think about anything but the "quick fix" – smoking. Don't let yourself think "just one cigarette won't hurt." Buy yourself time to get through the symptoms by following the 4D's on the next page.

4D's

WHEN YOU CRAVE TOBACCO TRY THE 4D'S TO BUY TIME.



1.

DEEP

breathing

Close your eyes, and breathe in through your nose and slowly out through your mouth.



2.

DRINK

a glass of water

Drink it slowly – sip by sip.



3.

DO

something else

Some activities trigger cravings. Take time to do something you enjoy.



4.

DELAY

wait it out

Remember cravings only last about 20 minutes.

Managing Cravings

BUILDING A QUIT KIT

Cravings can hit at any time, and you'll need to be prepared. Managing cravings by keeping yourself busy and your hands and mouth occupied can help break the habit of smoking.

Ways to keep yourself busy:

- Take up a hobby.
- Exercise.
- Work around the house.
- Relax.
- Spend time with others.

When you quit smoking, you'll need something to reach for other than cigarettes. Creating a Quit Kit with things to help you deal with different situations can be helpful. Keep your "bag of tricks" with you for the next couple of weeks, and reach for the things that help the most.

What will you put in your Quit Kit?

- Hard candy, lozenges, lollipops, mints, gum (keep hands and mouth busy)
- Straws, cinnamon sticks, coffee stirrers, toothpicks (non-food ways to keep hands and mouth busy)
- Child's puzzle cube, stress ball, rubber band, small toy to play with (keep hands and mind busy)
- Water bottle
- Encouraging note from a friend/family member (instant pep talk)
- Pencil and paper to doodle or write lists (keep hands and mind busy)
- Other ideas _____
- _____
- _____



Telling Others about Your Plan to Quit

Quitting is such a big step, and having a support network is very important during a quit attempt. Think about the people in your life who will be excited that you are quitting. Tell family and friends about your plan to quit, and let them know what you need and how they can help you in your efforts to quit. Getting support and encouragement from these people will help you keep up the good work. Below are some ideas about how your support group can help you; add your own ideas as well.

- Ask them to write you encouraging notes that you can carry with you.
- Ask them to send you encouraging emails to remind you to keep up the good work.
- When you know you are going to be in a tough situation, ask a friend to send you a quick text with an encouraging message.
- Ask them to take your late-night and early morning phone calls when you might really need them.
- Ask them to make plans for doing things in smoke-free settings.
- Other ideas

Building support through social media

Using social media is another way to connect and communicate with others while you are quitting. It provides a simple way for you to get support, encouragement, and advice whenever you need it. Using Facebook, twitter, various Web sites, online communities/networks, blogs, and chat rooms are all ways that you can be connected and get the support you need. They provide access to tools and tips for quitting smoking whenever you need them, and also provide a place to share your struggles and stories with other smokers, as well as family and friends. A good place to start is by sharing your plans to quit with others.

SHARE YOUR PLANS TO QUIT ON FACEBOOK AND TWITTER.

- Provides a quick and easy way for people to show you support and offer encouragement
- Holds you accountable because others know you are trying to quit
- Gives you a way to share your progress with others
- Lets others know you need tips or encouragement when you are struggling

Sample posts or tweets:

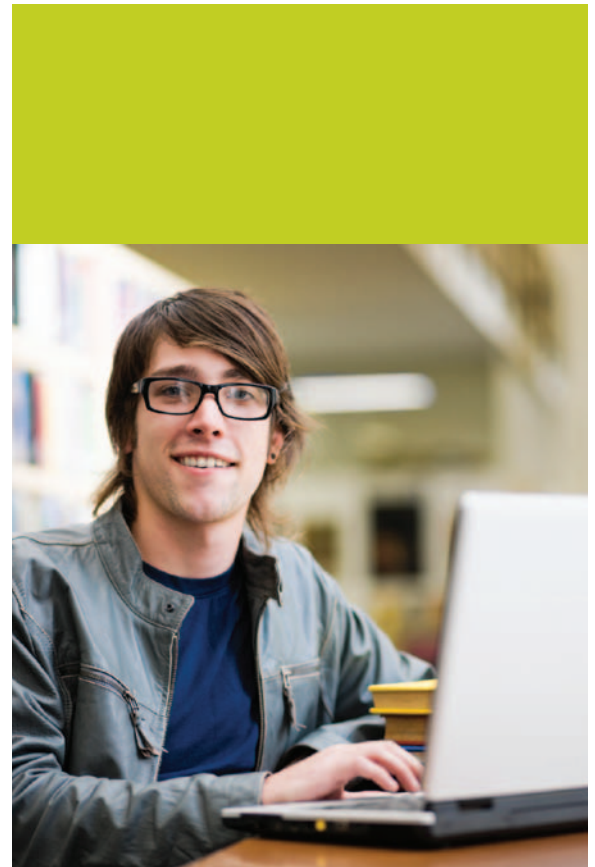
"Quit Day is here, and I'm ready to be a quitter! Today is the day I stop smoking!"

"Bring on Quit Day. I'm ready to be smoke free!"

"I made it a whole day without smoking. I wonder what else I can do?"

"Today was tough. I almost gave in."

"Cravings were bad today. Need some ideas for distractions."



More TIPS!

If you smoke when you're with your friends:

1 Sit next to a non-smoker in the group.

2 Ask friends who smoke not to offer you any.

3 Ask smokers you are with to keep cigarettes out of sight, not on the table.

4 Get up often and walk around.

5 Go to the bathroom.

6 Take deep breaths.

7 Keep a roll of mints, hard candy, or your Quit Kit with you.



FINAL PREP FOR QUIT DAY

A day or two before your Quit Day, take some time to review what you have done to get to where you are now.

Reality Check

- I know the facts about tobacco, and I know the reasons I am quitting.
- I tracked how I used my tobacco for at least 2 days. I made a list of tricky situations. I know what to do.
- I have a plan to handle withdrawal. I'm hoping to have an easy time – but I'm prepared for the cravings!
- I've thought about people I can count on who will support me while I'm trying to quit.

How Far Have You Come???

Congratulations!

Quit Day is **HERE.**

No matter how you feel today, it's good to be tobacco free. Don't forget:

- Withdrawal symptoms only last 20 minutes and will begin to fade after 3 days. Hang in there!
- Stay focused on the checklist in the Reality Check section on page 12.
- Make sure your Quit Kit is with you wherever you go.
- Look at your list of reasons for quitting whenever you need motivation.
- Give yourself a fresh start, and remove all tobacco and tobacco-related items from your home, work, and car.

Keep track of your tobacco-free days.

Month _____

S	M	T	W	T	F	S

Look ahead.

You are working hard to stay quit – and that work should be rewarded. Think of a special way to celebrate being tobacco free.

This is how I will celebrate my first week being tobacco free:

Being SMOKE FREE

KEEP YOUR EYES ON THE PRIZE.

DON'T FORGET THAT YOUR GOAL IS TO BECOME A NON-SMOKER FOR GOOD. TO STAY QUIT FOR THE LONG TERM MEANS THAT YOU'LL NEED TO STAY ALERT AND BE PREPARED FOR A WHILE LONGER. AFTER WITHDRAWAL SYMPTOMS FADE, YOU MIGHT FIND YOURSELF IN SITUATIONS WHERE OLD HABITS AND STRESSFUL TIMES WILL MAKE YOU WANT TO SMOKE.

THINGS WILL BE EASIER AS LONG AS YOU:

- STAY AWAY FROM TEMPTING SITUATIONS.
- REMEMBER TO PRACTICE ALL THE SKILLS YOU HAVE LEARNED.
- THINK OF YOURSELF AS A NON-SMOKER, AND STAY POSITIVE.
- REWARD YOURSELF FOR PROGRESS.
- RELAX.
- RELY ON SUPPORT.



CHALLENGES AHEAD

For many people who quit smoking, *stress* and *peer pressure* are two big obstacles to overcome. By understanding these challenges and learning ways to deal with them, you will have an easier time of avoiding smoking.

STRESS

Stress is how your body reacts to changes or demands, and it can mean different things to different people. These changes and demands can come from feelings, situations, or people. It is not uncommon to experience stress (both good and bad) every day. What's important is learning to cope with stress in healthy ways to increase your chances of staying smoke free.

Some examples of things that might cause stress include:

- | | |
|------------------------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Preparing for a test/exam | <input type="checkbox"/> Separation/divorce of parents |
| <input type="checkbox"/> Problems with friends/family | <input type="checkbox"/> Low self-esteem/self-image |
| <input type="checkbox"/> Starting a new job | <input type="checkbox"/> School/job demands or frustrations |
| <input type="checkbox"/> Having high expectations | <input type="checkbox"/> Boyfriend/girlfriend |
| <input type="checkbox"/> Overloading yourself with too many activities | <input type="checkbox"/> Financial struggles |

What type of stress are you facing now?

- _____
- _____

Warning Signs of Stress

- Can't concentrate
- Can't get out of bed in the morning
- Letting little things upset you
- Anxiety
- Stomach aches
- Overeating or undereating
- Can't relax
- Headache
- Problems sleeping

To decrease stress:

- Think positively** – It helps to “think on the bright side” and learn to accept the things you can’t do anything about.
- Have fun** – Find something you enjoy doing, and make time for it each day.
- Exercise** – Regular exercise improves your mood and helps calm you down.
- Take care of yourself** – Eat well, and get enough sleep. Keeping the body strong makes stress easier to manage.
- Avoid stimulants** – Limit your intake of caffeine, including coffee, tea, sodas, chocolate, etc.
- Build a network of friends** – Surround yourself with people who care about you and will be supportive.
- Breathe deeply** – Breathe in deeply through your nose, hold it as you count to 5. Then count to 5 as you slowly breathe out through your mouth. Repeat this for a few minutes.

“Find something you **enjoy** doing, and make time for it each day.”

How will you handle stress?

- _____
- _____
- _____
- _____



Peer Pressure

"Everyone else is doing it" ... How many times have you heard that? Making good, healthy decisions on your own is hard enough, but when your peers get involved, it is even harder. Now that you have quit smoking the last thing you need is to feel pressure from someone else. Decide now how you are going to handle situations where your peers are encouraging you to smoke.

Come on, one cigarette won't hurt you.

Sample response:
"No, I've come too far to give up now!"

You know you want to smoke.

Sample response:
"I might want to, but I'm not going to. I'm done with that!"

Come on, you're no fun to be around when you don't smoke.

Sample response:
"Then maybe we shouldn't be around each other. I'm not going to blow this now!"

Try your own:

Sample response:



Don't Let a Few Pounds Set You Back.

You may worry that gaining a few pounds will change your appearance. Remember what else smoking does to your looks: stains your teeth yellow, makes your clothes and hair smell, and causes wrinkles. If you do gain weight, the same skills you learned to help you quit can help you lose weight, too.

It may be easier to focus on staying healthy than to worry about your weight, which can cause extra stress. Make one change at a time. Concentrate on staying quit now, and gradually work toward improving your eating habits and developing an exercise plan to lose weight. When you do feel ready, just remember the tips on this page.

GET MOVING!

To keep fit while you quit, try adding activity or exercise to your day. Keeping active for 30 minutes a day 3 to 4 times a week will help keep you more fit, while reducing stress and helping you stay quit. It's the perfect time to try new activities or make more time for ones you enjoy, such as walking, jogging, biking, hiking, swimming, weight training, or exercise classes like aerobics or yoga.

WEIGH THE GOOD WITH THE BAD.

Some people gain weight when they quit smoking – why is that?

- You don't burn calories as quickly as you used to when nicotine was speeding up your system.
- You may be used to having a cigarette in your mouth, so now you use food as a substitute.
- You may be snacking more because you feel bored or stressed.

THERE IS GOOD NEWS.

Many people don't gain weight, and the average weight gain is somewhere between 7 to 10 pounds. What can you do to keep the weight down?

- Drink 6 to 8 glasses of water a day.**
This flushes the nicotine out of your body and lowers your cravings for sweets.
- Keep moving to burn more calories.**
Small things – taking the stairs, carrying books/boxes, working in the yard, or taking walks – can make a big difference.
- Keep low-calorie, low-fat foods on hand.**
Eat less red meat, cheese, chips, cookies, and pastries. Pack fruit, veggies, and slim snacks to take with you wherever you go. *(See snack ideas below.)*

Slim Snacks

Here are a few low-calorie snack ideas – some salty, some crunchy, some sweet. Perfect to satisfy your cravings and hunger whenever they hit.

- Pretzels
- Carrot sticks or stalks of celery
- ½ bagel with jam
- 1 cup berries
- Orange or banana
- ½ cup cereal
- Rice cakes
- Popcorn
- Sugarless candy



One slip does not have to lead to another.

You've gone days, even weeks without a cigarette, and then you find one in your hand. Will this undo all your hard work? No! If you had a cigarette (or 2 ... or 3 ... or more ...), take these steps to get back on track:

- If you bought a pack, get rid of it.**
- Figure out why you slipped.** This will help you figure out what to do next time. Ask yourself: Where was I? Whom was I with? What time of day was it? What mood was I in? What makes me smoke? What can I do differently next time?
- Watch for "smokers' thoughts."** Don't downplay the slip by saying "I only smoked a couple, no big deal." Turn that around and think "Having a cigarette is dangerous – I can't let it happen again." Check your smokers' thoughts on page 4.
- Remember how far you've come.** You know how to resist the urge to smoke.
- Get ready for a brief rise in cravings.** Brush up on your 4 D's: **Deep** breaths, **drink** water, **do** something else, **delay**.
- Talk to someone.** Find a friend or family member who has quit and knows what you're going through.
- Talk to yourself.** "The past is the past – I've learned from it. I don't need to smoke anymore."

If you go back to smoking, you **can** quit again. Most people try more than once before they quit for good. If you're smoking again, it's not a failure, but a step along the way. When you try again, you will have more experience behind you.

A PAT ON THE BACK

Quitting smoking is hard work, and rewarding yourself for being smoke free is important. You know you will see benefits down the road like living longer and enjoying better health, but reminding yourself of the progress you're making now will help inspire you to stay quit for good! Reward yourself because you deserve it!

Think of a few ways to reward yourself that you can do anytime. Here are some ideas:

- Spend some time at a favorite place – a park, the mall, the beach, a museum.
- Buy yourself a small gift, or buy one for someone you care about.
- Plan some special time with family and friends doing things you enjoy.



BIG MILESTONES DESERVE BIG REWARDS.

“Anniversaries” of your Quit Day should be rewarded as well. Once you have stayed quit for 3 weeks, 3 months, and 1 year, what will you do for yourself?

Daily Rewards	Big Rewards
Here are some ways I can reward myself each day for not smoking:	After three weeks smoke free, I'll reward myself by _____ _____
<input type="checkbox"/> _____ _____	After three months smoke free, I'll reward myself by _____ _____
<input type="checkbox"/> _____ _____	After one year smoke free, I'll reward myself by _____ _____
<input type="checkbox"/> _____ _____	
<input type="checkbox"/> _____ _____	

QUITTING TOBACCO MAY BE ONE OF THE HARDEST THINGS YOU HAVE EVER DONE – AND YOU ARE WELL ON YOUR WAY TO STAYING QUIT FOR GOOD. DON'T LOWER YOUR GUARD YET. SITUATIONS MAY COME UP THAT TEMPT YOU TO SMOKE, BUT NOT SMOKING WILL GET EASIER EACH DAY.

AT ANY POINT THAT YOU NEED ENCOURAGEMENT, YOU CAN GO BACK THROUGH THIS BOOKLET FOR HELP OR TURN TO THESE HELPFUL RESOURCES:



RESOURCES

American Cancer Society

250 Williams Street
Atlanta, GA 30303
1-800-227-2345
www.cancer.org

American Legacy Foundation

1724 Massachusetts Avenue, NW
Washington DC 20036
202-454-5555
www.legacyforhealth.org

National Cancer Institute (NCI)

6116 Executive Boulevard, Suite 300
Bethesda, MD 20892
1-800-4-CANCER (1-800-422-6237)
www.cancer.gov

American Lung Association

1301 Pennsylvania Avenue, NW, Suite 800
Washington DC 20004
1-800-LUNG-USA
www.lungusa.org

Centers for Disease Control and Prevention (CDC)

Office on Smoking and Health
4770 Buford Highway, NE Mailstop K-50
Atlanta, GA 30341
770-488-5705
www.cdc.gov/tobacco

Nicotine Anonymous

6333 E. Mockingbird #147-817
Dallas, TX 75214
1-877-TRY-NICA (1-877-879-6422)
<http://nicotine-anonymous.org>

Now that you've set yourself free from cigarettes, celebrate the new you. Sit back and enjoy yourself. You're on the road to a healthier, happier life!

Soak in the bathtub • Play on a computer

Laugh • Read a book • Go for a walk

Listen to music • Spend time with a good friend

Try yoga • Exercise • Go bowling • **Sing**

Do something spontaneous • Rent a movie

Write a poem • Go for a drive

Play basketball • BLOG • Watch a DVD

Walk the dog • **PLAY VIDEO GAMES**

Have lunch with a friend • Do homework

Call a friend • Go to a museum

Watch TV • Go shopping/to the mall

Create art • **Think positively**

Meditate • Skateboard • Try something new



We **save lives** and create more birthdays
by helping you stay well, helping you get well,
by finding cures, and by fighting back.

cancer.org | 1.800.227.2345