



**Don't give up  
giving up.**

# Congratulations on your decision to become smoke-free!

Bronson is committed to improving the health of our community. One of the ways we can accomplish this is by educating people on how to make better decisions about their health and well-being. We have created this workbook to help you become a healthier, smoke-free person.

If you have tried to quit smoking in the past, you already know how hard it can be. Some people can stop when they first try. Others try to quit smoking several times before they break the habit for good.

Use this workbook to learn what you can do to quit smoking.

Realizing that you want to quit smoking is the very first step to being smoke-free. Everyone must begin at this stage.

Quitting smoking may be one of the hardest things you will ever have to do. But, with a little effort and persistence, you can do it!



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# Step 1: Decide to Quit

## **What do I need to know about smoking?**

Smoking causes illness that can affect almost every aspect of your life. It can make you disabled and dependent on other people.

The US Surgeon General has said, “Smoking cessation (stopping smoking) represents the single most important step that smokers can do to enhance the length and quality of their lives.” Data taken in the 1990’s from the Centers for Disease Control (CDC) estimate between 13 & 15 years of life was lost due to illnesses caused from smoking.

People who quit smoking before age 50 cut their risk of dying in the next 15 years in half.

Do you want to enjoy a higher quality of life with fewer illnesses?

Eighty percent of smokers say they would like to quit. Are you one of them?

## **Why is it so hard to quit smoking?**

Nicotine is a drug found naturally in tobacco. It is highly addictive. Nicotine produces pleasant feelings that make you want to smoke more. But, after a while, you grow tolerant of nicotine and need more to keep those pleasant feelings.

## **Why should I quit?**

### **Health**

Your health is one of the top reasons you should quit smoking. About half of all smokers who keep smoking will die from a smoking related illness. When you inhale cigarette smoke, the nicotine gets into your bloodstream from your lungs. It travels throughout your body, and affects your lungs, heart, brain, blood vessels, metabolism and hormones.

### **Cancer**

Smoking can cause lung cancer. Few people realize smoking increases your risk

for other kinds of cancers like mouth, voice box, throat, esophagus, bladder, kidney, pancreas, cervix, ovary, colon or rectum, stomach and some leukemia's.

### **Lung diseases**

Smoking increases your risk of getting lung diseases like emphysema and chronic bronchitis; these are also known as chronic obstructive pulmonary disease (COPD). COPD can begin to develop in your 40's and get worse as you get older. Pneumonia can also develop because you smoke.

### **Heart disease, stroke and blood vessel disease**

Smokers are twice as likely to die from a heart attack than a non-smoker. Smoking leads to narrowing of the blood vessels leading to peripheral vascular disease (PVD). This can lead to a stroke. Men can also suffer from erectile dysfunction (impotence) because of blood vessel disease.

### **Risks to women and babies**

Women over 35 who smoke and use birth control pills have a higher risk of blood clots, stroke and heart attack. Women who smoke are more likely to miscarry or have a low birth weight baby. These babies are more likely to have learning and physical problems.

### **Blindness**

Smoking increases your risk for eye diseases such as macular degeneration. This is one of the most common causes of blindness in older people.

### **Skin problems**

People who smoke develop premature wrinkles and yellowing of the nail beds and skin.

## Cost

Smoking is expensive. The table below can show you how much money that you can save if you quit smoking.

<b>Packs per day you smoke</b>	<b>You spend per day</b>	<b>You spend per month</b>	<b>You spend per year</b>
<b>1</b>	\$6.00	\$180	\$2190
<b>2</b>	\$12.00	\$360	\$4380
<b>3</b>	\$18.00	\$540	\$6570

## Social acceptance

Smoking is less socially accepted today than in the past. Almost all public and work places have rules about not smoking. Property owners may choose to not rent to smokers. Smokers may not notice their odor after smoking. Friends and family may avoid you because they do not like the odor. They may not like you smoking at their house. People fear that being around smokers will increase their risk for illness.

## Health of others

Smoking not only hurts you, it also hurts the ones you love. Nonsmokers who breathe secondhand smoke have the same illnesses as a smoker. Children can develop asthma, frequent colds, ear infections and other breathing problems. Infants are at greater risk of Sudden Infant Death Syndrome (SIDS). Even unborn babies are at higher risk when their mothers are around second hand smoke.





### Activity

Write down the reasons you want to quit smoking. Look at these when you are craving a cigarette.

- 1.
- 2.
- 3.
- 4.
- 5.



# The Benefits of Quitting Smoking

After you quit smoking, you may notice some benefits right away and some that will happen over time. These benefits can improve your daily life.

- **20 minutes** after you quit smoking:
  - Your blood pressure and pulse rate return to normal.
  - The temperature of your hands and feet return to normal.
- **8 hours** after you quit smoking:
  - Carbon monoxide levels in your blood drop to normal.
  - Oxygen levels begin to increase.
- **24 hours** after you quit smoking:
  - Your risk of having a heart attack decreases.
- **2 weeks to 3 months** after you quit smoking:
  - Your circulation improves and your lung function increases up to 30 percent.
- **1 to 9 months** after you quit smoking:
  - Coughing, sinus congestion, fatigue and shortness of breath decrease. The cilia (hair-like fibers in your windpipe) regain normal function in your lungs. This increases your ability to handle mucus, helps clean your lungs, and reduces your risk of infection.
- **1 year** after you quit smoking:
  - Your chance of having a heart attack is cut in half!
- **5 years** after you quit smoking:
  - Your stroke risk is reduced to that of a non-smoker.
- **10 years** after you quit smoking:
  - Your risk of dying of lung cancer is about half that of an active smoker.
  - Your risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.
- **15 years** after you quit smoking:
  - Your risk of coronary heart disease is that of a non-smoker.
- **Other Benefits:**
  - Your breath will smell better.
  - Your stained teeth get whiter.
  - Your hair and clothes smell better.
  - The yellowing on your fingernails and skin will get better.
  - Food will taste better
  - Your sense of smell gets better
  - Your daily activities will become easier.

# Step 2: Plan to Quit

## Pick a quit day

Now that you have decided you want to quit smoking, it is time to pick a quit date. Make sure you pick a date that works best for you, but don't wait too long or you may change your mind. You will need to prepare for this big day. Make a strong personal commitment to quit on that day. Here are some methods and examples.

Do not forget to reward yourself (with something other than a cigarette!). Whether you wait an extra hour in the morning before you have your first cigarette, or you go a whole day without one, it is important to reward yourself.



### Activity

Read the methods of quitting smoking in the table below. Pick one or more methods you think may work to help you quit smoking.

Methods	Examples	My Method
<b>Cold turkey</b> Quitting cold turkey means to stop smoking at once without using any medicine to help.	On your quit day you simply stop smoking. You throw out all your cigarettes and ashtrays and vow not to smoke.	
<b>Tapering</b> You quit by tapering or reducing the amount of cigarettes you smoke each day until you are not smoking.	Day 1: Smoke as usual Day 2: Smoke 2-3 less than usual Day 3: Smoke 4-6 less than usual Day 4: Smoke 6-10 less than usual Day 5: Stop smoking	

<b>Methods</b>	<b>Examples</b>	<b>My Method</b>
<p><b>Scheduled reduced smoking</b></p> <p>Smoking at specific times of the day. For instance, smoke a cigarette within five minutes of each scheduled time. If you miss the time, you miss the smoke. Over a few days, the time between cigarettes gets longer.</p>	<p>Day 1: Smoke every hour from 6am to 10pm.</p> <p>Day 2: Smoke every 2 hours from 6am to 10pm.</p> <p>Day 3: Smoke every 4 hours from 6am to 10pm.</p> <p>Day 4: Smoke every 8 hours from 6am to 10pm.</p> <p>Day 5: Stop smoking</p>	
<p><b>Scheduled non reduced smoking</b></p> <p>You smoke at scheduled times throughout the day. Then you stop on your target-quit date.</p>	<p>Smoke a cigarette each day at the same time each day (one per scheduled hour).</p> <p>Do this for a certain amount of days then quit on your target-quit day.</p>	
<p><b>Telephone based quit lines</b></p> <p>Quit lines are smoking cessation programs that provide callers with information and services such as counseling services, education, and nicotine replacement services. Quit lines are available 24/7 to help you cope with quitting.</p>	<p>Use the resources at the end of this booklet.</p> <p>You can also call 1-866-971-7848 (QUIT) to find out if your employer, health plan or state provides coaching services by the American Cancer Society.</p>	
<p><b>Medicines</b></p> <p>Will be discussed on page 14</p>		

## Know your triggers

Recognizing what makes you want to smoke and knowing how to change it is key. Following are some of the most popular times people crave cigarettes.

<b>Time:</b>	<b>Suggestions for change:</b>
Waking up in the morning	Change your morning routine. Exercise and shower immediately.
Drinking coffee	Switch to tea, juice, water or milk. Make enough for one cup of coffee, not a whole pot.
After meals	Clear the table and do the dishes. Brush and floss your teeth. Take a walk. Chew gum or have a mint.
Talking on the phone	Limit the length of calls. Have a pencil and paper handy for doodling. File your nails.
Watching television	Sit in a different place than usual. Have a low-calorie or healthy snack handy. Work on a craft project such as sewing, knitting or building a model.
Driving	Clean and remove ashtrays or fill them with hard candy or mints.



### **Activity**

Write down the reasons or times you want to smoke. This can help you to prepare for those tough times. Write what you can do instead of smoking.

- 1.
- 2.
- 3.
- 4.

## Plan for cravings and withdrawal symptoms

Now that you have decided to quit, there are going to be times when you feel like you really need to smoke. These cravings or urges can come at any time, especially when dealing with a stressful situation or at a moment when you used to smoke. Know that these cravings will not last.

Withdrawal symptoms can be hard to handle. Remember they are not life threatening. There are many ways to help manage cravings and withdrawals. Use your support systems, phone a friend, call a quit line, do something to distract yourself.

Use the following “5 Ds,” to help you get through each craving without lighting up:

- ▶ **Delay.** Resist the temptation to smoke. Remember, cravings do not last long. Holding out for a few minutes will allow the craving to pass.
- ▶ **Deep Breathing.** This can be the most powerful of the “5 Ds.” Every time you crave a cigarette, inhale the biggest breath you possibly can. Purse your lips like you are giving someone a kiss and slowly exhale. Close your eyes (if you can), relax your body, and let your head fall to your chest. Keep breathing like this until the urge has passed.
- ▶ **Drink Water.** Drink lots of water to help flush the nicotine out of your body. Drink slowly and hold the water in your mouth for a second before you swallow.
- ▶ **Distract.** Take your mind off smoking. Think about something else or get up and walk around.
- ▶ **Discuss.** Talk about your thoughts and how you are feeling. Call a friend or someone from your support group. Even talking to your pets or plants will help take your mind off smoking.

## How to handle stress

When you enter into a stressful situation, you may feel that just one cigarette will not hurt. **Do not give in!** Instead of lighting up, do something else.

You may want to keep these things handy when a stressful situation arises:

- stress relief ball, Play-Doh®
- straws, toothpicks, hard candy or gum
- crossword puzzle, Suduko®
- pillow to punch or squeeze

Another way to handle stress is to think of the “3 Rs”:

- ▶ **R**emind yourself why you quit smoking.
- ▶ **R**ehearse or think about what you should do when you feel the urge to smoke.
- ▶ **R**eward yourself each time you make it through an urge to smoke without lighting up

## Unpleasant symptoms of withdrawal

These can include:

- mood swings
- general feelings of unhappiness
- anxiety
- coughing
- constipation
- decreased heart rate
- hard to focus on thoughts
- dry mouth
- headaches
- increased appetite
- irritable
- hard to sit still
- trouble sleeping

## Medicines that help you stop smoking

Nicotine replacement therapies are medicines that help people decrease or stop the withdrawal symptoms. They give a controlled dose of nicotine without the harmful chemicals of cigarette smoke.

Bupropion reduces the symptoms of nicotine withdrawal by acting on the chemicals in the brain.

Varenicline lessens the pleasure sensations in the brain you get when you smoke. It helps you feel like smoking isn't so great. The symptoms of nicotine withdrawal are reduced.

Type	Form	Name	Availability
Nicotine Replacement Therapy (NRT)	Gum	Nicorette	Over the Counter (OTC)
	Patch	Nicoderm	OTC & Prescription
		Habitrol	
		ProStep	
		Nicotrol	
Lozenge	Commit	OTC	
	Nasal Spray	Nicotrol	Prescription
	Inhaler	Nicotrol	Prescription
Bupropion	Pill	Zyban	Prescription
Varenicline	Pill	Chantix	Prescription



### Activity

Look over the chart above and **circle** any of the medicines you would like to try to help you quit smoking. Talk with your doctor about these medicines.

# Step 3: Your Quit Day

**Today you are quitting smoking.  
Congratulations on making it this far!**

On your quit day, follow these ideas:

- Do not smoke. Not one puff.
- Keep active
- Drink a lot of water
- Begin using nicotine replacement if you choose to do so. Use as directed.
- Follow your plan
- Avoid situations that lead to smoking
- Avoid alcohol
- Change up your routine
- Line up your support - friends, family, phone, support groups
- Remember your reason to quit - write them down
- Stock up on healthy snacks

## **Rationalizations are sneaky**

Rationalizations are mistaken thoughts that may seem to make sense. The thoughts are not based on reality. These thoughts can lead to smoking:

- just one puff is ok
- life is no fun without smoking
- it's not a good day, a cigarette will make it better

Do not give in to rationalizations. Use the Five D's to help remove those thoughts from your mind. Reward yourself for not giving in.

## Worried about weight gain?

Not everyone who stops smoking gains weight. Nicotine replaces the feelings of hunger so when you remove nicotine hunger returns. Going on a diet at the same time you are trying to quit smoking is not a good idea. Dieting can leave you feeling run down and stressed. The best way to control your weight when you quit smoking is to go back to the basics. Make sure you drink plenty of water and eat well-balanced meals with smaller portions. You can prevent most weight gain by increasing your activity levels and eating healthy food.

Here are some simple ways to avoid moderate weight gains:

- Get moving
- Take the stairs
- Sweep the floor
- Take a walk
- Take an exercise class or exercise at home
- Ride a bike
- Volunteer
- Some tips for healthy eating are:
  - Eat at least five servings of fruits and vegetables a day
  - Switch to low- or non-fat dairy
  - Buy leaner cuts of meat
  - Remove the skin from chicken
  - Avoid fried foods
  - Read food labels - choose foods that are lower in fat and sugar
  - If you get hungry between meals, eat a healthy snack

# Step 4: Stay Quit

## Have a slip or a relapse?

A slip is if you have one or two cigarettes but you go back to not smoking again. It's ok. Don't get mad at yourself. Quitting smoking is hard work but it is within your control.

A relapse is if you begin to smoke again. Try not to be discouraged if you start smoking again. Most relapses occur within the first three months of being smoke-free. This is completely normal and does not mean you have failed. Most people try several times before they are finally able to quit for good. Each time you quit smoking, write down what worked well and didn't work for you. This will help guide your efforts to quit.

## Mental rehearsals

You may want to rehearse for those times when you are worried you may slip or relapse. If you plan for these situations, you won't be caught off guard. Here is an example of mental rehearsing:

Tough situation	Actions	Thoughts	Mental rehearsal
Attending an activity where people are smoking	Go to the party with a nonsmoking friend who will support your effort to not smoke	<p>"I'm a nonsmoker"</p> <p>"I don't want to smoke"</p>	<p>Imagine you are at a party and someone asks you to go outside to smoke. Close your eyes and picture your thoughts as you say, "No thanks, I don't smoke".</p> <p>Imagine the sense of pride at your success. Now imagine that desire for a cigarette fading away.</p> <p>Replace the once happy feeling of smoking with a new happy feeling of being in charge of your health.</p>
Waking up in the morning	Jump right into the shower instead of smoking.	<p>"A warm shower will feel so good this morning"</p> <p>"I am not going to smoke"</p>	<p>Imagine the warm flow of water providing the comfort you crave. Close your eyes and remember the smell of the soap on your skin.</p> <p>Smile as you replace the once happy feeling of smoking with a new happy sensation.</p>

## Reminders to help you “Stay Quit”

### Reward yourself

- Start up a savings account with the money you usually spend on cigarettes. If you smoked a pack per day that would save you over \$2000.00 a year. That would be a nice vacation.
- Treat yourself to a special coffee or a piece of chocolate or a new pair of shoes.
- Have your car detailed.
- Hire a house cleaner for a week.
- Celebrate your “Stay Quit” success.

### Be active

Find an activity that keeps you busy. You need to replace your old behavior patterns so you won’t go back to your habit of smoking.

### Avoid temptations

Avoid places and situations where you are tempted to smoke. Review the activities you wrote down on page 11.

### Remember your reasons for quitting

Review the reasons you wrote down on page 6.

### Change your habits

Use the 5 D’s to help you avoid smoking by changing what you are doing in that moment of craving.



### Don’t give up giving up

Try again. Write down what worked and what didn’t work. Make a new plan and try again.

**YOU CAN DO IT!!!**

## Stress Management

Stress affects all of us. It can also lead to slips or relapses. Reducing your stress can help you to be a successful quitter. There are relaxation techniques you can try to help manage your stress.



### Activity

Read over the stress management exercises below. Practice these to help manage your stress.

### Deep breathing exercise

- Sit comfortably with your back straight.
- Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Feel the cool air entering your nose.
- Let yourself pause before you exhale.
- Exhale through your mouth, allowing the air to go out while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Feel the warm air exit your mouth.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls as you exhale.
- Do this for 5 minutes once or twice a day or when you feel tense.
- If you get dizzy, stop the exercise.

### Muscle relaxation exercise (Don't do this exercise if you have a muscle injury)

- Scan your body for tension. Focus on your head, face, neck, shoulders, arms, fingers, chest, lower back, buttocks, thighs, calves, feet, toes; one part at a time. When you focus on each area, you should tighten your muscles then release the tension & relax them.
- Feel the tension melting away.
- Now pay attention to your breathing and follow the above exercise.
- Repeat the tightening and relaxing of your muscles.

**Other community resources that may help you:**

- American Cancer Society ([www.cancer.org](http://www.cancer.org))  
Tobacco Quit Line 1-800-QUITNOW (1-800-784-8669)
- American Lung Association ([www.lungusa.org](http://www.lungusa.org))
- [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)
- [www.quitnow.net](http://www.quitnow.net)



**Don't give up  
giving up.**

Keep this card with you in your wallet or purse as a reminder during stressful times.

**5 D's**

Get through cravings without lighting up

Delay  
Deep Breathing  
Drink Water  
Distract  
Discuss

---

**3 R's**

**Another way to handle stress is to think of the following:**

- ▶ **Remind** yourself why you quit smoking.
- ▶ **Rehearse** what you should do when you feel the urge to smoke.
- ▶ **Reward** yourself each time you make it through an urge without lighting up.



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