

QUIT SMOKING FOR GOOD

The Take Control Guide



Ready To Quit Smoking?

You may be ready to go. Or maybe you aren't sure. Either way, if you want to quit smoking, this booklet is for you.

The Take Control Guide was made by the California Smokers' Helpline (1-800-NO-BUTTS). The Helpline is operated by the University of California, San Diego, and has served close to 1 million people since 1992.

Over the years, we've learned a lot about what helps people quit. This booklet draws from that experience.

So how do you quit? It starts with learning how to take control of cigarettes, instead of them control you. It's true that quitting smoking can be hard. But with motivation and a plan, you can do it!



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Warming Up

COMMON QUESTIONS ABOUT QUITTING

Smoking is a part of my life. What will I do without it?

The key is to find something else to do that makes you happy and keeps you busy. This will help you get used to your new life without smoking.

The last time I tried, I failed. How do I get past thinking that I just can't quit?

Most people try several times before they quit for good. Think of your past quit attempts as “practice” for the real thing. What helped and what didn't? Knowing this can help you quit for good this time.

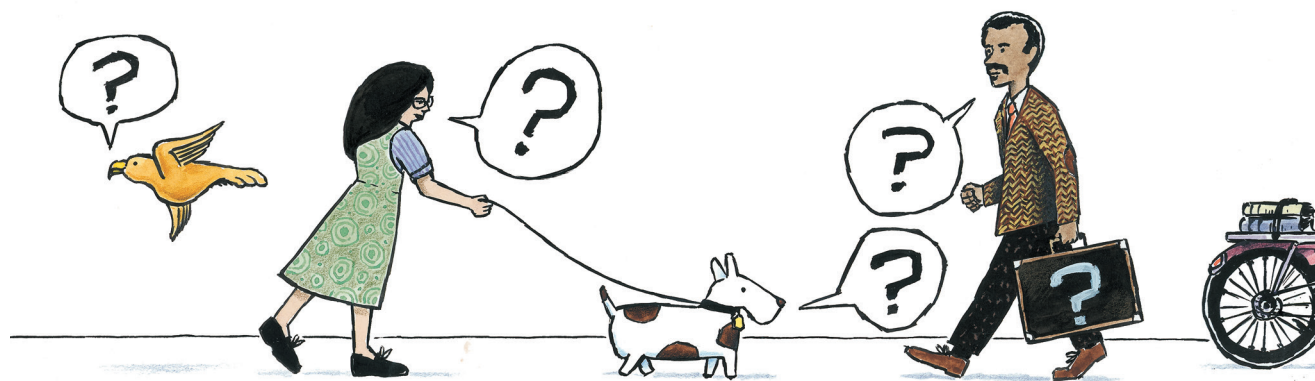
Will cutting down help me to quit?

It can, as long as you plan to quit all cigarettes at some point. Cutting down can help build confidence along the way. But it is important to set a quit date and stick to it.

The last time I quit, I was not nice to be around.

What can I do to not put my family through that again?

It's true, quitting smoking can make you feel stressed. But a good plan can help you handle this. You can also ask your family to be patient. You will start feeling better within a few weeks.



Should I use the patches or some other quit aid?

Many people find that quit aids help. But some people still prefer to quit cold turkey. You can talk with your doctor about what is right for you. For more info on quit aids, see page 11.

What should I expect when I quit?

Here are some things you may notice when you quit:

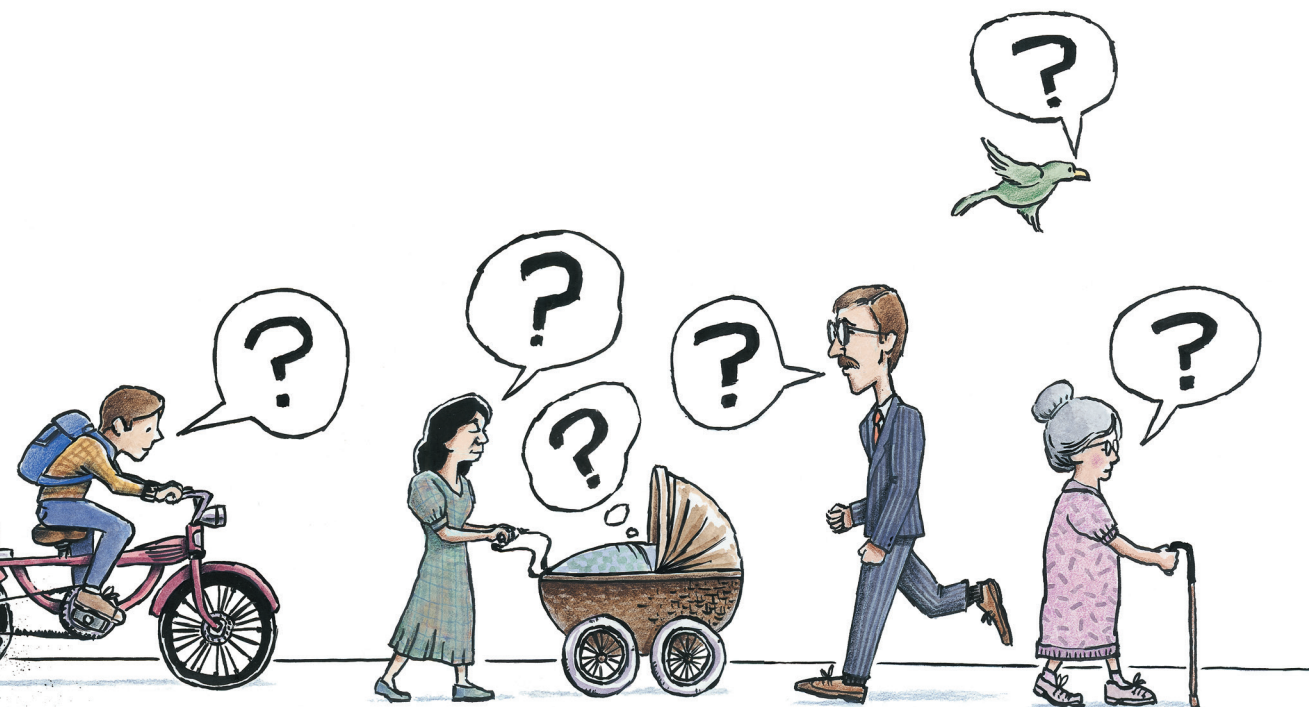
- Hard to be around smokers
- Good and bad days
- Withdrawal symptoms, like irritability
- Strong cravings at first, but they get weaker over time
- Easier to breathe
- Feeling proud of yourself

How do I get started?

Congrats for asking this question! This booklet has lots of info that can help.

Here are some key pages to check out:

- Find your reason to quit, page 7
- Learn about quit aids, pages 10–11
- Pick a quit date, page 12
- Know your triggers and ways to deal with them, pages 12–14



MOTIVATION: THE BASICS

Before you try to quit, it's good to think about why you want to do this. In other words, find your motivation.

Motivation is what drives you to do something.

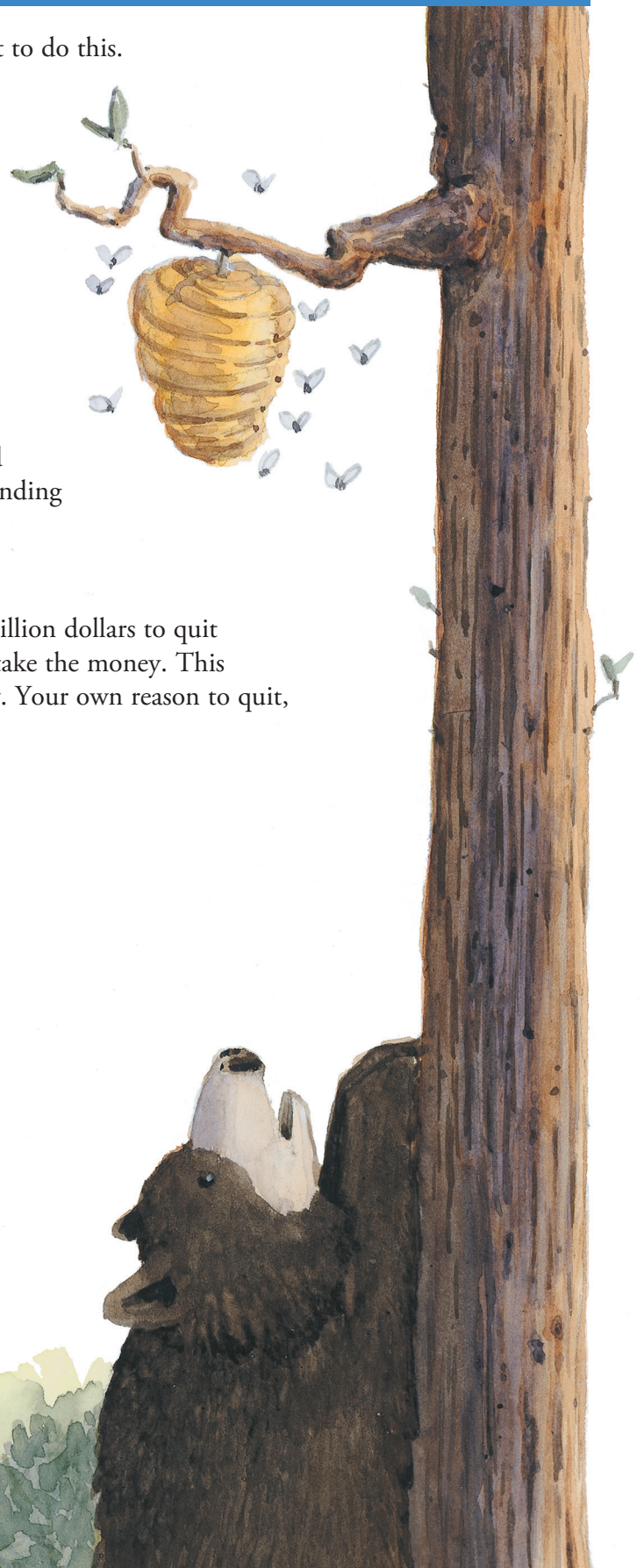
For example, have you ever felt out of breath going up stairs? Your motivation to quit smoking could be wanting to breathe better.

Motivation can come and go.

This may sound familiar: "I want to quit, but cigarettes help me deal with stress." It's normal to have mixed feelings, both before and after you quit. Sometimes you feel motivated and sometimes you don't. This is why you need to keep reminding yourself why you are quitting.

Can you quit smoking? Yes you can!

Everyone has what it takes to quit. If someone offers you a million dollars to quit smoking, what would you do? Most people would quit and take the money. This shows that quitting is really about motivation, not just ability. Your own reason to quit, if strong and specific, can motivate you in the same way.



WHAT'S YOUR MOTIVATION?

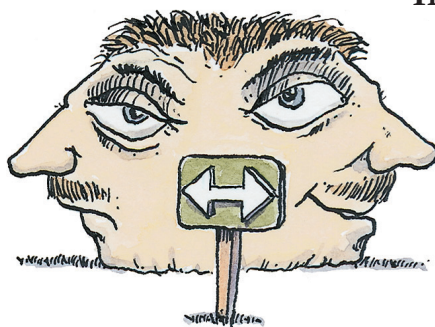
Smoking vs. Quitting

Try this to find out if your motivation is strong enough to quit:

- Fold a blank sheet of paper in half.
- On the left side, write down your reasons for smoking.
- On the right side, write down your reasons for quitting.
- Ask yourself – Which side has reasons that are most important to me? This helps you know if you are leaning toward smoking or quitting.

If you're leaning toward smoking...

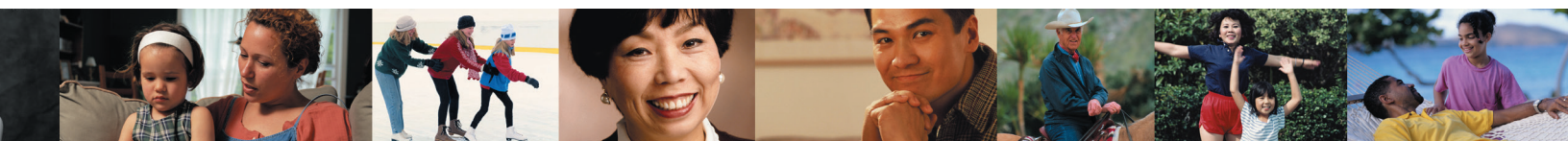
You may want to give quitting some more thought. Talk with a friend who used to smoke, and ask why they quit. Or check out the next page. You may find a reason to quit that will tip the balance.



If you're leaning toward quitting...

Review your reasons to quit. Is there one that matters most to you? Use that reason as a way to remind yourself why you are quitting. For example, "I want to have more energy." Or, "I want to live to see my grandkids get married."

My main reason to quit is:



THE BENEFITS OF QUITTING



BETTER SOCIAL AND FAMILY LIFE

“No more cigarette smoke in my clothes, my house, or my car.” **Keesha, 40**

“My kids are really proud of me.” **Joseph, 51**

“I don’t have to worry about offending people by lighting up in front of them.” **Fred, 43**



GREATER FREEDOM

“I’m a lot more active. I can move around much more easily.” **Carolyn, 72**

“I don’t need to plan my day around when I’ll be able to smoke.” **Megan, 29**



MORE CASH

“I’m saving about \$5.00 a day—that’s \$150 every single month.” **Alvina, 51**



BETTER HEALTH

Within...

- » **20 minutes:** Heart rate and blood pressure drop. Temperature of hands and feet goes up.
- » **8 - 24 hours:** Carbon monoxide level in blood goes down. Oxygen level in blood rises to normal. Chance of heart attack goes down
- » **48 - 72 hours:** Damaged nerve endings start to re-grow. Sense of smell and taste begin to improve. Nicotine is out of the body in about 3 days.
- » **2 weeks to 3 months:** Blood flows better in the body. Exercise is easier. Lungs work better. Wounds heal faster.
- » **1 to 9 months:** Coughing and shortness of breath get better. Sinus issues all go down. Body has more energy. Tiny hairs in the lungs (cilia) start to work again. This helps the lungs stay clean and make it easier to breathe. The risk of getting sick also goes down.
- » **1 year:** Risk of heart disease is cut by half.
- » **2-5 years:** Risk of stroke goes down to that of a non-smoker
- » **5 years:** Risk of cancer of the mouth, throat, esophagus and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker.
- » **10 years:** Lung cancer risk is cut in half. Risk of voice box (larynx) and pancreatic cancer goes down.
- » **15 years:** Risk of heart disease returns to that of non-smoker.

American Cancer Society. Benefits of Quitting Smoking Over Time.



HOW CONFIDENT ARE YOU?

Does confidence matter?

Yes, it does! If you feel confident, it's easier to get started with quitting. But if you feel a little nervous—and most people do—don't worry. It's normal to feel this way



Here are some things you can do to boost your confidence:

Set small goals.

Small goals are easier to reach than one big goal. For example, try quitting for only one day as practice, and see what happens.

Think positively.

Positive thoughts can boost your confidence and help you get through cravings. Tell yourself things like, "My reason to quit is strong. I can do this!"

Learn about quitting.

Ask people about how they quit. Did they go cold turkey or use quit aids? How did they stay quit? Maybe the same things will work for you.

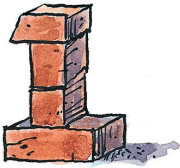
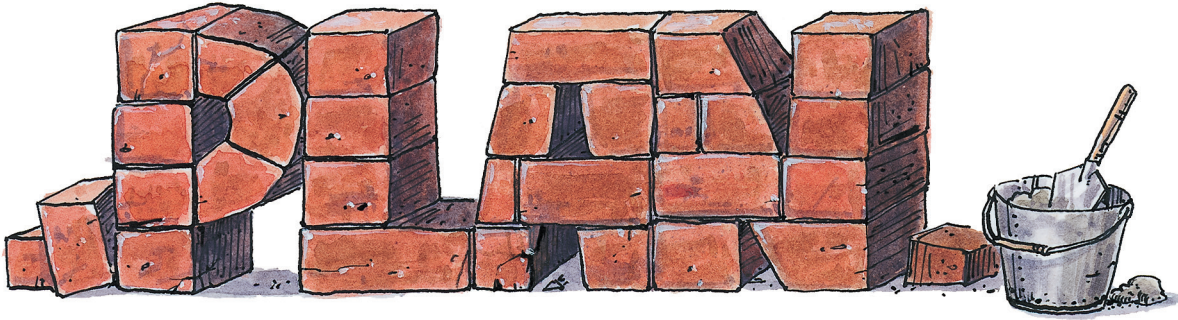
Make a quit plan.

Low confidence keeps many smokers from trying to quit. Having a strong reason to quit and a solid quit plan can help build confidence.



Creating A Plan

THE FIVE STEPS OF PLANNING



Step 1: Decide - cold turkey or quit aid?

When you quit, you may have withdrawal symptoms like:

- Cravings
- Irritability
- Anxiety
- Headache
- Feeling tired
- Hunger
- Cough
- Feeling dizzy
- Not able to sleep
- Feeling Low
- Constipation
- Not able to concentrate

These symptoms may last for 2–4 weeks. They often get easier after a few days.

Cold Turkey

If you quit cold turkey, nicotine will be out of your body in about three days. Your withdrawal symptoms may be strong at first, but will get weaker over time.

Quit Aids

If you are worried about withdrawals, you may want to consider using a quit aid. These can help cut withdrawals.



4 Common Quit Aids

Think about using one of the following options approved by the Food and Drug Administration (FDA). Talk with your doctor if you're interested. Keep in mind, even with a quit aid you'll still need a plan!

Nicotine Replacement Therapy (NRT)

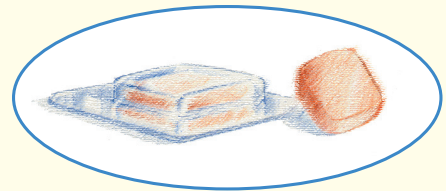
Nicotine Patch

- o Worn on the skin like a Band-Aid®
- o Gives nicotine to the body through the skin
- o Can get over-the-counter



Nicotine Gum

- o Chewed and "parked" between the cheek and gums
- o Gives nicotine to the body through the lining of the mouth
- o Can get over-the-counter



Nicotine Lozenge

- o Looks like hard candy and dissolves in the mouth
- o Gives nicotine to the body through the lining of the mouth
- o Can get over-the-counter

Non-nicotine Medication

Zyban® (bupropion)

- o Does not have nicotine
- o Also sold as Wellbutrin SR® (an anti-depressant)
- o Requires a prescription



Chantix® (varenicline)

- o Does not have nicotine
- o Cuts cravings by tricking the body to feel like it is getting nicotine
- o Blocks the pleasure of smoking
- o Requires a prescription





Step 2: Set a Quit Day.

Pick a date within the next two weeks. Plan to quit on that day (or sooner if you like).

My Quit Day Is: _____



Step 3: Think about your triggers.

Triggers are times when you'll have a strong urge to smoke. Weekday triggers and weekend triggers can be very different, so be sure to think of both. Write down your triggers in the chart below.

EXAMPLE:	
TRIGGERS (Times I'll Want to Smoke)	STRATEGIES (What I'll Do Instead of Smoking)
1. <u>First thing in the morning (every day)</u>	1. <u>Eat breakfast first, then shower. Have juice, gum.</u>
2. <u>Meeting with Jack on Wednesday—stress/anxiety</u>	2. <u>Take deep breaths. Drink water. Chew on straw.</u>
3. <u>Stress at home (kids before bedtime)</u>	3. <u>Chew gum. Do dishes. Take a walk. Listen to soothing music.</u>
4. <u>Watching TV—boredom (every day)</u>	4. <u>Fiddle with paper clip. Read a magazine. Play cards. Do a crossword puzzle.</u>
5. _____	5. _____
6. _____	6. _____





Step 4: Plan for ways to deal with your triggers.

Now, think about each trigger and why it makes you want to smoke. Maybe it fills your time, cuts stress, or helps you wake up. Instead of smoking, what can you do that will serve the same purpose?

For example, let's say the trigger is stress at work, and the cigarette helps calm you down. Instead of smoking, you could get a drink of water or take some deep breaths. Think through each trigger and write down ways you can deal. This will help you handle triggers when they hit.



Step 5: Get support.

Quitting can be easier with support. Some people like lots of support, while others prefer just one or two others cheering them on. What kind of support works for you? And who do you want to support you along the way? Ask those people if they can help, and be specific about what you need from them.

EXAMPLE:	
TRIGGERS (Times I'll Want to Smoke)	STRATEGIES (What I'll Do Instead of Smoking)
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____



DEALING WITH SMOKING TRIGGERS

To help you come up with ideas, here are some strategies other people have used.

Change things up

Rearrange furniture.
 Change up your morning routine (e.g., switch the order of your shower and breakfast).
 Eat dinner in a different place.
 Try something new for lunch.
 Watch TV in a different chair.
 Watch a new TV show.
 Read the news in the living room and not the kitchen.
 Sleep in for an extra 10 minutes.
 Drink sparkling water and not soda.
 Drive home a different way.
 Hang out in places where smoking is not allowed, like the movies.
 Take a trip.
 Hang out more with nonsmoking friends.
 Join a new club.

Keep your hands and mouth busy

Chew gum.
 Drink water.
 Suck on a candy or mint.
 Fiddle with a paper clip or rubber band.
 Doodle, draw, or paint.
 Chew on a toothpick or straw.
 Brush your teeth.
 Chew sunflower seeds.
 Wash your hands.
 Peel an orange.
 Write a to-do list.
 Write a letter or a poem.
 Chop and eat carrots and celery.
 Cook your favorite dish.
 Play solitaire.

Stay busy

Do needlepoint.
 Work on a puzzle.
 Play cards or a game.
 Take a shower or bath.
 Go for a walk or run.
 Read a magazine or a book.
 Listen to music or sing.
 Garden or cook.
 Start a hobby. For example,
 learn to play an instrument,
 take up bird watching, or
 build a model car.
 Go to the mall, the park, the beach,
 the mountains...
 Read to your kids.
 Go camping or hiking.
 Volunteer.
 Wash the dishes.
 Learn a sport or craft.
 Shoot hoops.
 Walk the dog.

Manage your feelings

Talk with someone.
 Remind yourself of the benefits of quitting.
 Stay positive.
 Tell yourself – “I can do this!” And believe it.
 Spend time with your pet.
 Think of yourself as a nonsmoker, and smoking is not an option.
 Take time for yourself.
 Listen to music or sing.
 Tell yourself – “I haven’t smoked for X days.
 I won’t cave in now!”
 Remember – the craving will pass.
 Look at pics on your phone.
 Imagine being in a relaxing place.
 Picture yourself in the future as a nonsmoker.
 Tell yourself – “I’m a nonsmoker!”
 Write in a journal or notebook.

CHECKLIST: BEFORE YOU QUIT

- ☐ Stock up on things that will help you while you quit smoking, like carrots, mints, celery, etc.
- ☐ If you're using the nicotine patch, nicotine gum, or other medication to quit, make sure you get them before you quit (buy them over-the-counter, or talk to your doctor or insurance company).
- ☐ Practice your coping strategies. Try them out to make sure they work. Come up with a backup plan in case one doesn't work.
- ☐ Tell people you're quitting. Get support and have others agree not to smoke inside your house, or around you.
- ☐ If you smoke 15 cigarettes or more per day, you may want to cut down before you quit.
- ☐ Throw away your ashtrays, lighters, leftover cigarettes, etc.
- ☐ Clean your car, house, room, etc., to get rid of any tobacco smells.
- ☐ Review your plan the day before you quit.
- ☐ Consider how and when you will reward yourself (see page 17). Mark your calendar.
- ☐ Remind yourself why you're doing this. Get excited!
- ☐ _____

QUICK TIP

The 4 Ds:

Delay...Wait it out. Put it off till the craving passes.

Distract...Get busy.

Drink water...Satisfies the craving and the hand-to-mouth habit.

Deep breathe...Sit up straight and breathe into your abdomen; helps relieve tension.

QUICK TIP

4-by-4 breathing can help with stress.

1. Breathe in slowly, and count to four.

2. Hold for four seconds.

3. Slowly breathe out, counting to four.

4. Pause for four seconds. Repeat until the urge has passed.

QUICK TIP

The 2 Rs:

Remind...Why do you want to quit? Go over your reasons.

Refuse...Smoking is not an option.

Taking Control

WHEN YOU QUIT: SIX THINGS TO DO

1. Use your plan.

On your quit date, go right into your plan. Don't let yourself even think about putting it off. As triggers come up, refer back to your list on ways to deal.

2. Check your plan and change as needed.

At least once a day in the first week, take a look at your plan. Did the triggers you expected come up? If so, did you use your plan? Ask yourself how well it's working and whether you need to change it. You may need to add new strategies. If so, write them into your plan (page 13).

3. Try to predict any new triggers, and ways you can deal with them.

Look ahead at the days to come. Will you be doing anything that might make you want to smoke? If so, plan for them, as you did for the other triggers. Write them into your plan, too.

EXAMPLE:

TRIGGERS (Times I'll Want to Smoke)

1. First thing in the morning (every day)
2. Meeting with Jack on Wednesday—stress/anxiety
3. Stress at home (kids before bedtime)
4. Watching TV—boredom (every day)
5. Being around other smokers
6. Stress—project at work

STRATEGIES (What I'll Do Instead of Smoking)

1. Eat breakfast first, then shower. Have juice, gum.
2. Take deep breaths. Drink water. Chew on straw.
3. Chew gum. Do dishes. Take a walk. Listen to soothing music.
4. Fiddle with paper clip. Read a magazine. Play cards. Do a crossword puzzle.
5. Ask them not to offer me cigarettes.
6. Talk it over. Take walks. Take deep breaths.





4. Use your new strategies.

As the trigger situations come up, use your new strategies, along with the old ones that are still working.

5. Remind yourself why you're quitting.

With the stress of quitting, it's easy to lose sight of why you're doing this. Keep your motivation up by reminding yourself why you're doing this.

6. Reward yourself!

What kind of reward will help you feel proud of yourself for quitting?

Give yourself this reward for each milestone you pass.

Treat yourself well so you don't feel deprived. Here are some ideas:

"At the end of each day, I took a nice long bath and thought about the success I had during the last 24 hours."

Alycia, 46

"I bought some new music on my one-week anniversary." **Michael, 21**

"My daughter and I baked a cake to celebrate two weeks smoke-free." **Luz, 27**

"After one month I took a friend out to dinner to celebrate." **Jian, 53**



WHEN OTHERS SMOKE AROUND YOU



Being around others who are smoking can be a big trigger— especially if they’re people you used to smoke with. This can trip you up.

Here are some things to help you get through:

Have something for your hands and mouth to do. Chew on something—gum, a toothpick, or a straw. Drink water. Keep your hands busy. Do what the nonsmokers are doing. If you need more ideas, refer back to page 14.

Avoid smokers. When you can, stay away from people who are smoking, especially during the first few weeks of quitting.

Picture success. If you can’t avoid being where others are smoking, picture the scene ahead of time. See yourself doing the things that nonsmokers do.

Make agreements. Ask your family and friends not to smoke around you, not to leave their cigarettes out, and not to give you any, even if you ask.

Make no-smoking zones. Make smoking off-limits inside your home. If that’s not possible, create at least one smoke-free area for yourself, like your car.

Remind yourself why you’re quitting. Tell others. Say it over and over in your head. Carry a reminder with you—a note, a picture, or something else that will help you stay motivated.

Stand up for yourself. Stay strong on your decision not to smoke, and don’t let others sway you. Say “No” like you mean it.

Walk away. If you get caught in a place with smokers and find yourself craving a cigarette, excuse yourself until the urge passes. Go outside or to another room.

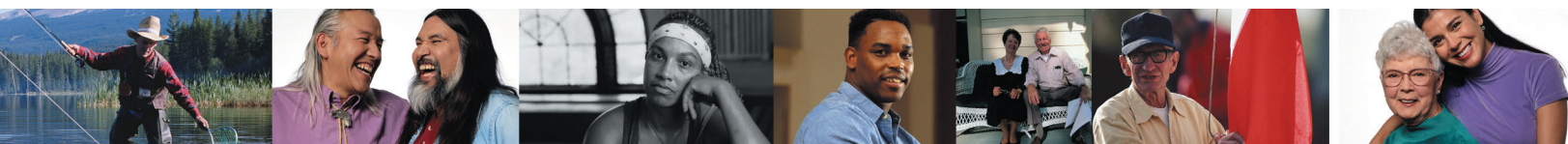


IF YOU DRINK ALCOHOL

Drinking alcohol when you're quitting smoking can be a big challenge for a few reasons:

- Alcohol is a trigger. For many, drinking and smoking just seem to go together.
- Alcohol messes with your ability to make good decisions. It makes you more likely to forget about your plan. And it makes you more likely to do something rash, like ask someone for a cigarette.

It's best to avoid alcohol for the first few weeks of quitting. Even later, be careful when you're drinking alcohol, especially where others are smoking.



MANAGING STRESS

Stress is one of the most common triggers when quitting smoking, so it's important to know how to handle it.

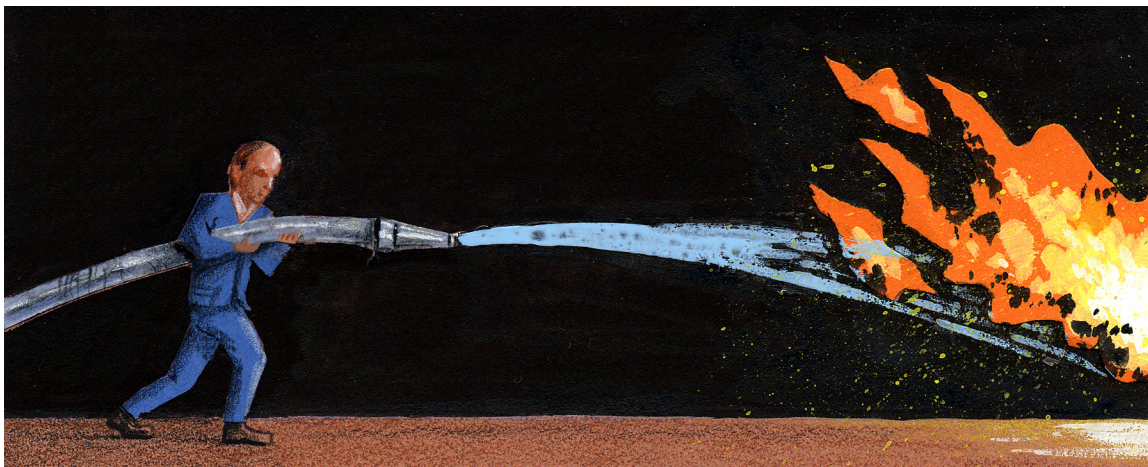
What can you do to manage stress?

- Get plenty of sleep.
- Do something you enjoy every day.
- Set goals you can achieve.
- Don't put things off.
- Ask for help.
- Don't take on more things than you can handle.
- Enjoy the small joys in life, like a nice sunset.
- Avoid long lines, heavy traffic, and other stressful situations.
- Choose to be around supportive people.
- Take time to laugh.
- Eat well and drink lots of water.
- Talk with others about your problems—don't keep your feelings bottled up.
- Close your eyes and do some deep breathing.
- Keep a journal.
- Get some physical activity every day.
- Take a long bath or shower.

You may not be able to control all the things that are stressful. But you can control how you respond to them.



HIGHLY EMOTIONAL SITUATIONS



Like stress, these can be big triggers to smoke:

- A bad fight or argument
- A money setback
- Getting bad news
- Losing someone or something important to you
- A relationship break-up
- Any other highly emotional situation

Since situations like these can be difficult to predict, it's a good idea to plan for them.

What could you do?

- Let yourself feel whatever emotions come up.
- Talk with someone you trust about how you feel.
- Write in a journal.
- Focus on what you need to do to get through the situation.
- If you're tempted to smoke, ask yourself: "What do I expect to get from a cigarette?" Whatever the need is, find some other way to satisfy it.

Keep in mind:

A cigarette won't make problems go away. It could actually make it worse —on top of dealing with the problem itself you would have to get back to quitting.



Staying In Control

TOP 3 TRIGGERS OVER TIME

After you've quit for a couple of weeks, you may start to feel more confident. That's important. But you probably know it doesn't mean that all the hard part is behind you.

Whether you've quit for a day, a month, or a year, certain triggers may come up and catch you by surprise. Your best defense is to plan ahead for how you'll handle them.

Here are three triggers that give people the most trouble over the long-term:



BEING AROUND SMOKERS: SEEING THEM SMOKE, SMELLING IT, BEING OFFERED A CIGARETTE, OR JUST FINDING CIGARETTES LYING AROUND



ALCOHOL USE: ESPECIALLY AROUND SMOKERS



HIGHLY EMOTIONAL SITUATIONS

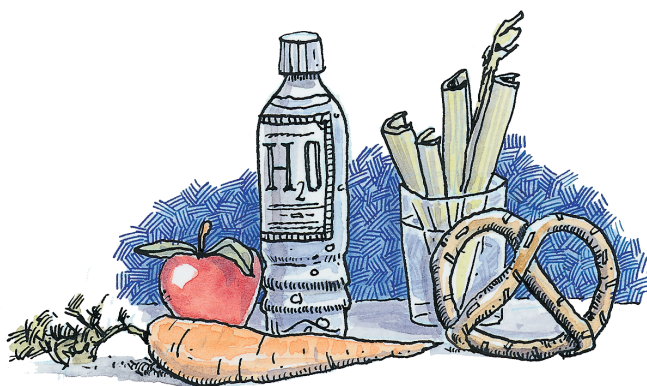
For more detail on each of these triggers, check out pages 18–21.



WHAT ABOUT WEIGHT GAIN?

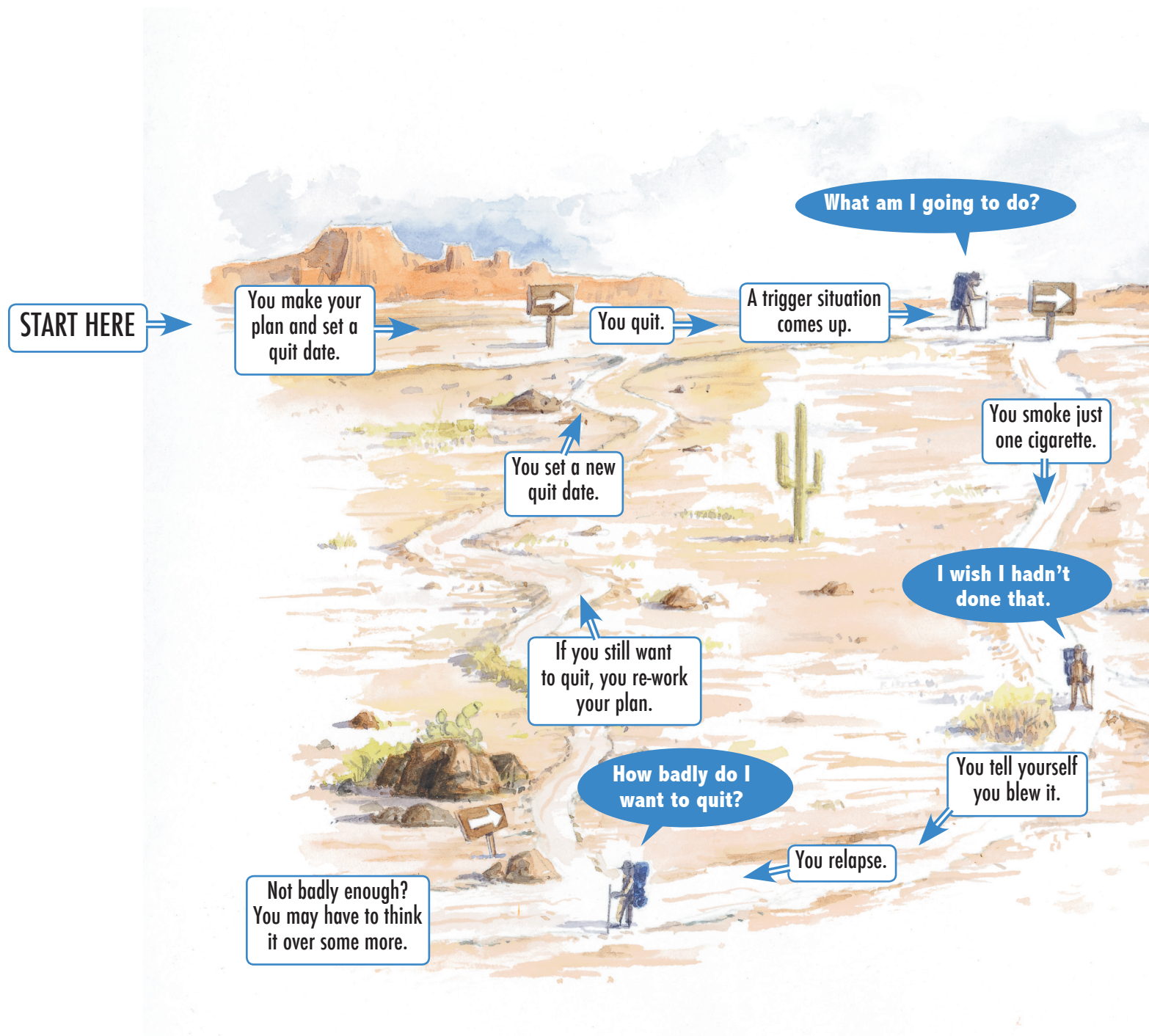
You may think that quitting smoking means gaining weight. On average, people can gain up to 10 pounds when they quit. But some have no weight change at all, or even lose weight.

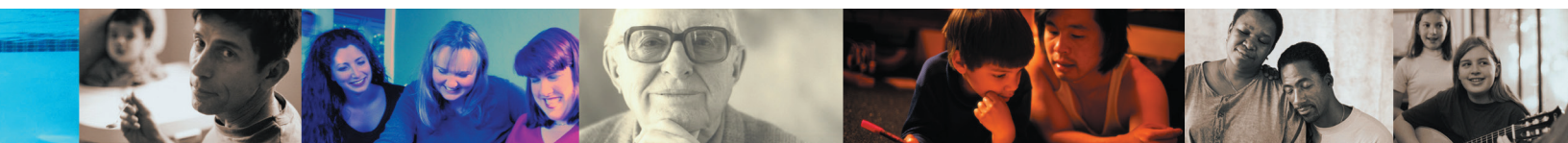
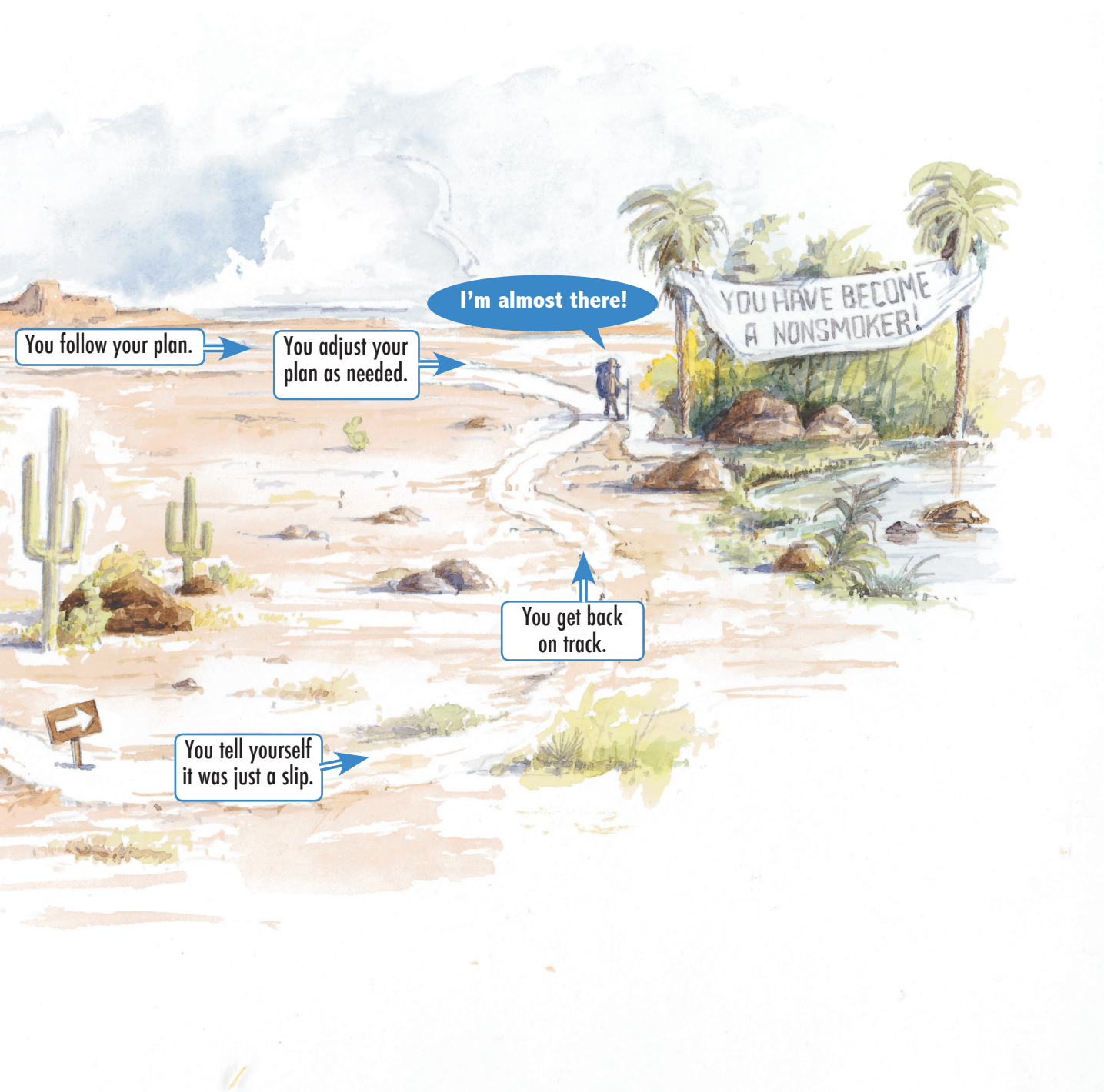
Causes of Weight Gain:	How to Avoid Weight Gain:
The body does not burn calories as fast. Nicotine is a stimulant that speeds up your body's way of burning calories. When you quit your body burns calories slower. You may end up eating more. When you quit smoking, you may replace the hand-to-mouth habit of smoking with eating. You may want sweets more. Blood sugar levels can change when you quit. This can make people crave sweets.	Be active. Get up and move around when you have a craving. Drink water. Water fills you up so you won't be hungry as much Eat only when you're hungry. Before you eat, ask yourself, <i>Am I really hungry? Or am I eating because the food is there? Or am I bored?</i> You may realize you are not hungry. Eat healthy. Switch your cigarettes for healthy food like carrots, celery stick or nuts. Watch your sugar. Cut the amount of sweets you eat. You can try low-sugar treats like apples, dark chocolate or frozen berries. Be patient with yourself. Food habits can be hard to break. But the new habits will feel more natural over time.



UNDERSTANDING SLIPS AND RELAPSE

The fastest way to become a nonsmoker for good is to follow your plan and not smoke. But slips are common. If it happens to you, how do you keep a slip from becoming a relapse? And if you relapse, how do you get back on track? Take a look at the map below to get an overview of the whole process.





A NONSMOKER FOR LIFE

Have you ever noticed that your thoughts affect your actions?
If you think like a smoker, it will be harder to stay away from cigarettes.
Instead, try thinking like a nonsmoker.

If I think like a smoker...

I say to myself, "Smoking once in a while is no big deal."

I keep a few cigarettes, lighters, or ashtrays around just in case.

Each day I struggle with the decision: "Will I smoke or will I not smoke?"

I haven't told my friends that I've quit smoking, and they keep offering me cigarettes.

I think that cigarettes help me and calm me down.

If I think like a nonsmoker...

I say to myself, "Smoking is not an option."

I don't keep any cigarettes, lighters, or ashtrays anywhere.

I've made the decision for good: I don't smoke.

I tell my friends that I've quit smoking, and they don't offer me cigarettes anymore.

I tell myself there are healthier ways to calm down and that cigarettes are harmful.

Seeing yourself as a nonsmoker takes time. Quitting smoking is a big change.
Give yourself credit and be patient.



A FINAL WORD ON YOUR NEW LIFESTYLE

For many people, quitting smoking is the only big change they want to make. For others, quitting smoking is part of a larger plan that also includes losing weight, getting their finances in order, or making some other big lifestyle change. Whether or not you plan to make other changes, be sure to give yourself credit for making this change.

Quitting smoking is not an easy thing to do, but with motivation, planning, and effort, you've done it. That's really something you can be proud of!



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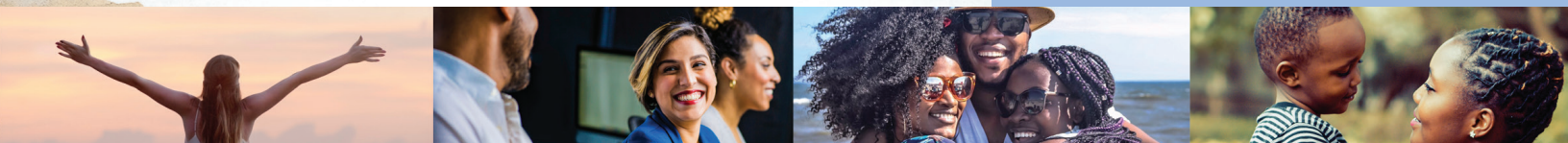
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"Quit Smoking for Good: The Take Control Guide" is part two of a two-part series that also includes "Quit Smoking for Good: The Decide Guide." If you are a smoker and would like a free copy, or would like more information about quitting smoking, call the California Smokers' Helpline at 1-800-NO-BUTTS (California residents only). The Helpline is operated by the University of California, San Diego, Department of Family and Preventive Medicine.

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