

Quitting is easier when you plan:

- **Find** out if you're ready to quit.
- **Talk** to your doctor.
- **Set** a quit date.
- **Ask** family and friends for help.
- **Use** your Quitter's Guide every step of the way.
- **Talk** to a quit coach in the U.S. at www.Smokefree.gov or call 800-784-8669. In Canada search "quitlines" at www.cancer.ca/Canada-wide.aspx?sc_lang=en



Tobacco Tracker



Carry it with you! Record your tobacco use and cues for a few days. Knowing what triggers your tobacco use supports your goal of quitting.

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Tobacco Log

DATE: _____

Tobacco Use	Time	Activity
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

Why use this tool?

The log offers a good starting point for quitting tobacco. It will show you when or why you tend to use tobacco. Knowing your triggers can help you avoid the urges.

You can easily carry the log with you. Over the next few days write down what's going on when you smoke or use tobacco. There's a sample entry on the next page.

What can you learn from this exercise?

Say driving to work is a trigger; feeling stress is also a trigger. If this is a typical situation for you, think about substitutes: You might try a nicotine replacement aid, such as gum or lozenges, for a few weeks (with your doctor's okay) or listen to some relaxing tunes and carry a water bottle in the car with you.

Avoiding your triggers is critical to quitting. It gives you other choices – you can change your routines and replace tobacco use with substitute activities. And you can do this. It just takes practice.



Tobacco Log

DATE: _____

CRAVING LEVEL: 0-none 1-a little 2-some 3-a lot

Tobacco Use	Time	Activity	Mood	Craving Level
Sample	8 am	while driving to work		
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				



Tobacco Log

DATE: _____

CRAVING LEVEL: 0-none 1-a little 2-some 3-a lot

Tobacco Use	Time	Activity	Mood	Craving Level
1			<i>a little stress</i>	2
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				



Tobacco Log

DATE: _____

CRAVING LEVEL: 0-none 1-a little 2-some 3-a lot

Tobacco Use	Time	Activity	Mood	Craving Level
1				
2				
3				
4				
5				
6				
7				
8				
9				
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11				
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A Quitter's Guide
BOOKLET
SAMPLE

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Living Without Tobacco
A Quitter's Guide

It's a Fresh Start

In your hand is a step-by-step guide to quitting tobacco for good – for life. Learning to live without tobacco takes courage and determination. Most people try quitting many times before they succeed. Can you make it happen? Absolutely. Every year millions of people become tobacco-free for good, and so can you. It's your choice to make.

This Guide offers new, tested ideas for quitting from experts and former smokers alike. You'll be guided each step of the way with worksheets and checklists to help you set up your personal quit plan.

Take some time now to review your Guide. If you are undecided or anxious about quitting, the easy worksheets in the first chapter can be very helpful. Then look ahead – within a few weeks of quitting tobacco, you'll find you can leave it behind.

Turn a new leaf and start living well without tobacco.



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Using Your Quit Guide

What to expect, step by step:

STEP 1: Are You Ready to Quit? This section helps you determine if you can commit to quit now. The easy worksheets will walk you through your needs for using and quitting tobacco. You'll find answers to common concerns and fears about quitting.

STEP 2: Benefits of Quitting. This section reviews the many rewards of quitting – the physical, emotional, immediate and long-term gains. It compares the cost of quitting with the cost of tobacco use. Review your benefits often.

STEP 3: You've Got Help. Tobacco addiction is now defined as a chronic disease. For this reason, your first move is to meet with your health care provider to review your options for quitting. This section covers medicine, nicotine replacement therapy, professional sources and personal allies for support.

STEP 4: Preparing to Quit. You'll find worksheets to help you identify and avoid tobacco urges once you quit. This section will boost your confidence to meet withdrawal head on so you can set your quit date.

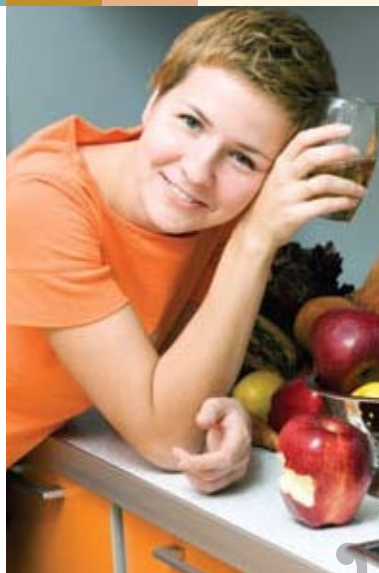
STEP 5: Your Quit Day.

This section reviews what will help you get through your first tobacco-free day. It offers specific remedies for easing withdrawal symptoms during the coming days.

STEP 6: Quitting for Life.

You'll learn the keys to continued success by avoiding situations and thinking that can lead to relapse – and what to do if you slip.





Do you know the **difference** between **wanting to quit** and being **ready to quit**?

At least two-thirds of people who use tobacco want to stop. However, faced with change, most people are not ready to act. Quitting tobacco means making a big change – you're not expected to make it overnight.

Change is a process that usually takes a series of steps. Planning for this change is the best way to be ready; it can also make quitting easier and permanent.

You and Tobacco – *Pros and Cons*

For people who use it, tobacco becomes a very big part of their lives. The following worksheets will help you see why you use tobacco, what tobacco does and how you can quit it successfully. Think about your answers carefully. They can tell you when you're ready to make the change.

Why do you use tobacco?

Check your 3 main reasons:

- It feels pleasant and relaxes me.
- It helps me deal with stress.
- It helps me concentrate and think better.
- It helps me eat less and control weight.
- I like the buzz it gives me.
- I like the way it tastes.
- I like the activity of using it.
- I like the image it gives me.
- I have family or friends who use it.
- It's part of my life, like a friend.
- I feel bad when I don't use it.

These are some reasons why tobacco and you might have a very strong relationship. But it is one you can and should leave behind. Even if you think you need tobacco, you can quit and be happy without it.

A common reason why people eventually quit:

They just get fed up with the whole business – instead of tobacco directing their actions all day long, they want to control their lives again. If you long to be free of tobacco, why not do something now? Before you quit, review the things that might make quitting especially tough, such as fear of gaining weight, missing the buzz or feeling bad during nicotine withdrawal.

What are the things that might make quitting especially tough?

List your top 3 difficulties with quitting in the past:

List your top 3 barriers to quitting now:

What is the worst thing that could happen to you if you quit tobacco for good?

Why do you want to quit tobacco?

Check your 3 main reasons:

- I want to improve or stop worrying about my health.
- I want to save money.
- I'm tired of searching for places to use tobacco.
- I'm tired of sudden trips to buy tobacco.
- I'm tired of being nagged by my family to quit.
- I'm tired of smelling bad.
- I'm pregnant or want to be pregnant soon.
- My doctor says I should quit.
- I don't want to feel trapped by tobacco and nicotine fits.
- Other reasons:




Are you ready to restart your quit plan?

If yes, make sure you:

- 1. Follow** the steps in your New Leaf Quitter's Guide. This approach is based on the current best practices for quitting success.
- 2. Focus** on building your skills to avoid tobacco temptations. Study your Tobacco Tracker.
- 3. Get help.** Success rates have proven that counseling and friendly support make a major difference.
- 4. Consider** trying the various NRT products, and get your provider's advice.
- 5. Review** Step I of your Guide: Are You Ready? Then set a Quit Date.



Multiple attempts – whether it's your 2nd or 22nd try – are normal and necessary steps along the way to final success. You can get there. When you do, what a high!



Welcome to life without tobacco. Take a deep breath, and take pride in a great personal achievement.

A New **Leaf**, A New **Life**

Breaking free of the control of tobacco is a great achievement. After the first week, the first month, the first 6 months of being tobacco-free, you deserve a celebration. Be sure you take time to enjoy your progress and appreciate the changes in your life. Hopefully you find:

- Your withdrawal symptoms are mostly gone.*
- You have good substitutes for using tobacco.*
- You have more energy and less stress.*
- You can worry less about your health.*
- You feel more positive about life.*

Of course, you may have times in the future when you are tempted to use tobacco. The urges don't die easily, but the longer you go without tobacco, the less you will want it – until one day you discover you no longer think about it.

What will you gain by staying tobacco-free? You'll find the return well worth the work it takes to succeed, and then some: fewer sick days, a brighter complexion, sharper thinking, better sleep, and a stronger heart that makes work easier and play more fun. And finally, more time. Quitting can add many years of life – and better years.



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Friends & Family Guide

Helping Someone Quit Tobacco

Friends **Helping** Friends **Quit** Tobacco

_____, you have a friend in need.

Someone you care about, _____, has decided to quit tobacco and wants your help. You both know this is a very important and difficult step. In fact, you might feel overwhelmed by the task. Don't be ...

All it takes to help someone quit tobacco is your ready support and some practical tips. First, here's a little brain teaser.

Test Your Knowledge



TRUE FALSE

- Only the quitter can make the decision to quit tobacco and stay quit.
- Most tobacco users don't succeed with their first attempt to quit.
- Using tobacco (in cigarettes, cigars, chew or snuff) is addictive because it contains nicotine.
- Continued nicotine use changes the brain so it craves more and builds a physical dependence.
- The unpleasant symptoms of nicotine withdrawal are a major reason tobacco quitters may relapse into using again.
- Nicotine withdrawal symptoms generally last 1 to 3 weeks.
- The emotional and habitual ties to tobacco use continue to produce cravings after the quitter goes through nicotine withdrawal.

No tricks here; these statements are all *true*. What you might not realize is that leaving tobacco behind is a big change in lifestyle for the quitter. Your friend will let you know the best ways to provide help – whether to call or check in occasionally. Your support may change with each step of the quitting.

This guide will help you help your friend, partner, teen, parent or coworker move on to a healthier future. Remember, success is much more likely for those who have the care and understanding of others, like you.

Basics of Quitting

The nicotine in tobacco is very addictive. It creates a complex dependency – people usually become addicted on 3 levels:

- **Physical addiction** – The body craves nicotine when it doesn't have enough. This causes withdrawal symptoms such as stress, nervousness, irritability and trouble sleeping.
- **Habits** – People connect tobacco use to many activities such as relaxing, driving, watching TV or work breaks.
- **Emotional ties** – Tobacco becomes a way to deal with feelings, especially stress, worry, anger, frustration or uncertainty.

Keep in mind that breaking the physical dependence on nicotine is just the first stage. The body recovers from withdrawal after quitting in just 1 to 3 weeks. But even after withdrawal symptoms ease up, the quitter may continue to have strong urges for tobacco.

At this stage, understanding the stress of quitting will make you a good ally. Be ready to listen and ask how you can help.

In addition, the New Leaf Quitter's Guide offers the latest advice for controlling the urges in the weeks ahead. You can help your friend in practical ways – many of these are listed on the next pages.

Tobacco does more than satisfy nicotine cravings. It may also:

- ✓ Relieve stress and bad moods.
- ✓ Aid thinking and concentration.
- ✓ Control hunger and weight.
- ✓ Be part of daily rituals or social activities.

People often miss these effects of tobacco use when they quit. In fact, these are common reasons for relapse.



Best Ways to Help

First and always, just be there to listen. Let your quitter know it's okay to call you, whenever, for a friendly nudge of encouragement.

- **Celebrate on Quit Day!** Plan a special event – get tickets for a ball game or play, plan a weekend getaway, or send a bunch of balloons.
- **Present your friend with a joy kit.** Fill a gift bag with small tobacco replacements: breath mints, hard candy, sugar-free gum, mini rice cakes, mini straws, a deck of cards, and a reusable water bottle.
- **Steer them from temptation with fun diversions.** Meet for morning walks, have lunch together, or watch movies and munch on popcorn. Skip places and activities that might prompt tobacco use.
- **Ask about tobacco triggers.** Maybe the urges are strongest when using alcohol, during work breaks or while talking on the phone. See if you can help find ways to avoid these.
- **Ignore the bad moods.** Expect your quitter to feel grumpy and down for a while. It's normal.
- **Be positive.** If you nag, preach or criticize, you may send your friend running for a cigarette or chew. Instead, keep showing you believe in the person's ability to become tobacco-free.
- **Help occupy the time.** Boredom is often a reason people use tobacco. So this is a good time to suggest new activities: join a sports league, learn yoga, take a cooking class, get a pet, or take a trip. Choose something for pure pleasure that fills up the space left from tobacco.



Imagine how hard it would be for you to give up a habit that you enjoy, one that helps you through each day. What would you use as a replacement, and how would you cope? When your friend seeks your help to quit tobacco, you become in a sense a substitute for tobacco.

Help for Relapse

Quitters often slip by taking a puff or having one cigarette or chew.

If slips happen, coax your friend to forget them as soon as possible, move forward and focus on all the benefits of becoming tobacco-free for good.

Relapse happens when quitters go back to using tobacco like before they tried to quit. In this case, think of the attempt as practice for the next time your friend quits. Stay supportive:

- Review what the quitter learned by this attempt. What was the hardest part of quitting? What would help next time? Would a different time or medication work better?
- Encourage your friend to keep trying because, after all, it takes time, skills and practice to become an ex-tobacco user.
- Point out that the Quitter's Guide can help get your friend back on track.

No matter what, praise the effort, whatever the length of quit time.



Staying Tobacco-Free

The effort to stay quit is ongoing. Some people may not feel comfortable with the change for several months. Relapse is always possible, especially during stressful situations.

Remind your friend to keep the Quitter's Guide handy, as it offers many skills and tips for learning to cope in new ways without the old crutch.

And remember, your continued support over the coming weeks and months can be the difference between success and relapse. Congratulate your friend often and celebrate life together!

People often start to use tobacco again when they:

- Have symptoms of nicotine withdrawal.
- Feel stressed or depressed because of problems in their lives.
- Miss the positive side of tobacco use, such as during parties.
- Have easy access to tobacco.
- Drink alcohol.

If your friend starts using tobacco again, don't criticize or show disappointment. Instead, pledge your help with the next attempt – because it is very likely your friend will try again.

