How to Stop Smoking on Your Own.

A Change of Habit

Learn To Live
Healthy Living from the Anne Arundel County Department of Health
www.aahealth.org
Nicotine in tobacco is a temporary stimulant. It causes the release of body chemicals that raise your blood pressure and make your heart beat faster. But, the “boost” is usually followed by depression and feeling tired, so you want more nicotine – another cigarette.

When you quit smoking, your body goes through withdrawal. Symptoms can include anxiety, depression and lack of concentration. You may feel tired, have headaches, sweat and cough more often.

These symptoms are strong during the first few days after quitting, but then start to fade. Seven to ten days after quitting, your physical craving for nicotine should disappear.

Beat the physical craving for nicotine and you’re halfway to success.

Thanks for your interest in becoming a nonsmoker. Learn To Live is here to help you!

You can quit on your own. Millions of people have. According to the U.S. Public Health Service, 90 percent of former smokers quit on their own without a formal program.

The desire to quit and having a plan are the two keys to success. If you’ll make the commitment, we’ll help with your plan. That’s the purpose of this workbook.

To develop a plan, you must really think about your smoking habit. When and why do you smoke? Page 12 has a place to write down your smoking habits for a week. Fill it out before you start your plan.

Also, think about who around you smokes and who might help you to quit. A support person or “quit-smoking buddy” can be a big part of your plan. You’ll read about that later.

Know that your plan must help you prepare for the physical changes your body will be going through, as well as the emotional ones. (See “Nicotine And Your Body” on the left-hand page.)

Ask your doctor about quit-smoking aids, such as nicotine patches and gum. There are also nicotine nasal sprays and a non-nicotine pill you can get by prescription. These aids can help you fight the physical craving to smoke, but you’ll still need to face the psychological and emotional parts of your habit.

This workbook will teach you about quitting, how to handle withdrawal, and how to make it without smoking for a day, a week, forever.

You’ve got a lot to do. We’ll help. Let’s get started.
How to Score

Smokers can be divided into two major groups, based on their reasons for smoking. To find out which one you belong to, take your answer from each statement and put it over the matching letter below. Next, add the numbers across to get your total.

**Group I**

- **Stimulation**
  
  \[
  \text{Score} = \text{A} + \text{G} + \text{M}
  \]

- **Handling**
  
  \[
  \text{Score} = \text{B} + \text{H} + \text{N}
  \]

- **Relaxation**
  
  \[
  \text{Score} = \text{C} + \text{I} + \text{O}
  \]

**Group II**

- **Help for Tension**
  
  \[
  \text{Score} = \text{D} + \text{J} + \text{P}
  \]

- **Craving**
  
  \[
  \text{Score} = \text{E} + \text{K} + \text{Q}
  \]

- **Habit**
  
  \[
  \text{Score} = \text{F} + \text{L} + \text{R}
  \]

To understand your score, please turn to page 4.
How to Understand Your Score

Any total of 11 or over means that smoking fills this important need for you. Knowing this, your plan needs to include ways to meet these needs instead of smoking. For example, if you scored high for “stimulation,” you need a substitute that will give you a lift. Try walking, jogging or even chewing gum. Starting a new hobby will give you something to look forward to.

If you had a high score for “habit,” the first thing you need to do is find out when you smoke. Do you light up every time you’re on the phone? When you first wake up? You must keep cigarettes out of reach and be careful at those times you’re in the habit of lighting up.

In general, Group One smokers smoke to feel good or to relax. If you are in this group, you’ll need to find a substitute for smoking, such as exercise and maybe something to “handle” like a coin or other item instead of cigarettes. Most smokers fall into Group Two and smoke to make a bad time better or by strong habit. Just a substitute may not be enough. You will have to learn to handle stress without smoking and may want to try the “cold turkey” method of quitting (especially if you scored highest for “craving.”)

Start a new hobby!

Other Things to Consider

The number of years you’ve been smoking and the number of cigarettes you smoke every day are things to consider when preparing to quit. The “bigger” your habit, the more support you may need from others. Look to your quit-smoking buddy, your family or your doctor for help.

If other members of your family smoke at home, your challenge could be a little tougher. Maybe you can all quit together. Or ask family members to agree to a “smoke-free zone”– one or more rooms in your house where smoking isn’t allowed.

The point is, understand your smoking habit and what resources you have to break it.

Remember that you don’t have to go it alone. On the next few pages, you’ll see how a quit-smoking buddy can help you quit. And on the last page of this booklet, you’ll find a list of other helpful contacts with phone numbers and Web sites. Your kit also includes a list of local quit-smoking classes and support groups.
Okay, you understand your smoking habit. Now let's think about a good day to quit, how you're going to prepare, and who might help you.

By the way, experts say there are four steps to quitting: 1) thinking about quitting, 2) setting a quit date, 3) having your first smoke-free day, and 4) staying smoke-free. Looks like you've already done step one. Congratulations!

A quit-smoking buddy can increase your chance of success by boosting your willpower and making the challenge more fun.

Who would make a good quit-smoking buddy? A spouse. A good friend. Maybe someone you work or go to church with.

A buddy who is an ex-smoker might be a good choice – they've been through it. Your buddy could also be another smoker trying to quit, and you could be that person's buddy.

Pick someone who knows you well and is serious about helping you beat smoking. Important: your buddy should know your plan to quit and reasons for quitting. Discuss them before you give your buddy the pledge card. You might ask your smoking buddy to help you make your plan.

Try taking a new class!

What's the best day to quit?
Pick a day within the next two weeks. If you wait any longer, you may not go through with it.

Write your quit date below:
I will quit on ____________________________

A quit date one to two weeks from now gives you time to start making lifestyle changes that will help you stop smoking. Such changes should be started when the big day arrives. For example, if a new exercise program will help you handle the stress of quitting and fight weight gain, start the program a week or two before your quit date.

If your quitting plan is to gradually cut back, review a calendar and plan out the maximum number of cigarettes you allow yourself each day until you're down to zero. (See page 9.)

Make sure your quit date is a good date for your buddy, too. Give your buddy time to prepare. He or she should be available to talk with you on the telephone or meet with you to see how you are doing. Remember, you're part of a team now.
Preparing a Quit Plan

Your plan to quit can be simple or complex, but the more thought you put into it, the better your chance of success.

On the next nine pages, we tell you about two ways of quitting — cold turkey and gradual withdrawal. With your self-assessment in mind, pick the method that is best for you.

Use the tips in both methods and you’ll have a detailed set of before, during and after quitting suggestions.

The “Gradual Withdrawal” Method

We offer this method first because it focuses on the time before your quit date. There’s much to do in the week before you quit, even if you don’t use that time to cut your cigarette use.

If you need to taper your smoking before quitting, that’s okay. Keep your “cut back plan” on track with a schedule that reduces your smoking over a realistic period.

On the right is a 7-day countdown.

Write in the maximum number of cigarettes you will allow yourself to smoke each day. (Each day should have a lower number than the day before.) Once you start the plan, write your initials in the spaces that show you reached your daily goals.

Note that your craving to smoke will go away faster with the cold turkey method than with gradual withdrawal. That’s because with gradual withdrawal you lessen, but continue, some nicotine intake.

Countdown to Cleaner Lungs

Day 7
Date ____________
Maximum cigarettes allowed ______
Met goal (Initials)_________________

Day 6
Date ____________
Maximum cigarettes allowed ______
Met goal (Initials)_________________

Day 5
Date ____________
Maximum cigarettes allowed ______
Met goal (Initials)_________________

Day 4
Date ____________
Maximum cigarettes allowed ______
Met goal (Initials)_________________

Day 3
Date ____________
Maximum cigarettes allowed ______
Met goal (Initials)_________________

Day 2
Date ____________
Maximum cigarettes allowed ______
Met goal (Initials)_________________

Day 1
Date ____________
Maximum cigarettes allowed ______
Met goal (Initials)_________________

Day 0
No smoking allowed today.

Why Do You Want to Quit?

You have one or more reasons to quit. Whatever they are, always keep them in mind. Write them down and carry them with you. Tell others about them. Whenever you get the urge to light up, review your reasons.

Call Us for a Word of Support.

Need a friendly word of support or want to share your success story once you’ve quit?

Call us at the Learn To Live Line: 410-222-7979
Monday through Friday
8:30 a.m. - 4:30 p.m.
We want you to succeed!
1. Eat more fruits and vegetables. Drink more fruit juices. (Juices can help flush nicotine from your body.) Cut back on desserts and other foods that can add weight quickly. Remember: quitting smoking may cause you to add a few pounds. Start fighting back now.

2. Start an exercise program. Exercise helps control stress and fights weight gain. Try walking, running, cycling, swimming or aerobics. If you’re really out of shape or have a health problem, check with your doctor first.

3. Don’t go to places where people are smoking. Go to a movie theater, library or department store instead. You can’t smoke there.

4. If you drink alcohol, cut back or stop entirely. Alcohol can lessen your resolve to quit smoking.

5. Drink less coffee and other drinks with caffeine.

6. Try deep breathing to reduce stress. Experiment before your quit date. If deep breathing works for you, make it one of the key ways you fight the urge to smoke. (Breathe in deeply. Exhale slowly. Repeat several times.)

7. Review your plan with your quit-smoking buddy. Tell other people about your quit date. That may add to your willpower and line up support from others.

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**7-day Countdown Questions**

Answer these questions over the next seven days.

1. Are you worried about gaining weight? If so, what is your plan for exercise or physical activity?

2. If someone around you lights up, how will you respond? Will you tell that person you are trying to quit?

3. Are you going to try any new activities once you quit smoking? If you smoke because you’re bored, what interesting thing can you do?

4. When are the times you find the urge to smoke greatest? What’s your plan for getting through those times?

5. In case you slip and smoke one cigarette, what are you going to do to stop yourself from smoking a second cigarette or more?

6. What are you going to do for yourself as a reward for quitting?
**The “Cold Turkey” Method**

Could you go without smoking tomorrow? If the answer is yes, consider the cold turkey method.

We assume you’ve read the gradual withdrawal section. You know to start making lifestyle changes before your quit date. Your plan should be in place, and your quit-smoking buddy should be ready to help you.

Now you are about to face that first day without cigarettes. (Remember: you can do it!)

There are many ways to fight the urge to smoke. Follow the daily checklists on the next pages to help keep the urge to smoke under control. Take this workbook with you. Think positive.

**The Week Before You Quit**

Picture your smoking pattern. Throughout the week, record each time and place you smoke. Use the sample below to set up your own log. Give yourself as much space as you need. This will give you an idea of where and when to be especially careful about the urge to smoke.

Time | Location
---|---
**Day 7** | _______________________________
**Day 6** | _______________________________
**Day 5** | _______________________________
**Day 4** | _______________________________
**Day 3** | _______________________________
**Day 2** | _______________________________
**Day 1** | _______________________________
**Day 0** | Have you thrown away all your cigarettes?

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**The Day Before You Quit**

1. Throw away any cigarettes and put away any ashtrays, matches or lighters.
2. Buy a pack of gum or hard candy as a smoking substitute.
3. Remind your quit-smoking buddy that tomorrow is the big day.
4. Weigh yourself. You may gain a little weight when you stop smoking. Knowing your weight before you stop smoking may help you control any gain.
5. Set your alarm clock for 10 minutes early. Tomorrow will be a special day.
6. Make a list of reasons why you want to quit and carry it with you.

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**Success Stories Wanted**

As an ex-smoker, your suggestions on how to help others quit are valuable. Maybe we can use your story (you can remain anonymous) to inspire others.

Call the Learn To Live Line and tell us what worked for you.

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Dear Learn to Live,

After reading your pamphlet about quitting smoking, I have made a decision to lead a healthy life. There are many reasons that lead up to my decision. For me, my health and well-being are very important.
Day 1
Smoke-free
(the big one!)
Check off each activity after you do it.
- When you get dressed, put on an “I just quit” sticker. (Stickers should be in your information kit. Call 410-222-7979 for extras.)
- Have a big glass of fruit juice as part of your breakfast.
- Put gum or hard candy in your pocket. When you get an urge to smoke, try some gum or candy instead.
- Get started on your day’s activities.
- When you get an urge to smoke, drink a glass of water instead.
- Talk with your quit-smoking buddy at lunch time.
- When you get an urge to smoke, try a minute of deep breathing.
- Take a walk or get at least 20 minutes of exercise.
- Check in with your quit-smoking buddy in the evening.
- Before going to bed, think about your plan for tomorrow.

Day 2
Smoke-free
- Put on a new “I just quit” sticker.
- Keep gum, candy or another cigarette substitute in your pocket instead of cigarettes.
- Drink a glass of water when you get the urge to smoke.
- Eat a salad for either lunch or dinner.
- Do deep breathing in the afternoon when you get the urge to smoke.
- Discuss with someone other than your quit-smoking buddy how easy or hard your first day without cigarettes was.
- Check in with your quit-smoking buddy.

Day 3
Smoke-free
- Have a big glass of fruit juice as part of your breakfast.
- Put gum, candy or another cigarette substitute in your pocket again.
- Drink a glass of water when you get the urge to smoke.
- Take a walk or get at least 20 minutes of exercise.
- If you are near people smoking, mention you just quit. Politely ask them if they’d like information about quitting? (If the answer is “yes,” mention this information kit!)
- Try deep breathing exercises when you get the urge to smoke.
- During a break this afternoon, think about how successful you’ve been so far, and how you plan to stay smoke-free for the next four days.
- Drink another glass of water at 5:00 pm.
- Check in with your quit-smoking buddy.
- Before bed, remember your reasons for quitting. Good job so far!

Day 4
Smoke-free
- Eat two pieces of fresh fruit today. (Take an apple, pear or other piece of fruit with you to the office. If you get the urge to smoke, eat fruit instead.)
- Review pages two through five of this book again.
- You’re halfway through the first week smoke-free. As a reward, do something you enjoy, such as seeing a movie or trying a new restaurant.
- Check in with your quit-smoking buddy.
Day 5
Smoke-free

- Take a walk or get at least 20 minutes of exercise.
- Quitting smoking should increase your sense of taste. Try food with a subtle flavor for lunch or dinner today. Close your eyes. Taste the difference.
- Try deep breathing in the afternoon to control the urge to smoke.

Day 6
Smoke-free

- Have a salad for lunch or dinner today.
- Check your weight.
- Discuss your first week smoke-free with your quit-smoking buddy.
- Try something new and different today.

How to Stay a Nonsmoker

Your ultimate goal: never smoke another cigarette. But if you’ve gone one day without cigarettes, congratulations! You’ve made it to the nonsmoker ranks. Stretch your non-smoking streak to a week, a month, then a year.

As time goes on, your smoke-free life will get easier and easier. A slip or two doesn’t mean failure. You’re still a non-smoker. Regroup. Call your buddy. Review the fight-the-urge tips in this booklet. Keep nicotine gum handy to help with any cravings that can happen even after you’ve quit for a while.

Some Tips to Help You Stay Smoke-free

1. On a calendar, mark each day you didn’t smoke. At the end of each month, review the calendar and think about how successful you’ve been. Maybe you can celebrate the end of your first smoke-free month with your buddy.

2. Keep doing any new health habits you may have started, such as eating a balanced diet with five daily servings of fruits and vegetables or exercising regularly.

3. Reward yourself. Add up how much money you’ve saved on cigarettes and buy yourself a gift.

4. Help others quit. Each time you help someone else quit, you’ll strengthen your commitment to being smoke-free.

What to do if You’re Still Smoking

Don’t worry. Some people take several tries before they successfully quit. On the other hand, you may want to try a different approach.

Quit-smoking classes can offer a more structured way to quit. The ongoing classes, the support of other smokers trying to quit, and the help of instructors can all enhance your ability to quit.

The Learn To Live Line has information about quit-smoking classes in Anne Arundel County. Call the Health Department at 410-222-7979 for the latest information.

And don’t forget, your doctor can help, too, and advise you on quit-smoking aids that many smokers find helpful.
Local Resources to Help You Quit Smoking

Quit-Smoking Information

Learn To Live Line.......................410-222-7979
Anne Arundel County Department of Health
www.aahealth.org
www.smokingstinks-aaco.org
for teen smoking prevention and cessation

American Cancer Society...........410-721-4304
(Chesapeake-Potomac area)
www.cancer.org

American Lung Association
of Maryland..............................1-800-492-7527
www.lungusa.org

National Cancer Institute.........1-800-4-Cancer
www.cancer.gov

HealthFinder
www.healthfinder.gov
Click on “tobacco” for direct Internet access
to dozens of helpful resources and organizations

Your family doctor _________________