



Tobacco Cessation

A Love/Hate Relationship with Tobacco

Has tobacco become one of those friends you just can't get rid of? Have you tried and tried to break that relationship? If so, this newsletter can help you determine the type of tobacco user you are and give you specific strategies to overcome the habit. When you think about a relationship - there are at least two aspects that attract you - the physical and the mental. The same holds true with tobacco, more specifically, nicotine. Nicotine is a highly addictive drug found in tobacco that not only has harmful effects, but also excites and calms the body. When you experience anger, stress, or sadness, tobacco is there to help and for many individuals, it regulates how they feel or cope.

The Effects of Tobacco

We all know that tobacco is bad for our bodies; it causes many different types of cancer and disease. What we may not think about is the effect it has on our mind as well. Tobacco users develop social and emotional ties surrounding their habit. You develop bonds with co-workers and friends by taking breaks or going outside as a means to communicate and relax together. When you are changing these social ties as you try to quit, it is important to:

- Be accountable: let the people around you know about your intention to become tobacco-free.
- Ask the people around not to offer you tobacco products.
- Take yourself out of tobacco-related situations.
- Create a tobacco-free environment at home and the workplace.



Preparation, Action, Resources

You can slowly break free from your tobacco addiction by staying focused and determined. Being prepared, taking action, and using available resources are all efficient ways to help you become tobacco-free and stay that way!

Whether you smoke or use smokeless tobacco, join the *Great American Smokeout* on November 15th by using this as your quit date!



Be Prepared:

Becoming aware of why you want to quit can have a significant impact on your success. Higher success rates come from people who are ready and willing to quit, and who have important personal reasons to quit. Take a few minutes to really think about your reasons for quitting and the costs and benefits of tobacco use. Here are a few questions to help you reflect and increase your motivation to take a healthy step forward!

Are you ready to quit?

1. Do you want to quit tobacco for YOURSELF? List your reasons and rate them by importance.
2. What are the costs and benefits of continuing to use tobacco and quitting tobacco? Write down the pros and cons of each.
3. Are you willing to experience some temporary discomfort in order to quit?
4. What support systems do you have to help you through the quitting process?

Take Action

Understanding how to quit and using strategies specific to why you use tobacco is key to developing a quit plan. Keep a tobacco journal to help you understand the relationship you have with tobacco. From this journal you can pinpoint why and how you use tobacco.

After determining the type of tobacco user you are, you can create a quit kit to help you during this process. A quit kit is a way to support yourself as you quit. These kits include: coping strategies and activities, chewing gum or tooth picks, motivational notes from family and friends, and anything else that can give you “something else to do instead of using tobacco.”



Use your Resources

There are many different types of support systems available to help you quit tobacco. Utilizing all of these resources can help you reach your goal to become tobacco-free in no time.

- Most states have tobacco free quit lines as well as community support groups. Contact your local health department for more information.
- Using social media and networking like Facebook, Twitter, blogs, and more can provide support in a non-traditional way. You can share your own quit attempt or success stories and bond with fellow followers. Reading other people's stories can encourage tobacco users to quit.
- Online tobacco cessation programs provide step-by-step guidelines for quitting, expert advice, and helpful resources and tools. *WellQuit* through WellCall is a 12-week tobacco cessation program available to you at no cost. Call your health coach to get started!

Sources:

Lowell Kleinman and Deborah Messina-Kleinman: *Idiot's Guide to Quitting Smoking*
 American Lung Association: www.lung.org



What kind of smoker are YOU?

Identify which type of smoker you are, then use this chart to find out ways to quit... for

GOOD!

Stress smoker

- Squeeze a ball or throw darts
- Exercise
- Hit a pillow
- Weed the lawn
- Do the dishes
- Listen to a relaxation tape
- Play with your children
- Talk with someone
- Write down your feelings

Happy/Social smoker

- Spend more time with non-smokers
- Hang out at non-smoking establishments
- Have a non-alcoholic cocktail
- Chew gum
- Exercise
- Call a friend
- Work on a hobby

Bored smoker

- Get up and get moving
- Take a walk
- Drink water
- Do a puzzle
- Chew gum
- Eat a low-calorie snack
- In the car: drive a different route, listen to different music, listen to a book on tape
- Beating boredom is a matter of action. DO ANYTHING.

Habit smoker

- Change your habits
- If you have hot coffee, try iced coffee/juice
- Take a walk instead
- Have a low calorie snack with coffee
- If waiting for someone/something, carry a book, deck of cards, or notebook.
- Keep busy

Quiz: Tobacco Cessation

- 1. _____ is the chemical that is found in tobacco products and is very addictive.**
 - a. Tar
 - b. Nicotine
 - c. Menthol
 - d. Ammonia
- 2. When deciding if you are ready to quit, you should not weigh the benefits of continuing to use tobacco.**
 - a. True
 - b. False
- 3. Tobacco affects both your body and mind.**
 - a. True
 - b. False
- 4. Which of the following resources should you use to help support you as you quit tobacco?**
 - a. Tobacco-free quit lines
 - b. Reading success stories on a blog
 - c. Signing up for an online tobacco cessation program
 - d. All of the above

Answer Key

1. B
2. B
3. A
4. D