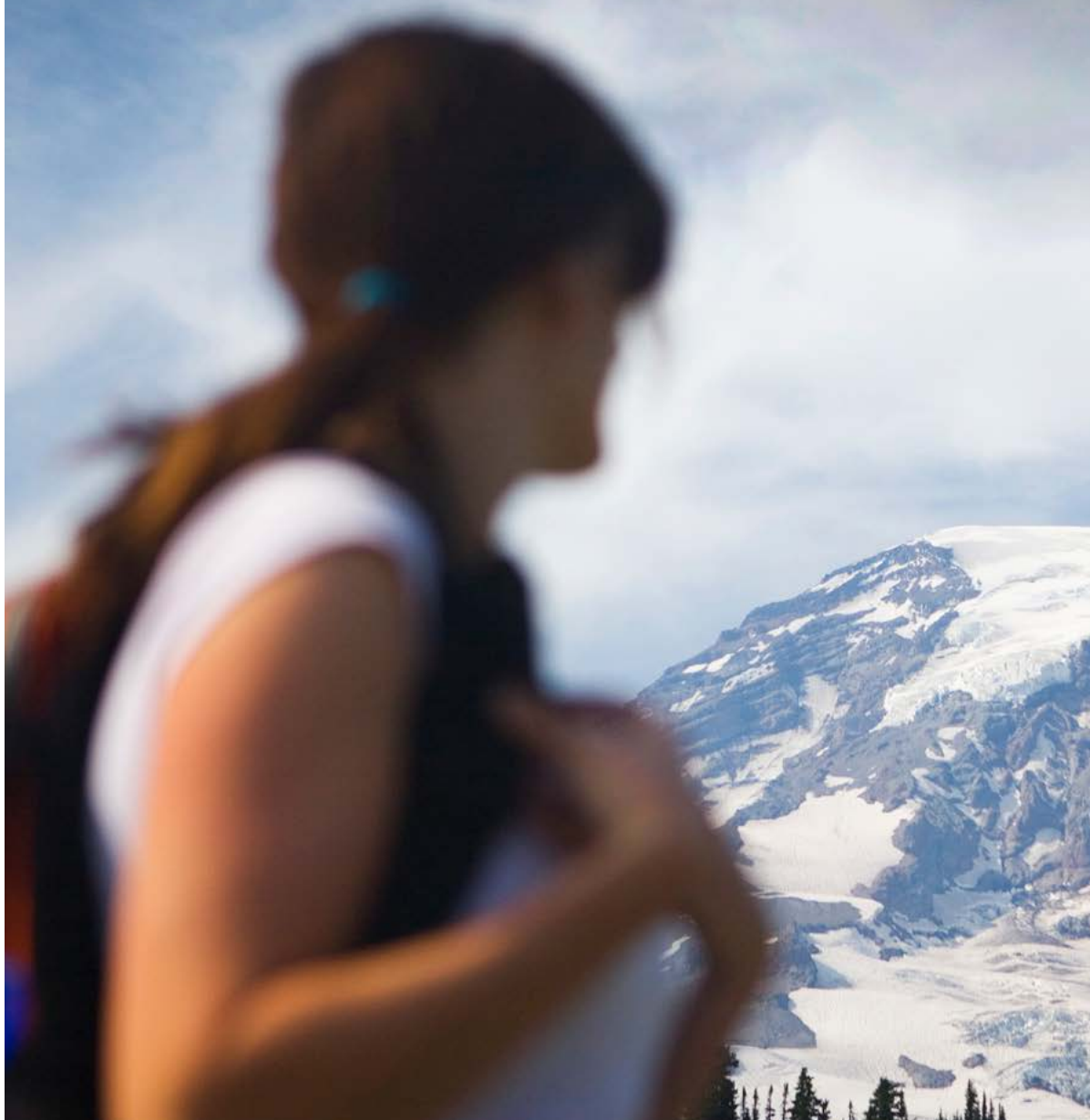
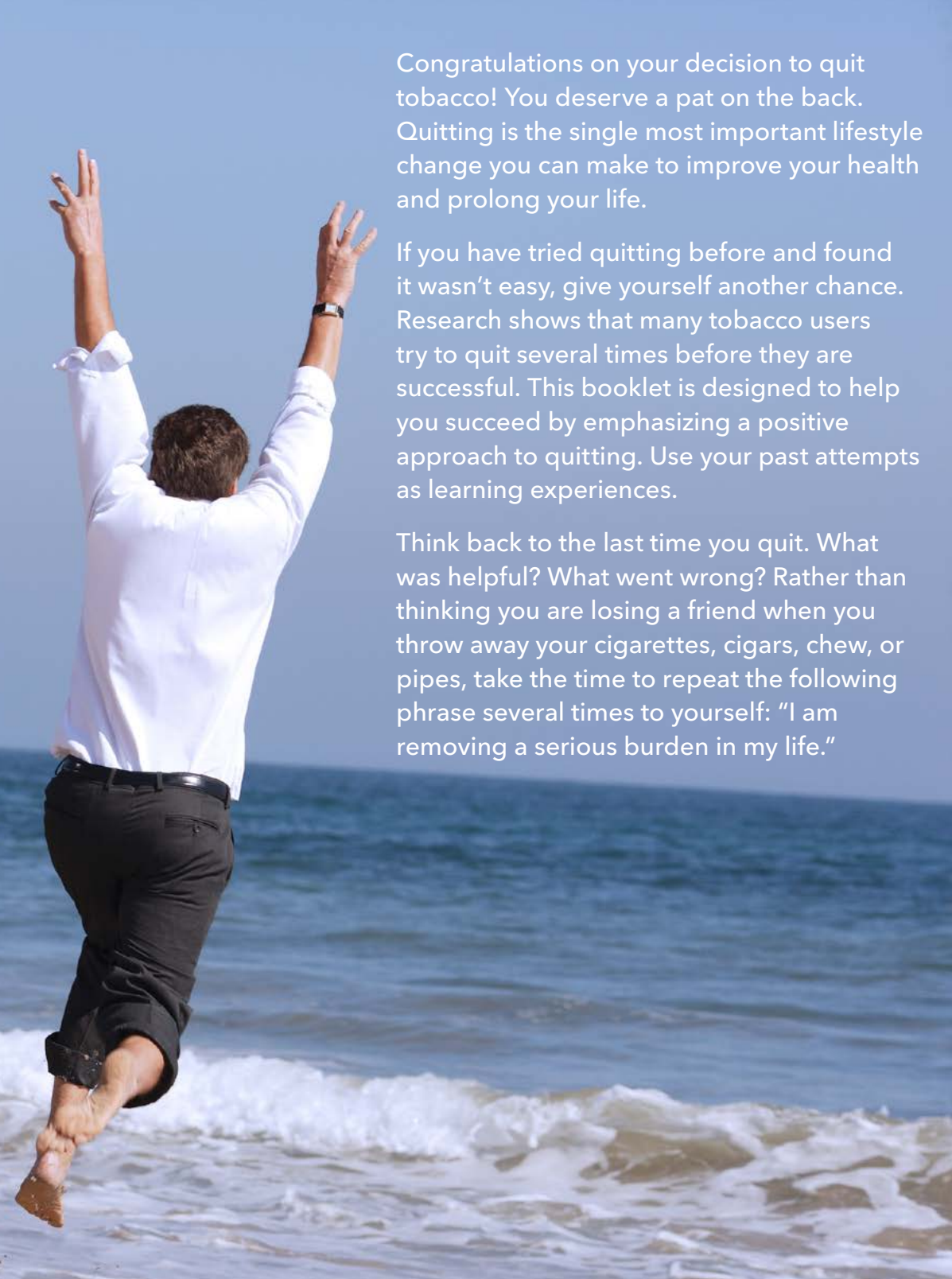


# independence from tobacco

strategies to lead you to a tobacco-free lifestyle



All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.  
500 NE Multnomah St., Suite 100, Portland, OR 97232.

A man in a white long-sleeved shirt and dark trousers is captured from behind, jumping joyfully into the ocean waves. His arms are raised high in the air, and his feet are just above the white foam of the water. The background is a clear blue sky and the deep blue of the sea.

Congratulations on your decision to quit tobacco! You deserve a pat on the back. Quitting is the single most important lifestyle change you can make to improve your health and prolong your life.

If you have tried quitting before and found it wasn't easy, give yourself another chance. Research shows that many tobacco users try to quit several times before they are successful. This booklet is designed to help you succeed by emphasizing a positive approach to quitting. Use your past attempts as learning experiences.

Think back to the last time you quit. What was helpful? What went wrong? Rather than thinking you are losing a friend when you throw away your cigarettes, cigars, chew, or pipes, take the time to repeat the following phrase several times to yourself: "I am removing a serious burden in my life."

## Independence from tobacco

Read this booklet all the way through to help you prepare to be tobacco-free. Then set a specific quit date using the contract on page 15.

When you have successfully quit, consider the satisfaction you'll feel at having accomplished a very difficult task. The rewards may be more than you imagined.

### Preparing to quit

Think about what keeps you from quitting.

There are many benefits from kicking the habit. They include freedom from the mess, smell, inconvenience, expense, and dependence associated with tobacco use.

To develop the motivation you need to ensure your success, make a list of all your reasons for not quitting and all your reasons for quitting. State the reasons most important to you.

You have used tobacco a long time, and each time has reinforced the strength of your habit. Now you must be equally strong in reversing the process. Once the reasons not to use are greater than your reasons to use, quitting will be much easier. To remind yourself how much you want to stop, post your list of reasons in a prominent place in both your home and office. Look at this list each time you get the urge.

### My reasons for smoking or chewing

Example:

*Smoking helps me control my weight.*

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### Reasons to quit

Example:

*Shortness of breath and cough will decrease.*

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## Strategies

You can prepare to quit by changing some habits before you quit. What you do before you quit can help you succeed. **Do at least 3 of the following:**

- Begin to buy cigarettes by the pack; do not buy cartons.
- Change to lower tar and nicotine brands. (Not getting accustomed to a specific brand helps prepare you for quitting.)
- Try to avoid your favorite smoking places.
- Make using tobacco unpleasant. Don't empty your ashtrays; collect all your cigarette butts in one large glass container as a visual reminder of the amount you smoke. The sight and smell of stale cigarette butts will be very unpleasant.
- Blend a non-nicotine substitute with your smokeless tobacco until your quit date. Start with a 25:75 mix, then change to a 50:50 mix the next week. Use a 75:25 mix the final week before you quit.

- Practice the **4 Ds** to prevent going into autopilot mode:
  1. **Deep** breathe: inhale through your nose and hold for the count of five. Slowly exhale through your mouth.
  2. **Drink** 8 to 10 glasses (8 ounces each) of water every day.
  3. **Delay** using for 5 minutes when you feel a craving. You will find the urge goes away whether you smoke a cigarette or grab a chew, or not.
  4. **Do** something – keep busy.
- Picture your success. Spend at least 5 to 10 minutes a day imagining yourself as a comfortable nonsmoker or former chewer in situations where you usually use tobacco.
- Move your tobacco to a hard-to-reach place. Stop carrying cans of chew, matches, or a cigarette lighter. Make it less automatic and less convenient.

## How to quit

You must mentally prepare yourself to become a non-tobacco user.

- Set a specific date you want to stop – your Quit Day – and write it down.
- Use the contract on page 15 to take this important step. (You do not have to stop immediately, unless you are prepared to quit.)

Now that you have chosen a day, you are ready to quit. Prepare yourself for Quit Day by:

- gradually decreasing the number of cigarettes you smoke or number of cans you use, OR
- gradually increasing the number of uninterrupted hours you go without using tobacco each day.

Gradually cutting down may give you the opportunity to mentally prepare.

The degree of your commitment to quitting will play a large role in determining what your experience is like.



## Using tobacco cessation medications

There are 2 main types of medications to help you quit.

The first type includes all forms of nicotine replacement. Nicotine replacement therapy (NRT) lowers the level of nicotine in your body. These temporary aids help reduce withdrawal symptoms to allow you to focus on changing the behavioral aspects of your habit. NRT includes nicotine patches, gum, lozenges, and inhaler.

The second type includes prescription pills that don't have nicotine but help reduce the craving to smoke and reduce nicotine withdrawal. These are mainly bupropion (Zyban) and varenicline (Chantix).

Many people combine NRT with bupropion. Tobacco cessation medications work best when used with a program that teaches you to change habits so you can live without nicotine. A health educator can teach you these skills, and will also let you know the different options available to you. With these medications, we can reduce some of the discomfort of the quitting process.

## Tips to help you quit

- Increase awareness of your tobacco habit by keeping a diary. The diary helps you become aware of (1) when, where, and why you are using, and (2) how much or how little you use in certain situations. It will also help you see more objectively how much tobacco is affecting your life. Make your own diary or copy the one on this page.
- Rank your use from 1 to 5. (1 or 2 = I can do without it; 3 = I would like it; 4 or 5 = I "need" it.)
- Reread all the reasons you want to quit every night before going to bed, then repeat one of those reasons out loud to yourself 10 times.
- Tell friends and family the date of your Quit Day. Also tell them your method of quitting, possible obstacles, and the reward you plan to give to yourself for staying quit. Support from others can be very helpful.

## Tobacco diary

Time	Need (based on a 1-5 scale)	Place or activity	With whom	Mood



## After you quit

- Discard all tobacco paraphernalia – ashtrays, lighters, extra packs of cigarettes and cans of chew.
- Change your routines, activities, and even the order in which you usually do them. This is especially important for the routines that included tobacco in the past. (Take a walk instead of a coffee break, wear gloves while driving, drive a different route to work.) That way, you'll be focusing your thoughts on what you need to do next rather than thinking about missing your usual chew or cigarette. It also may help to permanently break the link between certain activities and tobacco.
- Fill in the gaps of time that were spent smoking with other activities – start a hobby, visit a friend, begin an exercise program, read a book.

- Substitute other things in your hands or mouth as a replacement (sugarless gum, carrots, sunflower seeds, apples, celery).
- Practice deep breathing. Take long, deep breaths. This can be relaxing and helps the urge to pass.
- Visualize yourself without a cigarette or chew in your mouth. Focus on the positive benefits to be gained by quitting.
- Plan a major celebration for your six-month anniversary!

## Staying tobacco-free

The next few weeks may be the most difficult as your body readjusts to no longer using tobacco. You may experience such symptoms of recovery as a change in sleep patterns, light-headedness, more coughing, etc. Think of these as the positive effects of your body adjusting to a life without tar and nicotine.

You may also find that you still have sudden and strong urges for nicotine that seem to appear without warning. The best approach is to *be prepared* – expect these urges to occur and create specific strategies to deal with them and prevent them in the future.



## Positive statements

Here are a few statements that you can use to help talk yourself through an urge or craving until it passes. **Choose one or two of the following phrases** that have the greatest meaning for you and write them down.

- The urge will pass.
- I don't smoke anymore.
- Just one day at a time.
- There are no excuses.
- I choose to be in control of my life.
- Chewing is no longer an option for me.

Read your selected phrases whenever you need to deal with an urge.

## Strategies

Chances are, you tend to smoke or chew at certain times or in certain situations. These situations can trigger the urge, so it is important to avoid these triggers for a while, and to have specific plans for coping with each of these triggers when they do occur.

**Prevent** situations that trigger the urge by doing the following:

- Avoid other tobacco users for the first few weeks after you've quit.
- Try not to get too tired or hungry – keep healthy snacks on hand.
- Learn to relax and take some deep breaths throughout the day – before an urge hits.
- Take a walk every day or make time to exercise.
- Get plenty of rest and sleep.
- Reward yourself with something every day.

**Cope** with situations that trigger your urge for nicotine by trying some of the strategies that have worked for others trying to quit. The goal is to change your environment, distract yourself, and find something else to do instead of using tobacco.



## When you're...

around others who smoke or chew:

- Practice saying "No, thanks. I've quit."
- Tell your friends you're trying to quit.

feeling bored:

- Find new ways to occupy your time.
- Look through books or magazines.
- Take walks or start a hobby.
- Call a friend.

feeling nervous, stressed, or anxious:

- Count to 10.
- Take a walk.
- Learn relaxation techniques.
- Learn how to communicate feelings and emotions.

finished with your meal:

- Don't linger at the table.
- Chew gum or a strong mint.
- Brush your teeth.
- Phone a friend.

watching TV:

- Do something with your hands.
- Sip water.
- Eat popcorn.

talking on the phone:

- Doodle on paper.
- Talk from a different location, rather than in your usual spot.

drinking coffee:

- Hold the cup in a different hand.
- Drink in a different location.
- Consider switching to tea.

drinking alcohol:

- Avoid drinking and bars while you are trying to quit.

driving in the car:

- Take a different way to work.
- Play relaxing music.
- Have snacks, water, or gum on hand.





## The 5 Day Countdown to Quit Day

### 5 days until I quit!

- During the next 5 days, cut your tobacco use down as much as you can do comfortably.
- Buy cigarettes by the pack instead of by the carton.
- You may switch brands as often as you like, as long as they are low-tar and low-nicotine.
- Keep track of how many times you dip or cigarettes you smoke using your daily diary.
- Spend plenty of time getting used to the idea of being tobacco-free.
- Involve a friend for support.
- Become familiar with this booklet.
- Start a new exercise habit.

### 4 days to a tobacco-free me!

Make the following changes to your habit in the next 4 days:

- When you want a cigarette or chew, *delay 5 minutes* before using. Try to change your activity by finding distractions, such as starting a conversation, drinking a glass of water, or closing your eyes and imagining yourself as a confident, healthy former tobacco user.
- Practice deep breathing. (It triggers a relaxation response.) Take a deep breath, hold 5 seconds, and exhale slowly through your lips. Repeat 2-3 times.
- Smoke with the hand you don't normally use, or chew on the other side of your mouth.
- List the times you used nicotine today that you feel are unnecessary, and try to eliminate them during the next few days.
- Add a healthy snack – fruit, nuts, or veggie sticks.
- Use positive statements.



### 3 days to Quit Day!

- Starting today, eliminate one place (car, bathroom, garage, etc.) where you usually use tobacco. Continue to do this for the next 3 days.
- Drink more water.
- Continue the following:
  - Delay 5 minutes before using.
  - Keep your daily diary, and check for a patterns.
  - Become used to the idea of being tobacco-free.
  - List further tips of your own that will help you quit.

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- Calculate the cost of tobacco:
  1. \_\_\_\_\_ Average number of packs smoked/  
cans chewed per day
  2. \_\_\_\_\_ Average number of packs smoked/  
cans chewed per year (multiply  
figure on line 1 by 365)
  3. \_\_\_\_\_ Total number of years smoked or  
chewed
  4. \_\_\_\_\_ Total number of packs smoked/cans  
chewed to date (multiply figure on  
line 2 by figure on line 3)
  5. \_\_\_\_\_ Total cost to date (multiply figure on  
line 4 by \$5.00)

Cost of future tobacco use:

6. \_\_\_\_\_ Average number of packs smoked/  
cans chewed per year (same figure  
as on line 2)
7. \_\_\_\_\_ Total you would have used the rest  
of your life (first subtract your age  
from 75 years, then multiply the  
figure on line 6 by that number)
8. \_\_\_\_\_ Total cost for future tobacco  
(multiply the cost on line 7 by \$7.50,  
the estimated future average cost  
per pack/can)
9. \_\_\_\_\_ Lifetime cost of tobacco (add figures  
on lines 5 and 8)



## In 2 days I will be free from tobacco!

- Take the test on page 11.
- Continue the following:
  - Delay 5 minutes before using. Think positive thoughts about your ability to resist the urge for the next 5 minutes.
  - Keep your daily diary.
  - Don't smoke/chew in one more customary place.
  - Practice the deep-breathing exercise.
  - Visualize yourself as confident and self-assured.

## 1 day until I quit!

Now it is time to clarify your values regarding not using tobacco.

- Make a list of reasons why you continue to like tobacco.
- Review your list of reasons why you want to quit.
- Make a list of substitute activities. Make separate lists for activities involving the hands (playing cards, handling a stress ball or clay); the mouth (chewing gum, cinnamon sticks); relaxation (walking); and deep breathing (suck on a plastic straw or beverage stirrer).
- Identify patterns by looking carefully at your diary.
- Practice the deep-breathing exercise.

## Quit Day!

- Congratulations! You are on your way to a tobacco-free self. Today is a milestone for you. You have already accomplished a lot and your thoughts about quitting have been put into action!
- Throw away all tobacco-related items. Clear out all ashtrays, lighters, spit jars, and cigarettes.
- Keep busy and spend as much time as possible in places where tobacco is not allowed.
- Get support. Spend time with family and friends who do not smoke or chew.
- Buy yourself a treat or do something special to celebrate.
- Enjoy your new lifestyle!



## What to expect when you quit

Within 72 hours after you have your last cigarette or chew, your body begins to heal. As your body repairs itself, instead of feeling better, you may feel worse. These “withdrawal pangs” are symptoms of recovery. Nicotine replacement therapy (NRT) helps with nicotine withdrawal symptoms, and works to ease withdrawal symptoms. Without NRT, you may feel edgy and short-tempered. We understand that the process is really difficult, and we are here to support you with medication and emotional support.

Now let us share with you how your body begins to heal itself the moment you took the courageous steps to quit.

**Within 20 minutes**, you should notice the temperature of your hands and feet increase to normal.

**Within 8 hours**, the carbon monoxide level in your blood drops to normal.

**Within 72 hours**, the bronchial tubes relax, making breathing easier.

**Within a few weeks**, you will notice some major changes in your body: your sense of taste returns; your smoker’s cough is gone; your digestive system returns to normal; and your head is clear. Most important of all, you may have more energy and strength.

**Within 1-9 months**, coughing, sinus congestion, fatigue, and shortness of breath decrease, while your energy level increases.

Although weight gain may occur, it can be prevented or kept to a minimum because it is due in part to an increased appetite and food intake. The weight gain is usually not permanent; most ex-tobacco users go back to their former weight in time. If you are concerned about putting on extra weight, drink plenty of water and eat plenty of fruits and vegetables, plan menus to include low-calorie foods and have low-calorie foods on hand for nibbling, chew sugarless gum, and be sure to exercise everyday.



## Why I use tobacco

Here are some statements made by people to describe what they get out of chewing or smoking. How often do you feel this way? Circle one number for each statement.

Important: Answer every question.

Always	Frequently	Occasionally	Seldom	Never		
5	4	3	2	1	I smoke cigarettes or chew tobacco to keep myself from slowing down.	A
5	4	3	2	1	Handling tobacco is part of the enjoyment.	B
5	4	3	2	1	Using tobacco is pleasant and relaxing.	C
5	4	3	2	1	I use tobacco when I feel angry about something.	D
5	4	3	2	1	When I run out of tobacco, I find it almost unbearable until I can get more.	E
5	4	3	2	1	I use tobacco automatically, without even thinking about the fact that I am lighting up or grabbing chew.	F
5	4	3	2	1	I use tobacco to stimulate me, to perk myself up.	G
5	4	3	2	1	Part of the enjoyment of tobacco comes from the routine.	H



Always	Frequently	Occasionally	Seldom	Never		
5	4	3	2	1	I find tobacco pleasurable.	I
5	4	3	2	1	When I feel uncomfortable or upset about something, I light up a cigarette or put in a chew.	J
5	4	3	2	1	When I am not smoking or chewing, I am very much aware of it.	K
5	4	3	2	1	I reach for a cigarette or chew without realizing I still have one burning in the ashtray or already have some in my mouth.	L
5	4	3	2	1	I use tobacco to give me a "lift."	M
5	4	3	2	1	When I smoke a cigarette, part of the enjoyment is watching the smoke as I exhale it.	N
5	4	3	2	1	I want tobacco most when I am comfortable and relaxed.	O
5	4	3	2	1	When I feel "blue" or want to take my mind off cares and worries, I use tobacco.	P
5	4	3	2	1	I get a real gnawing hunger for nicotine when I haven't had any in a while.	Q
5	4	3	2	1	I've found a cigarette or chew in my mouth and didn't remember putting it there.	R



## How to score

1. Enter the numbers you circled for the questions in the spaces below. Put the number you circled for question A over line A, question B over line B, etc.
2. Add the 3 scores on each line to get your totals. For example, the sum of your scores over lines A, G, and M gives you your score on Stimulation; lines B, H, and N give the score on Handling, etc.

				Totals		
_____	+	_____	+	_____	=	_____
A		G		M		Stimulation
_____	+	_____	+	_____	=	_____
B		H		N		Handling
_____	+	_____	+	_____	=	_____
C		I		O		Pleasurable Relaxation
_____	+	_____	+	_____	=	_____
D		J		P		Crutch: Tension Reduction
_____	+	_____	+	_____	=	_____
E		K		Q		Craving: Psychological Addiction
_____	+	_____	+	_____	=	_____
F		L		R		Habit

The score for each test can vary from 3 to 15.

A score of 3 to 7 is *low*.

8 to 10 is *moderate*.

11 to 15 is *high*.



## What the self-test tells you

If you scored high on Stimulation, it will help give you an increased sense of energy if you find another source of stimulation. A safe substitute could be a brisk walk, modest exercise, gum, or a new hobby.

If you scored high on Handling, pick something just as satisfying to manipulate as a cigarette. Play with a pen or pencil. Doodle. Finger a coin, piece of jewelry, plastic straw, or Silly Putty.

If you scored high on Pleasurable Relaxation, try a substitute such as going to a movie, drinking water, physical activity, gardening, or bowling.

If you scored high on Crutch: Tension Reduction, watch out for stressful situations in your future and manage your life to remove pressure. Find new ways to reduce tension or let off emotional energies. Practice deep-breathing exercises.

If you scored high on Craving: Psychological Addiction, practice techniques suggested in this booklet or from previous quit attempts.

If you scored high on Habit, understanding your habit will help you plan how you can cope with triggers and high-risk situations. Use the resources in this booklet. Once you know the needs that you try to satisfy by using tobacco, you can work toward finding other ways to meet those needs.

Adapted from the Smoker's Self-Test, National Clearinghouse for Smoking and Health, U.S. Public Health Service, DHEW.







## Freedom from Tobacco Contract

I, \_\_\_\_\_,  
YOUR NAME

have decided to stop using tobacco on \_\_\_\_\_.  
DATE

**I am doing this for my health.**

\_\_\_\_\_  
YOUR SIGNATURE

\_\_\_\_\_  
TODAY'S DATE

\_\_\_\_\_  
FRIEND'S SIGNATURE

\_\_\_\_\_  
TODAY'S DATE



## Kaiser Permanente Talk with a Health Coach

503-286-6816 or  
1-866-301-3866 (toll free)

Monday–Friday  
(English and Spanish)

*Available to Kaiser Permanente members only.*

Contact **Health Engagement and Wellness Services** or visit [kp.org/healthengagement/class](http://kp.org/healthengagement/class) for information on classes and a current course catalog. Programs are also available on:

- Weight management
- Diabetes
- Childbirth

## Community resources

Contact local chapters of the **American Lung Association**, **American Cancer Society**, or **American Heart Association**. They have written materials, self-help cessation guides, and ongoing classes. Or, call your local **community college**.

### **1-800-QUIT IT NOW (784-8669):**

Connect to Oregon and Washington quit lines.

### **Nicotine Anonymous:**

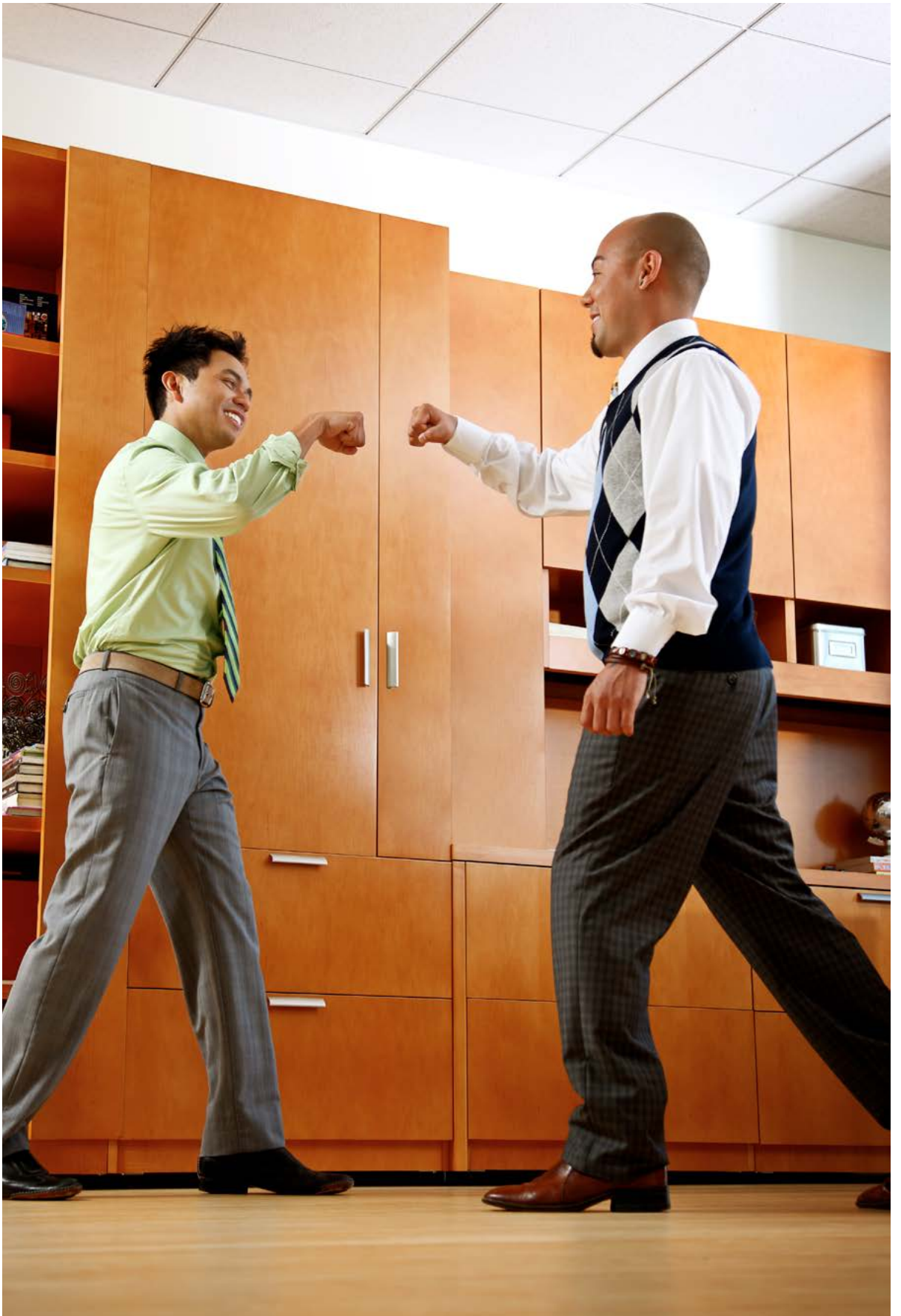
1-800-642-0666

## Websites

- [kp.org/healthengagement/quittingtobacco](http://kp.org/healthengagement/quittingtobacco) – information and resources about quitting tobacco.
- [quitnet.org](http://quitnet.org) – provides excellent resources to help you quit smoking.
- [nicotine-anonymous.org](http://nicotine-anonymous.org) – offers support using the 12-step program.
- [becomeanex.org](http://becomeanex.org) – quit tips and online support groups.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent health problems or if you have further questions, please consult your doctor.







[kp.org/healthengagement](https://kp.org/healthengagement)