

A smoking cessation tool

Quit for Life



Complete and carry the cards on the next page with you.

1

**Be Good
To Myself**

2

**Get
Moving**

3

**Use
Alternatives**



4

**Avoid
Risky
Business**

5

**Change
Situations
I Cannot
Avoid**

6

**Get
Support**

Congratulations on Taking the First Step

This booklet will help you make a personal plan to get you through the ups and downs of quitting smoking.

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What Works

1. Use medication: Zyban®, Chantix®, and/or nicotine replacement.

The medicine I will use: _____

2. Get counseling and education: Join QUIT 101 (616.267.2626, option 4), use the free quitline (800.QUIT NOW), or get a counselor.

The counseling I will use: _____

3. Get Support: Find a quit buddy or support person.

My support person: _____

**Quitting can be hard, but it can be done.
There are more ex-smokers today than smokers.
You can be one, too.**



Why Do I Want to Quit?

Understanding the reasons why you want to quit can help you take a step closer to quitting. Some reasons people give are:

- I want more control of my life and my health
- I want to be a better role model
- I want to feel better about myself

List your reasons and post a copy where you will see it often.

My reasons to be tobacco-free:

What Makes Tobacco So Bad For Me?

- Nicotine is a highly addictive drug. It gets you hooked—and it keeps you hooked.
- Tobacco smoke contains thousands of poisons, such as arsenic (rat poison), formaldehyde (embalming fluid) and ammonia (found in urine and cleaning products).
- More than 70 of the chemicals in tobacco are known to cause cancer.
- Tobacco smoke contains carbon monoxide, the same gas that is in car exhaust. Carbon monoxide takes the place of oxygen in your blood.
- Your heart and lungs have to do extra work to get enough oxygen to your body.

Smoking and Diabetes

- Smokers with diabetes have worse blood sugar control.
- Smokers with diabetes are more likely than non-smokers to have damage to the eyes (retinopathy) and damage to the nerves (neuropathy).
- Smokers with diabetes are at increased risk for kidney disease and kidney failure.

Smoking and Heart Disease

- Smokers have a higher chance of having blood clots.
- Smokers may have lower levels of good cholesterol.
- Smokers get short of breath quicker.

Remember, whenever you quit, your health will start to improve within hours.

Getting Started

Only you can decide when to quit smoking.

Think about the questions below and circle the number that tells how you feel at this time.

How important it is to me to quit smoking

0	1	2	3	4	5	6	7	8	9	10
Not at all important									Very important	

My confidence level about quitting

0	1	2	3	4	5	6	7	8	9	10
Not at all confident									Very confident	

My readiness to quit smoking

0	1	2	3	4	5	6	7	8	9	10
Not ready									Ready	

Thinking about the pros and cons of quitting can help you sort out your feelings. List your thoughts and feelings.

Good things about smoking

Bad things about smoking

Hard things about quitting

Good things about quitting

Now that you have thought about the pros and cons, how do you feel about quitting smoking?

What to Expect When I Quit

Most people experience withdrawal symptoms when they stop using tobacco.

How do I feel when I try not to smoke?

- | | |
|--|--|
| <input type="checkbox"/> Upset | <input type="checkbox"/> Problems sleeping |
| <input type="checkbox"/> Stressed | <input type="checkbox"/> Stomach upset |
| <input type="checkbox"/> Mad | <input type="checkbox"/> Hungry |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Impatient |
| <input type="checkbox"/> Tired | <input type="checkbox"/> Short-tempered |
| <input type="checkbox"/> Irritable | <input type="checkbox"/> Nauseated |
| <input type="checkbox"/> Can't concentrate | <input type="checkbox"/> Nervous |
| <input type="checkbox"/> Shaky | <input type="checkbox"/> Other_____ |

Withdrawal is your body's response to not getting nicotine. These symptoms usually go away after a period of one to three weeks.

Medications That Can Help

Using a medication can help you quit.

Medications can help control withdrawal symptoms and urges to smoke. Many are over-the-counter drugs and others you must get from the doctor.

NRT: Nicotine Replacement Therapy

An NRT is a nicotine patch, gum, lozenge, nasal spray or inhaler. NRTs can help you feel more comfortable when you quit smoking. These products contain pure nicotine, and do not contain the 7,000 poisonous chemicals found in tobacco smoke.

Prescription Medicine

Zyban® (bupropion)—Reduces the urge to smoke.

Chantix® (varenicline)—Blocks nicotine receptors in the brain.



Track Your Smoking

Tracking your smoking habits will help you understand when and why you smoke. Carry these cards with you and track your smoking for several days.

Pack Tracks

# of Cigarettes	Time of Day	Mood	😊	☹️	Activity
1st	7 a.m.	😊			Coffee
2nd					
3rd					
4th					
5th					
6th					
7th					
8th					
9th					
10th					



# of Cigarettes	Time of Day	Mood	😊	☹️	Activity
1st					
2nd					
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10th					

Coping With Urges

It is common to feel an urge to smoke when you are quitting. Certain situations (people, places, events) can make you want to smoke. These are called triggers.

Check your triggers:

- Talking on the phone
- Driving
- Drinking coffee
- After a meal
- Seeing a cigarette
or someone smoking
- Drinking alcohol
- Celebrating
- Finishing a job
- Relaxing
- Upset

- Having an argument
- Feeling bored
- Feeling lonely
- Feeling angry
- Feeling nervous or stressed
- Feeling sad
- Problems sleeping
- Other _____

What Can I Do Instead?

When you have the urge to smoke, find something else to do instead. Keep your head and hands busy.

- Do a crossword puzzle, Sudoku or word search
- Write in a journal
- Draw or paint
- Try a craft such as cross stitch, knitting or crocheting
- Find a physical activity you like, such as walking, yoga, bike riding or tennis
- Do yard work or garden work
- Tackle a project such as cleaning a closet or organize the “junk” drawer



My Plan to Quit

My Quit Day is: _____

Ready:

- Identify a “quit buddy” for support
- Get counseling or take a class
- Talk to health care provider about medications, purchase medications and NRTs
- Clean the house and car
- Throw away all tobacco products
- Get rid of ashtrays and lighters
- Other _____

Set:

Plan some activities to keep busy the first few days.

To keep busy, I will: _____

Go:

Start Your New Life!

- Stay positive and reward yourself
- Keep physically active every day
- Avoid too much caffeine
- Eat a balanced and healthy diet
- Remember to use your Quit Cards
- Do deep breathing exercises everyday
- Drink 6 to 8 glasses of water daily
- Avoid your triggers

The urge will pass in 3 to 5 minutes whether you smoke or not.

You Can Do It!

Staying Smoke-Free and Avoiding Relapses

- Plan ahead and avoid triggers
- Leave the area if you feel urges
- Do deep breathing exercises
- Take a walk
- Drink water
- Call a friend
- Eat a healthy snack
- Continue to use medications and NRTs
- Do something different to distract yourself

Remember, relapse is common but not required.

You can do this!



Resources

Michigan Quitline
800.QUIT NOW
800.784.8669

smokefree.gov
Free smoking cessation text messages
and other resources.

Spectrum Health
QUIT 101
616.267.2626, option 4

Spectrum Health Healthier Communities
Smoking Cessation Information
616.486.6503

Tips to Help You Quit Smoking

Quit date—

Choose a date within two weeks.

Use Medication—

Talk to your health care provider about using a nicotine replacement, Zyban®, Chantix®, or a combination of these to help you quit.

Identify your social support—

Find a “quit buddy” or someone who will support you along the way. Try a support group or cessation class.

Talk to a counselor—

Counseling will provide encouragement, and will help you develop new skills. Combined, counseling and medication improve your likelihood of success.

These evidence-based tips will help you quit smoking.

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ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

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