

TOOLS TO HELP YOU QUIT SMOKING!

Congratulations on taking the first step to quitting smoking!

Below is a five-part plan to help you quit. All the information below has been adapted from the California Smokers' Helpline and Smokefree.Gov. For additional support you may contact one of the BaySport Health Coaches. Contact Denise Brown to schedule a session with a health coach.

PART ONE: Getting Started...

Why do you smoke?

To quit smoking, you **MUST** change your behavior!

ACTION: Take this [QUIZ](#) to understand why you smoke.

Motivation: Why quit?

ACTION: Make a list of reasons why you want to quit smoking.

Maybe you want to breathe easier, protect your children from secondhand smoke, save money, etc. Motivation can waver and it's normal to have mixed feelings about quitting. This is why you need to keep reminding yourself of why you're quitting.

[Here are a few reasons why you should quit.](#)

Smoking Triggers: Know Yours

When you want to smoke, how does the cigarette help? Does it fill time, reduce stress or help wake you up? Try to think of other things you can do that will help in the same way. For example, when you feel stressed, what can you do instead of smoking?

ACTION: [Click here to download a trigger worksheet.](#) For each trigger, fill in two or three things you can do instead of smoking. Try posting this worksheet somewhere visible like your kitchen, bedroom, bathroom or car.

[Tips to help deal with triggers.](#)



Common Quitting Aids

Incorporating nicotine replacement therapies or medications can be helpful tools with quitting. Common brands include:

Nicotine Patches

- **What they are:** Look like band-aids. Gives an even flow of nicotine through the skin and into the body.
- **Where to get them:** At the pharmacy with a doctor's prescription, if they're covered by your insurance. Or, over-the-counter at a drugstore, discount store, or grocery store.
- **How to use them:** Start wearing the patch on the day you quit smoking. For those who smoke 10 cigarettes or fewer, start with one of the lower strengths. Check the directions for details. Put on a fresh patch each day. The schedule usually lasts 4-12 weeks.

Nicotine Gum

- **What it is:** Gum that releases nicotine into the body through the lining of the mouth.
- **Where to get it:** At the pharmacy with a doctor's prescription, if it's covered by your insurance. Or over-the-counter at a drugstore, discount store, or grocery store.
- **How to use it:** Start using the gum on the day you quit smoking. It comes in 2 strengths. If you smoke more than 25 cigarettes a day, start with 4mg. If you smoke 25 cigarettes or fewer, start with 2mg. Use it on a regular schedule, not just for a craving. Chew a piece until you get a peppery taste. Place it between your gum and cheek until the peppery taste is gone. The schedule usually lasts 4-12 weeks.

Medication

- **What it is:** A prescription drug such as Zyban[®] and Chantix[®]. These medications can help cut withdrawal symptoms. They do not contain nicotine.
- **Where to get it:** At the pharmacy, with a doctor's prescription.
- **How to use it:** Begin taking it 1-2 weeks before your quit day. Take the pills as directed. The schedule can last between 8-16 weeks depending on your doctor's advice. Zyban[®] can be used together with the nicotine patches or gum. Chantix[®] is not made to be used with the other quitting aids.

Very important: *If you choose to use a quitting aid, don't stop there! Your quitting aid may help with the withdrawal symptoms, but it will also take motivation and planning to beat the habit.*

Get Support

Quitting can be easier with support. What kind of support works for you? Think of the people in your life who can support you along the way. Be specific about what you need. You can also reach out to one of the BaySport Health Coaches for additional support, free of charge.

Smokefree.gov - offers free text messaging programs that give 24/7 encouragement, advice, and tips for becoming smoke free and being healthier.

[Find a program that meets your needs.](#)

California Smokers' Helpline - has numerous free programs and free resources.

[Find a program that meets your needs.](#)

Support Groups - join a local support meeting from a list of world-wide meetups offering smoking cessation support.

[Find a support group.](#)

PART TWO: Quitting!

Put Your Quit Plan Together

ACTION: Take all the information from Part One and you are ready to put together Your Quit Plan.

- Identify your reasons for quitting and make a list.
- Identify your triggers and ways to cope with them using the template.
- Talk with your doctor about quit aids and have them available.
- Identify who you can turn to for support whether it is a friend, family or support group.

Set a Quit Date

ACTION: Pick a date within the next two weeks. Plan to quit on that day (or sooner if you like).

When you wake up on your Quit Day, go right into your plan. Don't let yourself even think about putting it off. As triggers come up, use the strategies you planned to deal with them.

Withdrawal is common, whether you quit cold turkey or use a quitting aid, but always remember, they're temporary. **Common withdrawal symptoms are:**

Cravings	Feeling tired	Not able to sleep
Irritability	Hunger	Feeling low
Anxiety	Cough	Constipation
Headache	Feeling dizzy	Not able to concentrate

These symptoms may last 2–4 weeks, though they often get easier after a few days.

If you quit cold turkey, nicotine will be out of your body in about three days. Your withdrawal symptoms may be strong at first but will get weaker over time. If you are worried about this, you may want to consider using a quitting aid to help cut withdrawals.

[Click here for more information on nicotine withdrawal.](#)

Evaluate Your Plan

Make sure to keep your list of “how to deal with triggers” close by and look at it daily.

ACTION: Evaluate what triggers are coming up and if your coping strategies are working. Revise your plan as needed.

Don't forget to look ahead to identify any new situations that might make you want to smoke. Put a plan in place for those items too.

When triggers and withdrawal symptoms hit, it's easy to lose sight of why you're quitting. Keep your motivation up by reviewing your reasons you quit.

[Tips to help you manage your cravings.](#)

Reward Yourself

ACTION: Write down a list of ways you will reward yourself each week that you stop smoking and keep that somewhere visible.

Make sure to reward yourself for each goal you fulfill whether it is big or small. Identify what kind of reward(s) will help you feel proud of yourself. Treat yourself well! Just think with all the money you are saving on not buying cigarettes, you can splurge a bit!

PART THREE: Staying in Control

Top Three Smoking Triggers Over Time

Whether you've quit for a day, a month, or a year, certain trigger situations may keep coming up. Your best defense is to plan ahead for how you'll handle them. Here are the three triggers that give people the most trouble over the long term:

1. **Being around smokers:** Seeing others smoke, smelling it, being offered a cigarette, or just finding cigarettes lying around. [Click here for strategies.](#)
2. **Alcohol use:** Using alcohol, especially in the presence of smokers. [Click here for strategies.](#)
3. **Highly emotional situations:** These situations often catch people by surprise. Click here for strategies to deal with: [Emotional Situations](#) [Stress](#) [Mood Changes](#)

Weight Gain When Quitting Smoking

Some weight gain is a common side effect when quitting smoking. The amount will depend on how you eat, how your body burns calories and how active you are. *Remember the health benefits of quitting smoking far out weigh gaining a few pounds.*

Why people tend to gain weight when they quit:	What you can do to keep weight gain down:
The body doesn't burn calories as fast. Nicotine is a stimulant, so it speeds up the body's metabolism. With nicotine out of the picture, the body's metabolism may slow down to a more normal rate. This means that the body may start to burn calories a little more slowly.	Get active. Walk, garden, play with your kids, take the stairs, park farther away from the store, clean the house, etc. All of these activities burn calories. Exercise. High-energy activities such as bicycling, swimming laps, or doing aerobics, are natural ways to increase your metabolism. Be sure to consult your doctor before starting a new activity like this.
Eating more calories. People who are quitting smoking may find they crave sweets more often, because blood	Drink lots of water. It cuts nicotine cravings and hunger pangs.

sugar levels can change when quitting. They may also mistake the nicotine cravings for hunger pangs. Or, they may simply be using food as a way to avoid cigarettes. Whatever the case, they tend to up the number of calories they eat.

Eat healthy meals.

Cook at home, using low-fat ingredients like fish, skinless chicken, lean cuts of meat, and lots of fresh fruits and vegetables. Avoid fatty fast foods. Watch out for hidden calories in sodas, alcoholic drinks, salad dressings, and other items. Whenever possible, use low-calorie substitutes.

Keep healthy snacks on hand.

If snacking is one of your strategies for avoiding cigarettes, make sure you have low-fat, low-calorie snacks on hand: carrots and celery sticks, fruits, pretzels, etc.

[Click here for more tips on weight management.](#)

PART FOUR: Slips & Relapses

It's possible that you will smoke after you quit. Slips are common. It's important to know the difference between a slip and a relapse and be ready to deal with it. Here's one way to look at it.

Relapse – going back to smoking in some regular way. You take a puff or smoked a cigarette and you feel badly about it and blame yourself. You say to yourself something like, “I smoked because I can't quit.” and you give up.

Slip – having a puff or more but get back on track. You take a puff or smoke a cigarette. You feel badly about it and look at what went wrong in your plan to quit. You say to yourself something like, “Being around smokers is really hard. I better think of a new way to deal with this.” And you keep going.

Slips do not have to turn into relapses. Instead, say to yourself, “It was just a slip and I learned something from it. Now I'm closer to my goal.” Just keep trying!

When you quit smoking you never know which time will stick. The most important thing is to keep trying. Every time you quit you learn something new that you can use the next time you try. You will never fail unless you stop trying.

[Click here for more tips on slips!](#)

PART FIVE: Health Benefits of Being a Non-Smoker

The moment you stop smoking your body begins to repair itself and the risk of developing smoking-related illness begins to decrease.

20 Minutes After Quitting:

- Your heart rate drops to a normal level.

12 to 24 Hours After Quitting:

- The carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting:

- Your risk of having a heart attack begins to drop.
- Your lung function begins to improve.

1 to 9 Months After Quitting:

- Your coughing and shortness of breath decrease.

1 Year After Quitting:

- Your added risk of coronary heart disease is half that of a smoker.

5 to 15 Years After Quitting:

- Your risk of having a stroke is reduced to that of a nonsmoker.
- Your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker.

10 Years After Quitting:

- Your risk of dying from lung cancer is about half that of a smoker.
- Your risk of getting bladder cancer is half that of a smoker.
- Your risk of getting cervical cancer or cancer of the larynx, kidney or pancreas decreases.

15 Years After Quitting:

- Your risk of coronary heart disease is the same as that of a nonsmoker.

[Click here for more information on staying smoke free!](#)

Additional Resources

BaySport Certified Health Coaches

Adrienne Bachleda -

adrienne.bachleda@baysport.com

Sue Saso – sue.saso@baysport.com

IBEW Wellness Program

Denise Brown- denise.brown@baysport.com

408-395-7300 x 1014

California Smokers' Helpline

[Click here](#)

1-800-NO-BUTTS

Kaiser Members

Kaiser offers free smoking cessation support with a personalized Health Coach. No referral is needed.

Call (866) 862-4295

Monday through Friday 7 a.m. to 7 p.m.

Saturday 8:30 a.m. to 5 p.m.

Sign-up online for a "Freedom from Tobacco" class. Go to kp.org/appointments.

SmokeFree.Gov

SmokeFree.Gov offers tools, support programs, customized quitting programs, and support for staying smoke free. This platform offers multiple free resources from text message support, phone, email or in-person support in addition to a live online chat with trained professionals.

Smoke Free Social Groups:

Join a local meeting from a list of world-wide meetups offering smoking cessation support.

[Click here to find a support group.](#)

California Smokers' Helpline is a free phone-based, quit smoking program

English

(800) 662-8887 (800-NO-BUTTS)

Vietnamese

(800) 778-8440

Spanish

(800) 456-6386 (800-45-NO-FUME)

Korean

(800) 556-5564

Mandarin and Cantonese

(800) 400-0866

TTY (800) 933-4833 or (800) 933-4TDD)

(for hearing/speech impaired)

Chewing tobacco users

(800) 844-2439 (800) 844-CHEW