



PLAN AHEAD

THE KEY TO QUITTING IS TO PLAN AHEAD

The key to quitting is to plan ahead so, wherever you are, you'll have something to do instead of smoking.

TOBACCO CESSATION PROGRAM CHECKLIST

Please have this record with you for your weekly coaching session.

Getting ready to quit smoking can be overwhelming. A quit smoking checklist can help you prepare for your first day without cigarettes.

▶ 1. Prepare.

- Tell family and friends.
- Rid your life of anything smoking-related
- Clean your car and home to get rid of that smoky smell

▶ 2. Choose an NRT. _____

▶ 3. Identify smoking triggers. List 3 top triggers and 3 most important cigarettes:

▶ 4. Why do I smoke?

▶ 5. Identify why you want to quit. Everyone has a reason for quitting smoking. Their "What's Your Why?" story.

Think about your reason. It's different for everyone, but reminding yourself of your "Why?" can help you stay motivated when even the strongest cravings hit.

▶ **6. Decide on quit approach and set your quit date.** Having a set date is important in keeping you accountable.

Think of it as the date you will look back to and say, "20 years ago today I had my last cigarette!"

DATE _____

I COMMIT TO THE ABOVE QUIT DATE TO STOP SMOKING CIGARETTES. I PLAN TO USE
THE FOLLOWING APPROACH: _____ COLD TURKEY _____ GRADUAL WITHDRAWAL

SIGNATURE _____

▶ **7. Identify alternatives to smoking.**

▶ **PREPARE YOURSELF : PLAN AHEAD**

The whole process of quitting smoking means a total change in lifestyle. Those cigarette breaks in work are gone. That smoke at the end of your meal is gone. Sipping a drink in a bar whilst "enjoying" a few smokes is also going to stop. Having coffee with a cigarette or spending time with friends smoking will be a thing of the past. This major social upheaval can be scary, but rest assured, many people have quit successfully in spite of these triggers.

To help you get through the first few days take the following steps:

- Let your friends and family know that you are quitting and ask them to be supportive by not smoking around you.
- Remove yourself from situations where there will be smoking.
- Find something else to do during those times when you used to smoke.
- Find a support group or "quit buddy" to help you fight the urges to pick up a cigarette.
- Understand that nicotine is addictive and you might not be able to do it without any aids.

Here are some other things that have worked for other smokers:

1. Spend more time with people who don't smoke.
2. Cut down on alcohol. Instead, chew a swizzle stick or hard candy.
3. Do other things like exercise, see a movie, socialize, call a friend or work on a hobby.
4. Try new things. Keep your hands and mind busy. Try gardening, carpentry or painting.
5. Keep a "to do" list and use it: run errands, get caught up on jobs you haven't had time to do, read a book or do a crossword puzzle.
6. Use the internet to read testimonials from people who have successfully quit.

▶ ALTERNATIVES TO SMOKING

Make a commitment to try as many things on this list to get you through the first few weeks:

REMEMBER THE FOUR DS:

Deep Breathing

Drink plenty of water

Do something else—get your mind off the craving

Delay, and the urge for a cigarette will pass

BE MORE ACTIVE

Physical activity may help reduce your nicotine cravings and relieve some withdrawal symptoms. It doesn't have to be intense exercise; mild activity is fine. When you get the urge, do something active. Walk around the block. Head to the gym. Do some gardening or housework. Take the dog for a walk. Play with the kids. Being more active also may help you reduce stress and keep your weight down.

REDUCE STRESS

Take several deep breaths slowly. Hold the last one, then breathe out as slowly as possible. Try to relax all of your muscles. Try massage, yoga or Tai chi. Listen to relaxing music. Learn meditation and guided imagery. Avoid stressful situations. Take a break or a walk to avoid stress.

- Get up and get moving
- Do a puzzle
- Hold a fake cigarette
- Work on a hobby
- Chew on carrots
- See a movie
- Talk a walk
- Doodle
- Exercise
- Call a friend
- Squeeze a ball
- Hit a pillow
- Yell or scream
- Throw darts
- Weed your garden
- Play with your pet, child, grandchildren