

21-DAY COUNTDOWN TO QUITTING

Session 1: Days 1-3

- List health benefits of quitting.
- List expectations of overcoming your habits and addictions.
- List your top three reasons for quitting.
- Schedule an appointment with your physician to discuss smoking cessation medication and nicotine replacement therapies.

Session 2: Days 4-7

- Smoke or chew 15% less than the first three days.
- Keep reminder of your top three reasons for quitting.
- Practice controlled breathing and E.A.S.E.
- Continue your workbook activities.

Session 3: Days 8-12

- Smoke or chew 15% less than you did during Session 2.
- Keep reminder of your top three reasons for quitting.
- Continue your workbook activities.

Session 4: Days 13-16

- Implement “Get ready to quit!” strategy from your workbook.
- Smoke or chew 15% less than you did during Session 3.
- Keep reminder of your top three reasons for quitting.
- Practice controlled breathing and E.A.S.E.
- Continue your workbook activities.
- Seven days before your Quit Day, begin taking your smoking cessation medication as prescribed by your physician.

Session 5: Days 17-21

- Implement “Get ready to quit!” strategies from your workbook.
- Smoke or chew 15% less than you did during Session 4.
- Keep reminder of your top three reasons for quitting.
- Practice controlled breathing and E.A.S.E.
- List the people you’ll need for support.
- Review your workbook activities.
- **DAY 21: QUIT DAY!**

21 DAYS

TOBACCO CESSATION GUIDE
ONLINE EDITION

SESSION ONE



DAYS 1 - 3

Why People Use Tobacco

What makes tobacco use so habit forming?

- Nicotine creates a biochemical reaction in your body that has an immediate effect on your mood, your ability to reason and your metabolism. The more you use tobacco, the higher the level of chemical dependency that will be reached.
- Certain areas of the brain, when stimulated by nicotine, help you think more clearly. Other areas of the brain lie in a pleasure center which when stimulated, can make you feel more relaxed and less anxious. Nicotine also affects the hormones produced by the body, which creates a chemical dependency to nicotine and the accompanying craving.
- Heavy tobacco users have become dependent on heightened levels of hormones, stimulated by nicotine, which can have an addictive quality. They need a cigarette at certain intervals of time. After the stimulation of the hormones starts to fall, they need another cigarette or dip of snuff to bring them back into the comfort zone. If they do not get that cigarette, the craving begins.

Even if you only smoke a few cigarettes a day, why do you feel so bad when you try to quit?

- Light smokers can become just as dependent on cigarettes because of nicotine's psychological impact. In this way it can affect moods and feelings in certain situations.
- People choose to use tobacco based mainly on one or all of these reasons:
 - o It is a habit resulting from years of repetition and association with many activities of daily living, like watching TV or talking on the phone.
 - o It is an emotional addiction, a way people have learned to cope with psychiatric symptoms (such as painful trauma memories), negative moods (like depression, anger and anxiety) and the general stress of daily living.
 - o It is a physical addiction, delivering the drug nicotine that causes cravings to smoke and withdrawal symptoms.





It's Time!

First of all, we strongly recommend the use of tobacco cessation medications.

The physical addiction part of tobacco use can be successfully treated, using medications that reduce withdrawal symptoms and urges to smoke or dip snuff. Studies have shown that including your physician in this process can greatly improve your chances in remaining tobacco-free.

If you have used tobacco cessation medications in the past, be sure to identify medications that were (and were not) helpful and let your physician know which are your current preferences for tobacco cessation medications.

Many people have found that including physical activity in their program to quit smoking has added a tremendous benefit to assist in quitting. There are many reasons for this:

- When people are more active, they gain confidence and like themselves more.
- They feel more energy and are more capable of dealing with tension in their lives.
- With increased activity, the smell of tobacco actually becomes offensive.
- Whenever you feel the need to smoke after you have decided to quit, get up and move around instead – a brief physical activity can provide you with the lift that you may have received from nicotine.

Set a Quit Date

Decide on a **Quit Date** approximately three weeks from today, and don't stop using tobacco until then.

There are only two ways to effectively quit tobacco use: immediately (cold turkey) or gradually. When you quit gradually, you use various methods to taper off before the Quit Day. Neither way is better than the other for all people. Pick the one that you feel fits your temperament. Either way, a nicotine patch, gum, lozenge or inhaler may prove to be a real benefit in giving up, especially if you are a heavy tobacco user.

To find the right quitting method for you, consider these questions and statements:

- Is quitting tobacco one of the most important things in the world for me right now?
- Can I handle a tough problem without a smoke?
- I have to quit smoking and my reasons are good enough to do it now.
- If I quit this minute, I know I can find a way to resist the craving to smoke, even if it is strong.

If you answered yes and agreed with all of the above questions/statements, you may be a candidate to quit immediately. But before you do, read on to get the tools necessary to be successful.

What about the doubts you may be feeling now?

- Most smokers will get a sense of doubt when they read the questions above. You probably are not confident in your ability to follow through with resisting any future craving to smoke or finding something to substitute for the feelings that smoking has given to you.
- In order to have the confidence to quit, you must find an alternative to handle the urge to smoke when it hits and create ways to deal with the reasons that you began smoking in the first place.

Other tips:

- Involve your spouse or significant other in planning the Quit Date.
- The Quit Date should occur on a day when you anticipate minimal stress and can devote time to focusing on quitting, when you can celebrate the event by engaging in a special pleasurable activity with a supportive significant other, and when you can arrange to be in a non-smoking environment and engage in activities that are not associated with smoking or tobacco use.

Together we will accomplish both of these tasks so that when your Quit Day comes (three weeks from today), you will be confident to do it.

Assignments

The assignments we offer are tools that provide a “road map” of information and procedures that will help you in quitting permanently. It is vital to your success that you complete the assignments after each session. These assignments are based on the best practices and are valuable tools to aid you through this process. Each one is brief and needs to be completed before you start your next session. Please use Days 1-3 to complete your assignment, as this will also greatly increase your chances of success. Please do all assignments!

Assignments:

- Please provide information on how quitting tobacco will benefit your physical health and psychological wellbeing.
- List the addicting and habit-forming properties of nicotine and how you expect this treatment program will help you to overcome them.
- Remember to create a 3 x 5 card that lists your top three reasons for quitting. Keep it with you at all times and read it prior to each cigarette you smoke or dip of snuff you take!

