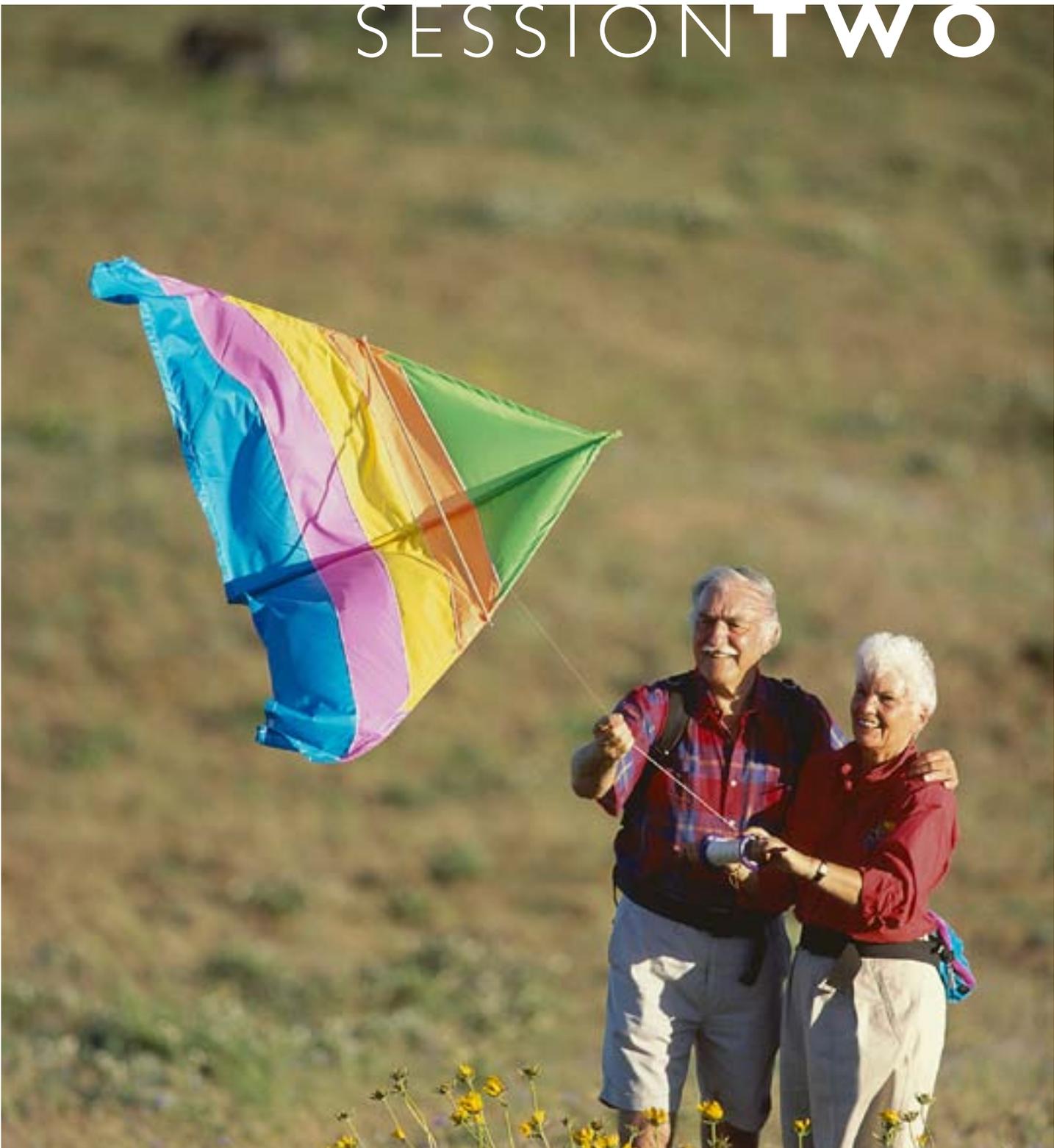


# 21 DAYS

TOBACCO CESSATION GUIDE  
ONLINE EDITION

# SESSION TWO



## DAYS 4 - 7

## Before You Proceed

**Have you set your Quit Date yet?** This is very important and remember it must be three weeks from your start date of this program.

Your Quit Date is a very significant moment in your life; tell your family, friends and co-workers about your Quit Date, so that they can help you with this. These people care very much about your health and wellbeing, and you might be surprised how much they can and will help you.

Make sure you have completed your 3 x 5 card with the top three reasons you are quitting. Carry it with you and read it prior to each cigarette or dip of snuff. Also, you need to have completed all of your assignments from Session 1 by this point. If these tasks are not complete, stop this session and restart it once they are complete.

**Your commitment to this program will ease the hardships associated with ceasing tobacco use and remaining tobacco-free.**



## Urges

Tobacco urges are high-risk situations or cues that bring on the urge to use tobacco. This happens because these situations and cues have been associated with using tobacco hundreds or thousands of times, over many years. Tobacco use is a conditioned response to the presence of three kinds of triggers:

- External situation urges like being around others who smoke, watching TV, drinking alcohol, or drinking coffee.
  - If you feel that you may not be able to resist the social pressures of smoking, consider giving up these social encounters for two or three weeks until the urge passes and you can be comfortable again.
- Internal emotional urges like feeling depressed, stressed out, angry, or happy.
  - A crisis occurs during your work or personal day and one of the main reasons you normally smoke is to reduce this type of tension. Try to deal with your negative emotions and use the tension reducing methods that we talked about earlier. Get away from the area that the tension is associated with: take a walk or go to another room. You may also find that nicotine gum will give you enough tension relief to get through.
- Nicotine craving triggers like craving the taste of a cigarette or dip of snuff or having withdrawal symptoms after not having used tobacco in a while.
  - Sometimes, when you do not have that cigarette, you feel lousy. If you are a heavy smoker, a nicotine patch, gum, lozenges, or inhaler may help to relieve your bad feelings.

You may find yourself in a situation (card game, party, coffee break) during which you would normally smoke or use tobacco. It will help to let others know of your desire to quit and also your reasons for quitting. Enlisting the aid of a non-smoker to confide in may also help. Make sure that he or she is aware of your goals so that they do not say or do anything to instill a negative impact on your desire to quit.

## Strategies for Reduced Tobacco Use

Reducing tobacco use before the Quit Date makes it easier for many people to stop tobacco altogether on that date. Another acceptable method used by some is to quit “cold turkey.”

- Advantages of reducing tobacco prior to Quit Date:
  - It lowers the level of nicotine addiction and withdrawal symptoms that need to be managed after Quit Date.
  - It helps to build confidence in the ability to quit by practicing coping skills for resisting urges to use tobacco prior to Quit Date.
  - It provides a way of actively progressing toward the goal of quitting without having to wait for the Quit Date to “do something”.

Remember, only total abstinence, NOT reducing tobacco use, leads to known health benefits. Reducing tobacco use is only useful as a temporary strategy in preparation for the designated Quit Date and is not the final goal.

### I. Nicotine Tapering

- Reduce the number of cigarettes smoked, or dips of snuff, by 10% - 15% each week, from the baseline rate of consumption. For example: if you smoke 20 cigarettes a day, reduce the total to 17 or 18 per day starting tomorrow (amount you smoke or dip per day multiplied by 0.10 or 0.15)
- Count out and carry only the daily allotment or “dose” of tobacco to be used each day (it is necessary for snuff users to convert to the pouches to effectively manage their intake). Cigarettes to be smoked or pouches of tobacco to be used each day should be kept in a single place; discourage possession or storage of multiple caches of cigarettes or tobacco pouches.
- Avoid reducing smoking below 10 cigarettes per day or 10 pouches per day, as this may enhance the reward value of these products, potentially impeding complete cessation.
- Identify the cigarettes smoked or tobacco dipped during the day that would be the easiest to give up. Target these instances as the ones to eliminate during the next week.

## ***II. Controlled Breathing Technique***

Quitting tobacco requires learning alternative methods for managing stress. Learning and practicing controlled breathing is an excellent stress management method for quitting tobacco:

- It reduces overall life stress.
- It is easy to use in almost all tobacco urge situations (i.e., it is transportable).
- It will increase one's appreciation of a major benefit of quitting tobacco—namely, an improved ability to breathe.

Practice controlled breathing after the urge to use tobacco hits you but before lighting the cigarette or taking a dip. Do this four separate times each day for at least four minutes each time.

### ***Instructions***

- Step 1: Stop what you're doing and sit down in a place where you can relax. If this is not possible, it's OK to use controlled breathing while you do some activities, like driving or sitting at your desk working.
- Step 2: Breathe in through your nose slowly and deeply while counting to five. Send air down into your lungs as far as you can, so that your stomach expands and feels like it's filling up with air.
- Step 3: Pause and hold your breath to the count of five.
- Step 4: Exhale slowly to a count of five or more. (When you exhale, exhale all the way out and get out as much air as you comfortably can.)
- Step 5: When you've exhaled completely, take five breaths in your normal rhythm and then repeat steps 2 through 4. Delay tobacco use for at least three minutes by using controlled breathing when the urge to use occurs and practice using controlled breathing to delay tobacco use on at least three separate occasions each day.

The urge to smoke generally fades after 3-5 minutes. Practicing controlled breathing to delay tobacco use provides experience in allowing the nicotine urge to pass before making a conscious choice to use tobacco or not.

What do you do to keep yourself from using tobacco when you're in a situation where tobacco use is not permitted or appropriate?

- Can you identify one or two healthy coping strategies that you have found helpful in dealing with stress?
  - Which of these strategies can you use to cope with tobacco urges or withdrawal symptoms, as you practice reduced tobacco use?
  - Use these same strategies to cope with tobacco urges or withdrawal symptoms that may result from reduced tobacco.

## Assignments

- Complete the “Understanding My Tobacco Urges” and “Method of Reducing My Tobacco Usage” worksheets in your workbook.
- Remember to continue carrying the 3 x 5 “Why I Want to Break the Habit” card and read it before lighting up a cigarette or dipping tobacco on at least three separate occasions each day. The places and situations where tobacco use occurs ideally should not be paired with activities, events and pleasures of daily living...remember, your health comes first!
- Please use Days 4-7 to complete your assignments. Learning a new lifestyle is a process that requires patience. You have accomplished a great deal already!

