

Smoke

A L A R M

MASSACHUSETTS TOBACCO CONTROL PROGRAM

Why am I Quitting?

Here are my reasons for quitting smoking:

**QUITTING IS HARD WORK,
BUT IT'S WORTH IT.**

Understanding Cravings

Cravings mean that I am getting free of nicotine, the addictive drug in tobacco. Many people crave cigarettes in the first days and weeks after quitting.

Each craving lasts only a short time. I'll be patient, and as my body gets used to life without cigarettes, cravings will get fewer and fade.

The most dangerous thought is: "I'll just have one."

Each time I overcome the urge to have a cigarette, I'll feel stronger and more able to resist the next time.

Life After

CIGARETTES

QUIT SMOKING CARDS

Remember the Three Rs

I'll **Remind** myself why I quit smoking. I'll go back to my reasons for quitting and read them over again.

I'll **Rehearse** what to do to handle the urge to smoke when challenging situations arise.

I'll **Reward** myself in some small way each time I beat the urge to smoke. I'll congratulate myself for being determined and trying my best.

**SMOKING USED TO SEEM LIKE A REWARD.
A HEALTHIER LIFE AS A NONSMOKER
IS A BETTER REWARD.**

Coping with WITHDRAWAL

Withdrawal symptoms can be uncomfortable, but they mean that my body is flushing out the chemicals from tobacco. I'll think about how to deal with these symptoms and jot my ideas here.

symptom

- irritability
- fatigue
- insomnia
- coughing, dry throat
- dizziness
- lack of concentration
- constipation, gas, stomach pain
- hunger
- headaches
- craving for a cigarette

how to cope

WITHDRAWAL WILL NOT LAST FOREVER.

What if I Smoke again?

A slip-up does not have to be a setback if I learn from it and continue with my quitting plans.

I'll look at the situation in which I smoked: how can I deal with it in the future?

I'll remember how long it's been since I last smoked and how many times I successfully overcame an urge to smoke.

I'll say to myself, "It isn't easy to quit, and I'm not going to give up because of this one little mistake."

**I'LL LEARN FROM THIS.
NEXT TIME I'LL KNOW WHAT TO DO.**

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more reasons to Quit

I'll stop breathing the poisons in tobacco smoke.
I can lower my risk of heart attack, stroke, cancer, and other smoking-related diseases.
I'll be free of nicotine addiction.
I'll save money, \$_____ every week.
My family and friends won't be exposed to my secondhand smoke.
I won't be as bothered by coughs, colds, flu, and other respiratory infections.
I'll look and feel better as a nonsmoker. I'll feel good about myself for quitting.

IT'S TIME TO QUIT.

ask for Help

**I can get some fresh ideas
by calling:**

1-800-9-GET-A-TIP

If I need more help, I know I can:

Ask my doctor or other health care provider for advice.

Join a Quit Smoking class.

Call the Massachusetts Smoker's Quiltline at:

1-800-TRY-TO-STOP

1-800-8-DEJALO (Spanish)

1-800-TDD-1477 (Hearing Impaired)

(Free smoking cessation counseling service for Massachusetts residents)

dealing with Cravings

I won't give in to a craving. Instead, I'll ask myself, "Why am I trying to quit?" If I can't quite remember why, I'll pull out my copy of the *Why Am I Quitting?* card and write down my reasons for quitting smoking now.

Next time if I ask, "Why am I doing this?" the reasons will be at my fingertips.

I'll take one day at a time and get through each day without smoking.

I WILL NOT HAVE A CIGARETTE TODAY.

former smokers Suggest

"Get your personal reasons for quitting together and make your plans very carefully" "You have to know that you really, really want to quit."

"Prepare yourself. Don't leave cigarettes around. Have everything you need out" "Just do it and find anything else to do but smoke" "Keeping busy helped me" "It's important to be prepared for a lot of emotional feelings" "Breathe a lot of fresh air and change everything about your routine."

"It's such a cliché, but take it day to day" "Keep trying. Don't ever give up" "You can do it. Have a positive attitude and feel like it's a possible thing."

(Advice from Massachusetts Smoker's Quiltline clients)

Quit Smoking CARDS

Before you quit smoking, carefully separate these cards at the dotted lines (---) and keep them with your cigarettes. Read one or two cards whenever you light up.

Once you have quit, reach for the cards instead of your cigarettes. Put them on your bedside table to read first thing in the morning and to review before going to sleep. During the day, keep the cards where you used to keep your cigarettes—in your pocket or purse perhaps.

**IT TOOK TIME TO LEARN HOW TO SMOKE.
IT WILL TAKE TIME TO LEARN HOW TO STOP.**

Practice the Four Ds

I'll **Deep breathe** to reduce tension. I'll take two deep breaths. Breathe in slowly and deeply, then breathe out slowly.

I'll **Drink water** to flush out the nicotine and satisfy the need to put something in my mouth.

I'll **Do something else** to take my mind off smoking. I'll turn to another task at work, get up and move around, phone a friend.

I'll **Delay** acting on the urge to smoke. I know it will pass in a few minutes.