This curriculum is adapted from the University of Pittsburgh Medical Center smoking cessation program¹ as used by the Steuben Council on Addictions. This version of the Steuben curriculum includes the Quit & Stay Quit Monday component, which is intended to increase participant engagement as part of a three-pronged Quit & Stay Quit Monday program.

To learn more about Quit & Stay Quit Monday, visit www.mondaycampaigns.org/stay-quit.

¹ University of Pittsburgh Medical Center Stop Smoking Program (as used by the Steuben Council on Addictions). http://www.upmc.com/locations/hospitals/passavant/patients-visitors/pages/stop-smoking.aspx.
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Introduction

Welcome to the Quit & Stay Quit Monday facilitator’s guide. As a facilitator, you play an important role in the quitting process for your group members. Your role is to provide education, foster social support, and encourage members when they face challenges.

The following incorporates Mondays as a strategy to help members quit and stay quit. Sessions are formatted as a script, but you can improvise and adapt the script as you see fit in order to make the group flow naturally. To encourage group participation and foster discussion, follow the questions in red text throughout the script.

This program includes weekly one-hour, web-based groups for 7 weeks. Start each session by having each group member say hello and provide an update on their quit over the last week. Prompt them to talk about their challenges, successes, and what they anticipate for the upcoming week. In the sessions after they quit, encourage them to quit again on Monday if they slipped up. Close each session by encouraging them to set weekly goals and remind them what assignments they should have done by the next meeting.

Week one is intended to be done in-person so that the group members can make connections and get to know each other, meet their Quit Buddies, and get a better sense of community that they can sustain throughout the rest of the web-based groups.

For web conference groups, email your participants the worksheets and handouts that they will need for the group so that they can briefly look over the materials before the group. For in-person groups, distribute the materials at the beginning of the class.

Week 1……………………………………………………………………………………………………………Welcome and Session 1: Orientation
Week 2……………………………………………………………………………………………………………Session 2: Preparation
Week 3……………………………………………………………………………………………………………Session 3: Learning to Cope
Week 4……………………………………………………………………………………………………………Session 4: Stress Management
Week 5……………………………………………………………………………………………………………Session 5: Weight Management and Exercise
Week 6……………………………………………………………………………………………………………Session 6: Benefits of Quitting
Week 7……………………………………………………………………………………………………………Session 7: Relapse Prevention
Welcome

Materials for Welcome Session:
Handout with Q&SQM social media links

Welcome to the Quit & Stay Quit Monday smoking cessation program! Congratulations on taking the first step towards quitting smoking and improving your health.

First, as the group facilitator, I want to introduce myself: [Tell the group your name and some background information on yourself. Are you a former smoker as well? What experience do you have with smoking cessation? Why do you facilitate this program? Why is smoking cessation an issue close to your heart?]

Now, I’d like everyone to go around and introduce themselves. Tell us:

1. Your name
2. Any concerns you have about quitting
3. At least one reason you are quitting

Next, I’d like to talk about how the Quit & Stay Quit Monday program is formatted:

First, there are free automated Monday quit tips that you will sign up to receive by text, voicemail, or email. These tips will help you prepare for the challenges in the week ahead. Be sure to sign up for the Quit & Stay Quit Monday tips at from the New York State Quitline at https://qunity.nysmokefree.com/ before our next group session so that you are prepared to discuss the tip.

Second, you will have weekly check-ins with your Quit Buddy. Your Quit Buddy will be someone from this cessation group. We will draw straws to make Buddy pairings. Get to know each other and provide each other encouragement! If you feel uncomfortable with this, you can have regular check-ins with a quit counselor by calling the NYS Quit Line. Schedule a weekly check-in with your Quit Buddy and talk about the challenges you both face while quitting, your best strategies for avoiding relapse, the progress you’ve made, and how you can encourage each other to stay quit. You can check-in by phone, email, or in-person. Do what works for your schedule, but remember to always check in at least once a week!

Third, are the web-based group sessions. To get the most out of this program, you should attend the web-group every week either by computer or telephone. During groups we will discuss the Quit & Stay Quit Monday tip of the week, your Quit Buddy meetings, your challenges and successes with quitting, and more information to help you with your tobacco cessation.
This group is intended to be a supportive setting that gives you the opportunity to gain control over your own smoking behavior. To make sure the environment is supportive for everyone participating, we must agree to follow these three rules:

1. Attend and participate in all the sessions. Your chances of succeeding with the program are much greater if you actively participate. Participating will also help provide a supportive and informative environment for other group members. People look forward to your support. Even if you have difficulty quitting, stick with the program! This is a judgment-free environment that will help you quit and stay quit.

2. Do everything the program suggests. While there is no “one way” to quit for everyone, this program incorporates several components that when used together, will help you on your path to becoming a quitter. Keep in mind, sometimes the activities you want to avoid the most are the ones that will help you the most!

3. Give and receive support. Participate in lessons and share your experiences with the group. Use your Quit & Stay Quit Monday Guide and keep a smoking cessation journal to keep track of what is helpful for you and what causes problems. If you are having an easy time, others in the group may need your support. If you are having difficulties, they are here to support you.

[As the group facilitator, you are welcome to add additional rules as you see fit for your group. You can also ask group members if they think there should be any additional rules.]

Try to participate as much as possible in the group sessions. Social support is proven to help people quit smoking. Use this time to share your questions, frustrations, successes, and more with the group. Many symptoms of quitting are common to most people, so it’s likely that if something is concerning you, it actually concerns others in the group as well.

I encourage you to take advantage of the additional Q&SQM resources available. You can join the Q&SQM online community via Facebook, Twitter, and Pinterest to get quit tips and share your experience with other quitters.

Facebook: https://www.facebook.com/QuitMonday

Twitter: https://twitter.com/QuitMonday

Pinterest: http://pinterest.com/quitmonday/

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Session One: Orientation

Materials for Session 1:
Quit & Stay Quit Monday Guide
“Smoking Cessation medications” handout

Where to Begin?

Our group quit day will be in two weeks. This will give you enough time to get ready but isn’t so far away that you’ll lose interest. If you think about it, you’ll realize that you’ve made very few changes during your life unless you’ve had to do it on a specific day. Quitting tobacco is no different. For those of you who want to quit today – Don’t. Your enthusiasm is great, but give yourself at time to get ready. Remember: Proper preparation is fifty percent of the battle.

Quit on a Monday!

Why Monday? Monday is the day for a “fresh start” in our weekly cycle. Research shows that many people use Monday as the day to start a new healthy behavior or recommit to one that they have already adopted. Quitting smoking can be difficult. Many first time quitters attempt to quit several times before they actually stay quit. If you slip up and smoke, instead of giving up, you can start fresh on a Monday and recommit to your quit. That gives you 52 chances a year to quit and stay quit!

Write down your quit date in your Quit & Stay Quit Monday Guide. [Distribute the Guide and have them record their quit date. Explain that they can look through the guide and that it will be discussed in subsequent classes.]

The Quit & Stay Quit Monday Guide is intended to help you stick with your quit attempt by guiding you through exercises that will help you develop your skills for facing cravings for cigarettes, avoiding triggers for smoking, and using your support networks to stay quit for good.

Now that you are committed to your upcoming quit day, let’s talk about some of the reasons that we smoke and prepare ourselves to quit. Does anyone have any questions or comments before we get started?

What Is Smoking?

Smoking is a complex behavior that is comprised of three distinct aspects. In order to quit successfully, you must address all three of these aspects in a way that is meaningful to you. Most people focus solely on the addiction to nicotine. They mistakenly use a smoking cessation medication
and do nothing else. These individuals often relapse. They have failed to treat the other two important aspects of smoking, habit and psychological dependency. Let’s not make the same mistake!

So, we’ll begin by briefly examining what is involved in each aspect.

ADDITION

What is it?

Can anyone tell me what makes smoking addictive? [Allow participants to discuss. If other comments come up, give them positive reinforcement for their participation. When someone says, “Nicotine,” move on to discuss.]

Nicotine is the addictive substance in tobacco. It’s what keeps you coming back for more. Each time you puff on a cigarette the nicotine level in your blood increases rapidly and you get a pleasurable feeling. You really like that feeling. When you finish the cigarette and your nicotine level drops below a certain amount, you feel withdrawal (anxiety, irritability, and impatience). You really don’t like that feeling! You smoke, then, to maintain the good feeling and to prevent withdrawal.

How we will treat it

Smoking cessation medications are the best way to treat nicotine addiction. These products reduce or eliminate the withdrawal experienced by most smokers when they abruptly stop smoking. They also eliminate the reinforcing, pleasurable effects of nicotine. However they are not magic pills. They cannot make you stop smoking. Only you can do that.

HABIT

What is it?

What are other reasons, besides addiction, that cause you to smoke? [If someone already said habit earlier, say, “____ mentioned “habit” earlier. Let’s talk about that more.”]

When you do two behaviors one right after the other, over and over again, they become linked. Doing one, unconsciously, automatically prompts you to do the other. You have smoked while doing so many common everyday behaviors, for so many years, that by now just engaging in one of those behaviors automatically makes you want to smoke. These are called “triggers.” For instance, you wake up in the morning and you reach for a cigarette. Someone makes you angry, and the first thing you think of is smoking. This has nothing to do with the level of nicotine in your body. It has everything to do with habit.

What are some of your triggers? Let’s go around and everyone can name one or two of their triggers.

How we will treat it
Since the habit part of smoking has nothing to do with blood nicotine levels, smoking cessation medications will not help with this aspect of smoking. Instead you must first become aware of just what those connections are for you. Everyone is different, but there are many common behaviors and feelings that can be automatic triggers to smoking. We will help you discover what those triggers are for you. Then we will give you the tools to deal with those situations so that you will not be unconsciously tempted to smoke. These tools are called coping techniques. We'll talk a lot more about those later.

**PSYCHOLOGICAL DEPENDENCY**

**What is it?**

*What’s another reason, besides addiction and habit, that you to smoke? [If someone already said psychological dependency earlier, say, “____ mentioned “psychological dependency” earlier. Let’s talk about that more.”]*

Most smokers have a belief that smoking is somehow beneficial. They think that cigarettes do all kinds of magical things that they are not able to do on their own.

Examine your own beliefs. Do you think that cigarettes get rid of all your stress, keep food out of your mouth, or help you deal with the cranky kids or the overbearing boss? *What are some things you believe cigarettes help you cope with?*

Whatever your thoughts, you probably have a very strong belief that you need cigarettes to somehow help you through life. In fact, many smokers have such a powerful belief that they consider cigarettes to be a friend – even a best friend, one they can’t live without!

**How we will treat it**

So we know that we smoke because of nicotine addiction, habit, and psychological dependency…now how do we treat it?

First of all, we will help you understand that there are no benefits to smoking. A cigarette cannot possibly accomplish everything you think it can. After all, it’s just an inanimate object made of dried leaves and paper!

So, if the cigarette hasn’t been getting rid of your stress, keeping food out of your mouth or quieting the noisy children, who/ has? *You* have, of course. It’s high time that you give yourself credit for what you accomplish every day. Begin by realizing that cigarettes are not your friend. Think about it. What kind of friend would ruin your health and steal your money?
Then, we’ll teach you healthy ways to deal with stress, manage your weight, and deal with life’s ups and downs. We’re going to help you take back the control over your life that you have unwittingly given to cigarettes.

Next week we will brainstorm in class about how to deal with all these situations that trigger your urges to smoke. You will begin to learn powerful ways to deal with those urges and desires.

On our quit day, we will begin to construct your personalized coping strategy. We will help you pick out specific techniques you can use once you’ve identified your problem areas. These techniques will be the key to your plan to stay quit for good.

So, begin to think about those situations where you will probably have the most temptations. To help determine this ask yourself the following questions:

- Where do I tend to smoke the most often?
- Which cigarette would I miss the most?
- What do I think would happen to me if cigarettes disappeared tomorrow?

We’ll discuss your answers in next week’s session.

In the meantime, review the different smoking cessation medications available, and decide if these are right for you. [If time allows, you can go over the smoking cessation medications with the group members. See the script below]

That concludes our session for this week. Next week we will go over preparation strategies to help you get ready for our quit in two weeks. Be sure to go over your smoking cessation medication handout and decide if you would like to use these to help you quit. Also, remember to connect with your Quit Buddy and check the Q&SQM tip of the week so that we can discuss it at our next session.

**SMOKING CESSATION MEDICATIONS**

Research has clearly shown that using a smoking cessation medication while you make changes in your behaviors significantly increases your chance of quitting for good. So, prior to your quit date decide which smoking cessation medication you will use. Make sure that you have at least a two-week supply on hand. We’ll be discussing the options in our group today, so if you have trouble deciding which product to use, bring up your concerns. We encourage you to discuss your medication choices with your healthcare provider.

Remember: Smoking cessation medications are not magic pills. They cannot make you quit. Only you can do that. Smoking cessation medications simply help ease withdrawal symptoms. That way you can comfortably make the changes in your behavior and in your thinking necessary to eliminate cigarettes from your life forever!
Although the Quit & Stay Quit Monday program does not endorse one particular medication over another, here are some hints to help you decide which medication is best for you.

**Patch**: If you are someone who prefers an easy to use, “I-don’t-have-to-think-about-it” approach, the patch is for you. You simply put it on each morning and forget about it. The patches are extremely safe and have a very low incidence of side effects. The step down method (going from 21 mg to 14 mg to 7 mg) allows you to gradually reduce your dependency on nicotine while experiencing minimal withdrawal.

**Nicotine Gum**: Are you someone who prefers to control your own therapy? Do you have a boring job or lots of time to fill once you quit smoking? Then nicotine gum may be the product for you. Using the gum involved the “ritual” of opening the package, moving the piece several times and using it on a regularly scheduled basis. Therefore, it appeals to individuals who want to actively participate in their therapy or who have a lot of time on their hands. Nicotine gum is also good for those who miss the oral aspects of smoking and for those who are concerned about weight gain. (You can’t eat while you have a piece in your mouth).

Note: Even though this product is called gum, you should not treat it the same as chewing gum. If you chew Nicorette like chewing gum all the nicotine will go into your stomach where the acid there will neutralize it. You will get no benefit from the nicotine that way. Instead you simply activate the gum by biting down several times until you feel a tingly, peppery taste. Then you “park” the piece between your cheek and gum. Once the peppery taste disappears, move the piece to another part of your mouth and repeat the process. You can use one piece for about half an hour. If you choose to use Nicorette your group leader can review proper usage with you.

**Nasal Inhaler**: This product delivers nicotine to the brain very quickly. However it does irritate the nasal passages and takes weeks to get used to. It seems to appeal to heavy smokers (3+ packs a day) who are very nicotine dependent and who can tolerate the nasal irritation.

**Oral Inhaler**: The oral inhaler has been advertised by the manufacturer as a substitute for the hand to mouth, oral aspects of smoking since it looks similar to a cigarette.

**Zyban**: Zyban in its original form is an antidepressant. Quite by accident, scientists discovered that it can help reduce withdrawal and aid individuals who want to stop smoking. This product appears to be especially helpful for those smokers who are just slightly depressed. It also appeals to others who have tried all the nicotine replacement therapies on the market and have relapsed. However, any first-time quitter could benefit from using Zyban. Remember that this is a prescription product that must be started at least one week prior to quitting, so you must talk to your doctor about using it. Zyban is not indicated for anyone who has had head trauma or a history of seizures.
**Chantix**: A new prescription drug to help smokers quit. Decreases craving and withdrawal and decreases the reinforcement from smoking. Start one-two weeks prior to quit day. Take with food!

Note: If you have chosen Zyban you must begin using it at least one week before your quit day. This will ensure that there will be an adequate concentration of the medication in your blood when you quit. If you have not done so, contact your doctor immediately.
Session Two: Preparation

Materials for Session 2:

*Quit & Stay Quit Monday Guide*

*Smoking Cessation medications* handout

*Will you help me quit* handout

*Quit Day checklist* handout

Welcome to Session 2 everyone!

How did you prepare for your quit last week? Did you connect with your Quit Buddy?

Let’s discuss the Quit & Stay Quit Monday Tip. What did you think of it? Was it helpful?

You are one week away from your quit date! Being prepared is half the battle. If you spend this next week actively getting ready to quit, once the big day arrives you will have the knowledge and wherewithal to proceed confidently into your new smoke free life. Use your QSQM Guide to help you along the way.

Here are nine proven strategies that will set the stage for success!

1. **Get a Support Person**

Use your Quit Buddy for support. Your Quit Buddy can relate to you about your struggles and successes throughout the process and help share their strategies for staying quit. If you feel more comfortable, you can also commit to calling a quit counselor once a week to be their check-in Quit Buddy, though having the same Quit Buddy will help you get to know each other personally and foster social support.

Do you all have a Quit Buddy? Did you connect with your Quit Buddy? If you chose to use the NYS Quit Counselor, how was that experience for you?

Let’s go around and discuss what you talked about.

In addition to your Quit Buddy, many individuals have found it helpful to have another support person they can turn to for advice and guidance. This can be a friend, family member, or coworker, as long as you make sure it’s someone who will listen and respond to your needs, not someone who will nag or police you. Just ask this person to be available whenever you need to talk. And make sure that he or
she will never, ever, give you a cigarette no matter how much you ask. You can use the “Will you help me quit” handout to write a letter to your support person.

Think about who your other support people are. Does anyone want to share who will help them with their quit?

2 Reward Yourself

Quitting smoking is not easy. Be proud of your successes! Each time you reach another Monday smokefree, reward yourself. You can give yourself a free reward, or if you set aside your cigarette money each week, by the end of the week you will have money towards a more costly reward. Give yourself small rewards periodically or save up for a big reward such as a weekend away or a new pair of shoes.

What are some free or inexpensive ways you can reward yourself?

Let’s calculate how much you save by not smoking. If you have access, go to the website http://www.cancer.org/healthy/toolsandcalculators/calculators/app/smoking-cost-calculator.aspx and calculate how much money you save. If a pack costs $12 and you smoke 1 pack a day, you are spending about $84 a week! That’s $365 per month and $4,383 a year!

With that kind of extra money, what are some things you can save up for? Let’s go around and everyone can talk about something they would spend their cigarette money on.

Use your Q&SQM Guide for more reward suggestions and to brainstorm your own ideas.

3 Decide on Your Smoking Cessation Medication

You want to make sure to have a two-week supply on hand all the time. Did you pick out a smoking cessation medication from your handout last week? Talk to me if you need help accessing the medication. You can also speak with your doctor if you need a prescription.

4 Understand Why You Continue to Smoke

What do you think smoking is doing for you? Do you think that it’s relieving stress, helping you deal with your boss, or simply making life bearable?

Whatever the excuse, remind yourself that there is never any good reason to smoke. Then remember this important thought: you have always been the one to relieve stress, deal with your boss, or make your life what it is. A cigarette cannot do any of this. Give yourself the credit you deserve!

What are your two biggest barriers to a successful quit? How will you cope with these? Discuss as a group.
5 Have a Quitting Ceremony

During the evening before your quit day, have a ceremony where you get rid of your last cigarettes. Make this something meaningful where you can say, “I’m done being a smoker and ready to begin my life as a nonsmoker!” Invite your friends and family to join and support you. Make a commitment then and there, with your loved ones as witnesses, to stay quit no matter what!

6 Think

Start to think about the reasons you smoke.

For the next few days, every time you want a cigarette stop for a moment before you smoke it. Ask yourself, “Do I really want this cigarette?” If yes, then go ahead and smoke it. But every time you smoke, write down where you are, what you are doing, what kind of mood you’re in, and how badly you want the cigarette. Do this exercise for three days. We will discuss this next week.

In the last week, was there any time you thought about this? What were you doing when you last wanted a cigarette?

This exercise will give you a better idea of your smoking pattern. This information will be useful once you’ve quit. You can track your triggers and make a plan to avoid them in your Quit & Stay Quit Monday Guide.

7 Be Prepared

Understand where and when you are most likely to smoke. Have a plan ready to deal with those situations. Practice this plan often before getting into that situation. Then be prepared to put that plan into action.

Use the Quit Day Check List to list the three situations where you think you will have the most problems. Under each situation list a plan of action to deal with that situation so that you won’t be tempted to smoke.

What are some of the problem areas you listed on your Quit Day Check List? What are some ways you plan to deal with the situation?

You can use your Q&SQM Guide to help you think of ways to deal with triggers and stressors.

8 Clean House
Get rid of all potential triggers! Get rid of all your cigarettes by your quit day. Look in closets, under your car seat, in your winter coat, and in all those places you hid cigarettes “just in case”!

Where are some places you keep your cigarettes?

Put away (or better yet, give away) all your ashtrays, lighters, and any other smoking-related materials you might have. You no longer need any of this. **THERE ARE NO EXCEPTIONS.** Be honest with yourself—if you have cigarettes, you will smoke them! Don’t play this game. Get rid of everything. What other household triggers do you have that might make you think of smoking?

Living with another smoker

Do any of you live with another smoker or have a lot of friends who smoke? Explain to them that you want them to help you quit and talk about ways to compromise. For example, you can ask them not to smoke around you or perhaps limit their smoking to a particular area. It will be helpful to use “I” statements when you talk about how their behavior affects you. For example, “When you offer me a cigarette, I feel very tempted to smoke. In the future, I’d appreciate it if you did not do that anymore.” Can anyone else think of some example “I” statements? Some other things you can do:

- Before your quit date, negotiate with the other smoker about where and when he or she can smoke.
- Ask them to keep their cigarettes out of your sight.
- Finally, make sure that they clean the one ashtray they use and put it away after they are finished smoking.
- After three weeks of being quit, take your housemate or friend out to dinner to thank them for their support and cooperation.

9 Ask Yourself, “Why Do I Want to Quit?”

Think about the reasons you have for quitting. Do you want to have better health, to save money, or to be an example for your children? What are your reasons? Let’s go around and everyone say at least one or two reasons. Be specific.

Everyone should write your reasons down in your Q&SQM Guide to remind yourself how important it is to live your life without cigarettes. You can even list these on a 3x5 card and keep it where you used to smoke or store your cigarettes.

Now I’d like everyone open up your Q&SQM Guide and look at the “MONDAY” acronym tips to staying quit. The acronym incorporates the nine strategies that we just discussed and will help you remember them so you can put them into practice.
Meet with your Quit Buddy
Offer yourself a reward
Name your coping mechanisms
Declare your success
Anticipate triggers
You quit for a reason!

Each Monday, take about 10 – 15 minutes of your day to think about the MONDAY acronym and plan to do each thing that week. You can use your booklet to help you remember the acronym and keep track of your ideas.

That concludes our session for today. Next week we will talk about coping skills and how to find what coping mechanisms work best for you. Remember that next week Monday is also our quit day! You can choose to quit before attending the session, or quit after attending the session, but prepare yourself!

Also remember to check your Q&SQM tip of the week to discuss next week and check in with your Quit Buddy!
Session Three: Learning to Cope

Materials for Session 3:

- Quit & Stay Quit Monday Guide
- Coping Menu Handout
- Individual Coping Plan Worksheet

Welcome back, everyone!

Are you ready for your first day as a non-smoker?

Did you use the MONDAY acronym and the nine strategies we discussed in last week’s session? Let’s go around and everyone say two things they did last week to help them prepare to quit this week. Let’s also talk about our trigger tracking exercise. Did you all participate? Are you able to recognize patterns in what triggers you to smoke?

Did you meet with your Quit Buddy? What did you discuss?

Let’s discuss the latest Quit & Stay Quit Monday tip. What did you think of it? Was it helpful?

By today, you should have all quit smoking. If you haven’t yet, your quit day you should by the end of this week. Is there anyone who has not quit yet?

For those of you who have quit, how has it been going? Have you had any struggles so far? Let’s go around and share.

Today we will begin constructing your coping plan. This plan will be your blueprint for dealing with your desire to smoke and using it will allow you to finally rid yourself/life of cigarettes forever. Making a commitment and utilizing this plan for at least the next six weeks gives you the best chance of staying tobacco free for the rest of your life.

Learning to Cope

Coping is the key to successfully living a life without tobacco. You have unconsciously connected smoking with many behaviors and feelings that you experience every day of your life. Engaging in any of those behaviors or experiencing any of those feelings automatically triggers a desire for a cigarette. Unless you do something to prevent those urges from occurring and learn to deal with the urges that do occur, you may be tempted back to smoking. Coping breaks all those connections and allows you to live a life free of cigarettes.
Coping does not mean that you have to completely stop living your life and join a monastery! It does mean that you must work at changing how you do many of the routines that prompt you to smoke. It also means changing how you think in those tempting situations.

These techniques are all simple and doable. But they are powerful. Research and practical experience have proven time and again that these techniques help to eliminate urges as well as give you the tools to deal with urges that manage to slip through.

Look at your handout titled, “Coping Menu.” It has more than one hundred suggestions on how to deal with situations that trigger most smokers to smoke.

What are the situations that have especially tempted you to smoke in the past?

On the worksheet titled, “My Individual Coping Plan,” list the top five situations you know will present the most problems. Then refer to the coping suggestions for each situation. Name your best coping mechanisms and write that next to the situation.

This technique will be your “weapon of choice” the next time you encounter that situation.

Everyone take a second to think about the different coping mechanisms. Does anyone see a good “weapon of choice” for themselves?

You can keep track of your coping mechanism by writing them down in your Q&SQM Guide.

Even though there are plenty of excellent coping suggestions here, these are by no means all the techniques that exist. So, if you have an idea that’s not listed here, don’t be afraid to use it. Be creative!

Any ideas for coping mechanisms that aren’t listed on the menu?

As you come up with good coping mechanisms, write them down so that you can share them with the group next week or with your Quit Buddy during your weekly check-in.

Before we end the session, remember that no matter how many excellent coping ideas you come up with, you must actually put them into practice. Work at this for at least six to eight weeks and you’ll quickly learn to deal with any tempting situation that may come along!

Next week we will talk about stress management and how to use it to stay quit. Remember to connect with your Quit Buddy and review the Q&SQM tip to discuss next week!
Session Four: Stress Management

Materials for Session 4:

Quit & Stay Quit Monday Guide
Stress Management Self-Assessment
Personalized Stress Management Plan Worksheet
Helpful suggestions to help you construct a new stress management strategy

Hello again!

How were your weeks as new quitters? Remember, if you did not quit yet or if you slipped up and smoked, quit again today (Monday)!

Did everyone meet with their Quit Buddies?

Did you run into any temptations? Or any success stories?

What did everyone find to be the most effective coping mechanism?

Did anyone come up with a creative new coping mechanism?

Let’s discuss the latest Quit & Stay Quit Monday tip. What did you think of it? Was it helpful?

This week we’re going to focus on stress. Stressful situations can tempt almost any recent quitter to reach for a cigarette. That’s why it is important for new nonsmokers to review their lives and eliminate as much stress as possible. Then, they must also plan ahead and learn new ways to deal with the stress that does happen. A comprehensive stress management strategy like this is your best bet to prevent relapse.

Our focus today is threefold. First we will dispel the myth that smoking somehow magically gets rid of all the stress in one’s life. Next, we will examine powerful, proven strategies to deal with stress in healthy, productive ways. You will then be asked to devise your own personalized stress management plan. This plan will provide you with the means to deal with the stress in your life without being tempted back to smoking.

Where does stress come from?

At first glance you may think that stress comes from outside of you. However, stress is really an internal response to outside events. In a very real way you create your own stress by choosing how you will react to a given situation.
Let’s think of some examples: Imagine a person stopped in traffic for half an hour because of an accident. He is getting more and more impatient, swearing and blowing on the horn. He’s thinking “This is driving me crazy. I can’t stand this.”

What are some ways that you can avoid stress in this situation?

An alternative is for the person to accept that he can’t do anything about the situation. He can instead use the opportunity to listen to some relaxing music and to compose his grocery list. He can be happy for a little time by himself!

The second reaction leads to less stress, and it’s because of how the man has chosen to respond to it.

Use your Quit & Stay Quit Monday Guide to help you recognize some signs of stress. You might feel anxious or ill or just tightly wound. These might be signs that you can improve how you deal with stress.

So today we begin to seriously look at your typical response to stressful situations. How can you change that response to more effectively deal with stressful times? At the same time, examine ways to reduce or eliminate situations that lead to stress in the first place.

Take a minute to go over the handout, “Stress Management Self-Assessment” to determine your current stress management style. Then consult the same list to update that style to make it more effective and powerful.

How many of these stress management techniques do you use already? Which new techniques do you plan to try?

Smoking and Stress Management

How many of you find yourselves smoking more when you’re stressed?

Many smokers believe that smoking somehow gets rid of all the stress in their life or helps them deal more effectively with the problems that do occur. You may be surprised to learn that smoking actually increases stress on the body.

Understand that there is no chemical in a cigarette that calms you. In fact the opposite is true. The chemicals in cigarettes stimulate your heart to beat faster and increase your blood pressure.

However, many smokers do report that they feel more calm and relaxed when they smoke. Why is that? Three things are happening:

1) First, when you smoke you practice deep breathing. This is the same kind of breathing that is taught in meditation classes, for martial arts and during natural childbirth. That way of breathing actually does relax you. That’s why it’s used in all these situations.

2) Secondly, when you smoke while tense, you are shifting focus from whatever it is that is bothering you. Whether you actually take a break or simply stop to smoke for a minute or two,
you are no longer focusing on the issue at hand. Your mind is on the act of smoking. This shift of focus reduces anxiety and tension.

3) Finally, as you know by now, back when you smoked your body was used to a certain amount of nicotine. When your blood nicotine level dropped below that amount you began to feel irritable, anxious, and impatient – all the same feelings that most people experience when under stress. So you smoked a cigarette to relieve the withdrawal and you felt better. Putting more nicotine into your body simply relieved the withdrawal, but since you felt better you mistakenly equated that with reducing stress. Doing this unconsciously during many stressful times over the years reinforced that notion. It is important to clearly understand now that **relieving withdrawal is not the same as relaxing or becoming calm.**

The cigarette did not help you figure out how to deal with your angry boss, give you advice on how to stretch your budget, or show you how to fix the flat tire. You figured all that out by yourself.

You just happened to be smoking during most of these times, so you inadvertently gave the cigarette credit for making the situation better. You began to believe that the cigarette somehow helped you and that you couldn’t cope without it.

But think back to some stressful time. **Can anyone share an example? Did the situation resolve itself simply because you had a cigarette?** Of course not. You resolved the issue, not the smoking.

Now is the time to take back the power you have given cigarettes. Give yourself credit for something that you have been doing on your own all along.

In fact, **you** have always been the one to relieve your own stress. You have always figured out how to deal with the problems in your life. Any calm or relaxation you have experienced is a direct result of what **you** have done or chosen not to do in any given situation.

**Recognize your ability to successfully deal with life’s ups and downs.**

However, because this association is so powerful for most smokers, it is extremely important for you to learn new ways to deal with the stress in your life. That way you won’t be tempted to reach for a cigarette the next time you encounter a problem. Let’s talk about some helpful suggestions to help you construct a new stress management strategy:

- Take long, slow, deep breaths as often as you can throughout the day but especially during times of stress.

- When you encounter a problem, step back, take a few minutes to think things over, then proceed.

- Separate the cigarette from the situation. Think back to situations that you find of stressful. Ask yourself what a cigarette could do to make those situations better.

- If you become angry with someone, tell yourself, “If I smoke I will only hurt myself, not that person.” Smoking is simply not a good way to get back at anyone.
• Close your eyes and practice seeing yourself handling a stressful situation without a cigarette. See someone offering you a cigarette but you turning it down. Practice saying, “I can deal with this without smoking.”

• Stop tolerating. Every day we put up with all kinds of situations that sap our energy and cause unnecessary irritation. They can be little things like the leaky faucet and the broken door hinge – or much bigger situations like the brother-in-law who’s always asking for money.

On one hand we view the smaller things as inconsequential, so we ignore them. However, when you add them all together, these “tolerations” can really drag you down. On the other hand, we put up with the bigger situations out of some misguided belief that we should be “nice” and not complain. We think we need to accept these situations as just a natural part of life. But if the begging brother-in-law is a constant source of irritation, why should you put up with it?

Slow down. Part of the stress in our lives can be traced to our increasingly fast-paced life style. We just rush from one thing to another without a minute to ourselves. No wonder we are so frazzled. Here are a few tips to help you reduce the pace of your life and “stop and smell the roses.”

• Create a place at home and at work where you can be quiet and peaceful. “Hide” there ever so often.

• Don’t live by such a rigid schedule that you have to be someplace every moment of every day. Do something spontaneous every day.

• Eat slowly. Set aside plenty of time for meals. Don’t eat in your car, at your desk, or on the run.

• Turn off the pager, cell phone, TV and radio. Just being quiet for a few minutes every day.

• Stop yourself when you are rushing around like crazy. Ask yourself, “Why am I doing this?” The answer may give you some important insight.

• Meditate or pray. Set aside at least half an hour every day to do so.

• Allow some time each week to play. This does not mean that you need to participate in some type of organized sport (although that’s great if you want to do so). Rather, give yourself ample time to just have fun, whatever that means for you.

• Set aside fifteen or twenty minutes every day to practice the Relaxation Technique found in this booklet. This powerful technique has been used successfully by thousands of individuals for many years.

Now that you have some excellent stress management suggestions, take a few minutes to devise your Personalized Stress Management Plan. What are some of the suggestions you find to be the most helpful for you?

Does anyone have any other suggestions that aren’t on the list?
Session Five: Weight Management and Exercise

Materials for Session 5:

Quit & Stay Quit Monday Guide
Coping Menu
Exercise List Handout

Welcome back everyone! Congratulations on another week as a quitter!

How was your second week as quitters? Remember, if you did not quit yet or if you slipped up and smoked, it’s ok. Don’t let a minor slip turn into a full relapse! You’re still a quitter! Just quit again today (Monday)!

Did everyone meet with their Quit Buddies?

Did you complete your stress management plan and use it last week? Does anyone want to share any stories?

Let’s discuss the latest Quit & Stay Quit Monday tip. What did you think of it? Was it helpful?

So we’ve covered stress and coping. There are two other areas that we need to address to insure long term success – weight management and exercise.

Fear of large weight gain is the second biggest excuse given for continued smoking. Is this true for any of you?

Exercise has been shown time and again to be a key component to staying away from cigarettes long term. (It also helps with preventing weight gain!)

So, today we will examine how you can begin to incorporate healthy eating habits and increased activity into your long-term maintenance plan.

Weight Management

While it is true that many quitters gain weight, not everyone does. Plenty of people lose weight when they quit (more on how they do that later). Besides, the average gain directly attributable to quitting is about five to seven pounds – not the hundreds of pounds many people think!

One persistent myth held by many smokers, especially women, is that nicotine somehow turns your body into a fat-burning machine. Nothing could be further from the truth. So, if it’s not the lack of nicotine that prompts weight gain, what does? Two behavior changes, that’s what!
Think about this. When you smoke you take about ten puffs on each cigarette. If you smoke a pack a day (twenty cigarettes) you are putting something in your mouth two hundred times a day. That adds up to 6,000 times in an average month. Once they quit many individuals miss the constant oral gratification. The natural substitute is food, of course.

Secondly, most smokers’ taste buds are on the critical list! They simply don’t work very well. However, once someone quits those taste buds wake up. Everything tastes incredible. And since fat is the main ingredient in food that gives it taste, most quitters begin to devour fatty food in greater and greater quantities.

So when you smoke, you have trained yourself that you need something in your mouth hundreds of times a day. When you quit, you unconsciously substitute food to satisfy that oral need, and fatty food at that! That’s where the bulk of the weight gain occurs for ex-smokers.

What can we do about it?

First of all it is vitally important not to diet while you are actively quitting. Attempting two major behavior changes at the same time dooms both of them to failure. Wait until you are a successful nonsmoker of at least two or three months before trying to lose any weight.

In the meantime, let’s talk about some suggestions that will help minimize any weight gain that might occur.

- Refer to your Coping Menu. There is an entire page of suggestions for oral substitutes.
- Watch the simple carbohydrates (candies, sweets, and most junk food). These foods are metabolized very quickly and are usually accompanied by lots of fat.
- Eat complex carbohydrates (pastas, grains, and most fruits and vegetables). They take much longer to metabolize, satisfy your hunger better, and generally contain less fat than simple carbs. However, as with everything else, eat these in moderation.
- Increase the amount of protein in your diet. Make sure each meal and snack includes some type of protein. This is easier than it sounds. Instead of yogurt or a bagel in the morning, eat cottage cheese. Have some type of nuts as a snack instead of chips or pretzels. You can even keep canned tuna in your desk for an easy meal at work.
- Drink at least six to eight glasses of water a day. This will keep you hydrated. Since many people mistake thirst for hunger, drinking this much water will also help avoid unnecessary calories.
- Eat five small meals throughout the day. This will give you a constant, steady amount of energy all day long and keep you from feeling hungry.
● Don’t feel that you have to eat just because you miss putting something in your mouth. Food is not a good oral substitute for a cigarette.

● Have lots of fruits and vegetables on hand for snacks.

● You’ve heard it a hundred times but it bears repeating: avoid junk food and fast food. All of it is loaded with saturated fats.

● Keep this fact in mind. You would have to gain over 100 pounds before your weight would do the same damage to your body that smoking does.

If you are someone concerned about weight gain, create a personal weight management strategy using some of the tips we discussed. If you would like additional help, let me know and I can help you.

Now the big secret: What is the best way to prevent weight gain in the first place?

One word – EXERCISE!

Exercise

How many of you enjoy exercise? When most of us hear the word “exercise,” we cringe. We think of long hours in an expensive gym, lifting heavy weights, or trying to do aerobics with twenty-year-old women who seem to have absolutely no body fat! It’s enough to make anyone hesitant to begin an exercise program. But exercise can be more than just a formal exercise program. You can start by simply becoming more active.

There are many ways to increase your activity level that will give you some of the same benefits as formal exercise. Begin by getting out and walking every day at whatever pace is comfortable. Do this for a week. Then walk for twenty to thirty minutes as briskly as you can three times a week. Increase the pace and/or the length of your walk as appropriate. Once you are comfortable with an increased level of activity, you can begin to think about starting some type of exercise program.

What are some other ideas for just becoming more active? [gardening/yard work, raking leaves, playing with your kids, vacuuming, washing your car, bicycling, dancing, hiking, etc.]

Exercise can be a crucial component in your overall quitting strategy. Exercise can also act as a real boost to your stress management program. Vigorous activity lowers stress. When you exercise, your body releases endorphins - substances that actually help you relax. Besides, exercise strengthens the heart, clears the lungs, and burns up all those extra calories.

Let’s look at the “Exercise List” handout and pick out some ways to start. What are some things on that list that are attractive to you? Has anyone who has tried one of these before talk to us about their experience?
Connect with your Quit Buddy! Get together and discuss new ways to exercise. Together, pick out a new exercise and plan to try it out together. For instance, can meet up for a walk or hike. What are some other ideas? What about for those with busy schedules?

Once you’ve incorporated some of these activities into your weekly routine, think about moving on to an exercise program, either at home, with a personal trainer, or at your local gym.

That concludes this week’s session. Next week we will talk about the benefits of quitting smoking. By then you should be able to already see some of the benefits in your own life! Get ready to talk about it!

Remember to connect with your Quit Buddies and read the Q&SQM tip of the week. Be ready next week to talk about how you were more active and incorporated exercise into your weekly routine.
Welcome to week six! You can celebrate three weeks as a quitter! Remember, if you did not quit yet or if you slipped up and smoked, don’t beat yourself up over it. Just be sure to quit again today (Monday). Don’t let a minor slip turn into a full relapse! You can do it!

How do you plan to reward yourself for your progress? Don’t forget to declare your success to family and friends! They must be so proud of you!

Did you have a more active week last week? Incorporate any exercise? Does anyone want to share any stories? Let’s discuss the latest Quit & Stay Quit Monday tip. What did you think of it? Was it helpful?

Now that you’ve been smoke free for three weeks, you are probably doing what most recent quitters do at this point in the quitting process – you are focusing on what you have lost. Do you miss your cigarettes?

That’s only natural. Cigarettes were an important part of your life. If you think about it, you probably smoked more than anything else you had ever done. It’s understandable that you would think about them in a nostalgic way. But focusing on what you have lost isn’t going to help you stay quit. These thoughts will simply draw you back to smoking, slowly but surely. So let’s begin to look at what you have gained from quitting.

What are the benefits of not having cigarettes run your life? How do you feel now that you are back in control?

Now let’s look at the worksheet, “I’m Happy I Quit.” What are some of the physical benefits you’ve noticed since quitting? What about the monetary benefits? Psychological? Others? Share with the group!

Be proud of your accomplishments these last few weeks! Count your Monday milestones. For each Monday you remain quit, offer yourself a small reward! Review your list of rewards in your Quit & Stay Quit Monday Guide and choose something from your list. It doesn’t have to be anything expensive – be creative! What are some ideas for how to reward yourself?

That concludes our session for this week. Next week we will talk in depth about relapse prevention. Prepare by connecting with your Quit Buddy and reading the latest Q&SQM tip.
Welcome to our last week of the program! You’ve now been quit for four weeks! Congratulate yourself!

How do you all feel about it? How has this journey been for you? Let’s go around and everyone can share their experiences thus far. Share your struggles, your accomplishments, and your goals.

Remember, if you did not quit yet or if you slipped up and smoked, try again today (Monday). You can do it! Don’t let a minor slip turn into a full relapse!

Let’s discuss the latest Quit & Stay Quit Monday tip. What did you think of it? Was it helpful? Remember, even though our group sessions are over, you can still get the Quit & Stay Quit Monday tips to help you prevent relapse.

Now that you have been quit for 4 weeks, it is time to turn our attention to staying quit. The best way to do that is to know which situations are likely to be problematic and have a plan ready to deal with them. Without proper planning, the likelihood of relapse increases dramatically. Remember: having the proper tools ready and practicing the appropriate skills will serve you much better than just trying to haphazardly deal with problem situations as they occur.

**Staying Quit**

Prevent the possibility of relapse by following this simple advice:

Anticipate – Plan – Rehearse

1. Identify *ahead of time* what situations you think will be the most difficult to deal with.

2. Write out an easy-to-follow plan to deal with each situation.

3. Then, practice that plan several times _before_ you encounter that situation.

Where else might you be tempted to smoke that was not so obvious to you a few weeks ago? What stress management strategies have you been using? Discuss your triggers and how you plan to handle the situation.
You can use the “Anticipate Your Triggers” section of your Quit & Stay Quit Monday Guide to record your plan to deal with triggers.

Have you discovered your most effective coping strategies? Does exercise help? How do you plan to work them into your long term maintenance program?

Review the “Name Your Coping Mechanisms” section of your Quit & Stay Quit Monday Guide. Revise these if some coping mechanisms didn’t work for you. Keep track of the ones that work best.

One important thing to remember is that if you have a slip, get right back on track. A slip isn’t the same as a relapse. A slip doesn’t make you a smoker again. If you slip up, don’t be too discouraged. Think about the situation and why you slipped. Use it as a learning experience and then use Monday as the day you get back on track.

**Long Term Support**

Since this is your last group session, take a few minutes to review your support system. Do you have a strong system in place? Have you been calling your Quit Buddy when the need arises? Do you make good use of your support person? Remember who you have as your best support people. Remember, just because this is our last group, doesn’t mean you can’t keep in contact with your Quit Buddy to help each other stay quit! You’ve gone through this together and you should continue to support each other.

All of these issues are important in maintaining your nonsmoking status for years to come. The more you continue to use your new found knowledge and skills, the less likely you will be tempted back to smoking during some future crisis.

**What’s Next?**

If you haven’t done so already, join the Quit & Stay Quit Monday online community on Facebook, Twitter, and Pinterest. Use these resources to continue getting weekly Monday quit tips. Also, keep looking for your weekly Quit & Stay Quit Monday tips through the NYS Quit Line.

Stay in touch with your Quit Buddy! Keep up your weekly chats, get-togethers, and exercise schedules. Continue to support each other and celebrate your successes together. As a way to help you maintain your quit and to give you an opportunity to see the friends you have made during your group, we will be meeting on the one-month and four-month anniversary.

Mark your calendars! Our one-month meeting will be on _______ and our four-month anniversary meeting will be on ______________.

Thank you for your participation in the Quit & Stay Quit Monday program! Congratulations on your new tobacco-free life!
Handouts
Smoking Cessation Medications

**Patch:** If you are someone who prefers an easy to use, “I-don’t-have-to-think-about-it” approach, the patch is for you. You simply put it on each morning and forget about it. The patches are extremely safe and have a very low incidence of side effects. The step down method allows you to gradually reduce your dependency on nicotine while experiencing minimal withdrawal.

**Nicotine Gum:** Are you someone who prefers to control your own therapy? Do you have a boring job or lots of time to fill once you quit smoking? Then nicotine gum may be the product for you. Using the gum involved the “ritual” of opening the package, moving the piece several times and using it on a regularly scheduled basis. Therefore, it appeals to individuals who want to actively participate in their therapy or who have a lot of time on their hands. Nicotine gum is also good for those who miss the oral aspects of smoking and for those who are concerned about weight gain. (You can’t eat while you have a piece in your mouth).

Note: Even though this product is called gum, you should not treat it the same as chewing gum. If you chew Nicorette like chewing gum all the nicotine will go into your stomach where the acid there will neutralize it. You will get no benefit from the nicotine that way. Instead you simply activate the gum by biting down several times until you feel a tingly, peppery taste. Then you “park” the piece between your cheek and gum. Once the peppery taste disappears, move the piece to another part of your mouth and repeat the process. You can use one piece for about half an hour. If you choose to use Nicorette your group leader can review proper usage with you.

**Nasal Inhaler:** This product delivers nicotine to the brain very quickly. However it does irritate the nasal passages and takes weeks to get used to. It seems to appeal to heavy smokers (3+ packs a day) who are very nicotine dependent and who can tolerate the nasal irritation.

**Oral Inhaler:** The oral inhaler has been advertised by the manufacturer as a substitute for the hand to mouth, oral aspects of smoking since it looks similar to a cigarette.

**Zyban:** Zyban in its original form is an antidepressant. Quite by accident, scientists discovered that it can help reduce withdrawal and aid individuals who want to stop smoking. This product appears to be especially helpful for those smokers who are just slightly depressed. It also appeals to others who have tried all the nicotine replacement therapies on the market and have relapsed. However, any first-time quitter could benefit from using Zyban. Remember that this is a prescription product that must be started at least one week prior to quitting, so you must talk to your doctor about using it. Zyban is not indicated for anyone who has had head trauma or a history of seizures.

**Chantix:** A new prescription drug to help smokers quit. Decreases craving and withdrawal and decreases the reinforcement from smoking. Start one-two weeks prior to quit day. Take with food!

Note: If you have chosen Zyban you must begin using it at least one week before your quit day. This will ensure that there will be an adequate concentration of the medication in your blood when you quit. If you have not done so, contact your doctor immediately.
Will you help me quit?

Use this template to write your own letter to loved ones, asking them to help you with your tobacco cessation.

Dear__________________________.

I would like your help while I quit smoking. Here are some ways you can help my decision. Please read them over and then let’s talk about how you can help me stop smoking.

· **Be encouraging.** It will really help me if you can be upbeat and positive especially when I’m feeling discouraged.

· **Be a good listener.** Sometimes having someone to talk to may be all I need to keep me going. I’ll let you know when I need help.

· **Talk to me about what I could do instead of smoking a cigarette** when I find myself in situations where I have been used to smoking. Encourage me to try new coping techniques.

· **Tell me you're proud of me,** or reward my progress with a simple, “You’re doing great!” It will mean a lot to me.

· **Be patient with me** if I slip once or twice before reaching my goal. Making a permanent change is hard, but with your support I’ll make it.

· **Please stick with me for as long as it takes.** It may be easy during the first two or three weeks to be enthusiastic and understanding. Later though, when the excitement has worn off, may be the time I need your help most.

· ________________________________
  ________________________________
  ________________________________

Sincerely,

__________________________

PS. You know, no one goes through something like stopping smoking exactly the same as someone else. The quitting process is different for everyone. If you used to smoke, please don’t expect me to cope exactly like you did and if you’ve never smoked, please try to understand how challenging this is for me. I hope you will be patient with me if I’m moody now and then!
My Quit Day Check List

My Quit Day is:_________________________________________

My main reason for quitting is________________________________
________________________________________________________________________
________________________________________________________________________

I've continued to smoke because__________________________________
________________________________________________________________________
________________________________________________________________________

I'll break through this barrier by _________________________________
________________________________________________________________________
________________________________________________________________________

I can count on ____________________________________________ to help me quit. I've used the “Will You Help Me Quit” handout to write him/her a letter asking for help.

My three main problem areas will be:

1.________________________________________________________
I plan to deal with this situation by______________________________

2.________________________________________________________
I plan to deal with this situation by______________________________

3.________________________________________________________
I plan to deal with this situation by______________________________

My smoking cessation medication is_____________________________

I have a two-week supply on hand.    □
Coping Menu

Preventing Urges

There are many things you can do before you get into a tempting situation to eliminate the urge to smoke.

● Visualize yourself comfortably dealing with the situation without a cigarette.
● Plan ahead. Know what you will do in any given situation before you encounter it.

Practice that plan often.
● Avoid the situation until you feel you can deal with it.
● Change the routines you associate with smoking as much as possible.
● Rethink your belief that smoking somehow makes your life better or helps you deal with all your problems.
● Begin an exercise program. If you can’t do anything else, just walk as briskly as you can every day for half an hour.
● Keep yourself busy. Avoid boring situations where you may begin to think about smoking.
● Remind yourself often that you are happy being a nonsmoker and that life is much better without cigarettes.

Coping with Temptation

However, sometimes the urge manages to come through. You must be ready to cope with that urge as it’s happening. The following suggestions will help you deal with an urge so you aren’t tempted back to cigarettes.

General Suggestions

● Practice deep breathing. Every time an urge hits, take in a slow deep breath, hold it for three to five seconds and then slowly exhale.
● Drink a glass of water.
● Talk about the urge. Call your support person or let people around you know you need to talk for a few minutes.
● Escape the situation. Leave until you feel comfortable going back.
• Picture a stop sign in your head or say the word loudly to yourself.

• Count to twenty!

• Say to yourself, “I am in control” or “I can get through this.”

• Just accept the thought. It's natural that you will have thoughts about cigarettes once you quit. Don't make a big deal out of them. Say to yourself “So what,” and let the thought go.

Specific Situations

After Meals

• Get up from the table as soon as you are done eating.

• Brush your teeth after every meal. or use breath mints or gum.

• Always sit in the nonsmoking section of a restaurant if you are out of state.

• At home have dessert and coffee in a different place from dinner.

• Take a short walk after each meal.

Alcohol

• Explore alternative ways to socialize with friends.

• Go to a movie.

• Work out together.

• Have a party without alcohol.

• If you choose to drink:

    Change from what you usually drink.

    Limit yourself to one or two drinks.

• Talk about the urges when they occur.

• Remind yourself that you can have fun without drinking. Millions of people do it all the time!
**Boredom**

- Always carry a book/newspaper/crossword puzzle with you.
- Plan ahead so that you will not have long periods of inactivity.
- Learn to enjoy doing nothing from time to time. You do not always have to be doing something important.
- Use idle time to make a grocery list, plan your schedule, or write letters.
- Start a new hobby or begin an exercise program to fill the time.

**Breaks**

- Take your break at a different time.
- Change the place where you take your break.
- Take a short walk instead of staying indoors.
- Do a crossword or Sudoku puzzle, or read a book
- Realize that you don’t need an excuse to take a break. You deserve it!

**Car**

- Choose a slightly different route for routine trips.
- Remove the ashtray from the car.
- Listen to a talk radio station or books on tape/CD to keep your mind occupied.
- Use public transportation for the first few weeks after you quit.
- Change the environment in the car. Clean the entire interior, get new seat covers, put up a “no smoking” sign, etc.

**Coffee**

- Cut caffeine consumption down.
• Drink a flavored coffee or a different brand.
• Drink coffee out of a glass, paper cup, or the good china you never use.
• Change where you have your coffee breaks at work.
• If you always have your morning coffee at home, have it at a café or at work.
• Drink tea instead of coffee.

**Evenings**

• Find projects to do while at home. Clean out the basement, refinish furniture, etc.
• Keep yourself occupied while watching TV. Do puzzles, make out the grocery list, read a magazine.
• Visit family or friends instead of staying at home.
• Begin a new hobby or volunteer at a worthwhile organization.
• Start an exercise program. If you can’t do anything else, take a brisk half hour walk each night.

**Hand/Mouth**

• Use cinnamon sticks (the kind used for cider).
• Suck on sugar-free candy.
• Use straws/swizzle sticks/toothpicks.
• Chew strong tangy sugar-free gum.
• Eat carrots or celery sticks.

**Living with another Smoker**

• Negotiate with the other smoker about where and when he or she will smoke.
  Do not make demands.
● Have the other smoker keep his or her cigarettes where you will not be able to find them.

● Give the smoker one ashtray. They will keep this ashtray clean and out of your sight when not in use.

● Determine a reasonable length of time for these changes.

● Surprise the smoker with a special dinner or gift at the end of your first month of quitting as a thank-you for his or her cooperation.

**Morning Routine**

● Change the order of your routine.

● Jump into the shower as soon as you get up.

● Eat something for breakfast if you normally do not.

● If you listen to the radio turn on the TV, or vice versa.

● Look in the mirror first thing each morning and say, “Smoking is not an option!”

**Negative Moods**

● Rethink your belief that cigarettes will calm or relax you.

● Ask yourself how a cigarette will make the situation any better.

● Do deep breathing throughout the day.

● As you do the deep breathing, think calming thoughts. Say to yourself, “I can get through this” or simply “I am calm.”

● Realize that smoking does not hurt anyone but yourself. Smoking is not a good way to “get back” at anyone or to punish someone you are angry with.

**Other Smokers**
Avoid places where you know people are smoking for the first few weeks of your quit.

Leave the scene from time to time if you have to be in a smoking environment.

Politely explain to the person that you are trying to quit and ask them not to smoke around you.

Ask yourself what is still appealing about seeing other people smoke.

Realize that the smoker is not happier or having more fun than you are just because they are smoking.

**Parties/Socializing**

- Before you go, develop and practice a plan to deal with the situation.
- Rehearse going to the function. Close your eyes and see yourself having a good time, meeting people, and enjoying the music all without a cigarette.
- Practice saying “No thank you, I don’t smoke” just in case someone offers you a cigarette.
- Don’t drink or limit yourself to one or two drinks.
- Have a support person with you at the party.

**Telephone**

- Try standing instead of sitting.
- Move the location of the phone.
- If you don’t already have one, get a cell phone.
- Hold the phone in the hand opposite of the one you usually use.
- Limit your time on the phone (use e-mail instead)!
Thoughts about Smoking

- Just because you think about something does not mean you have to do it.
  Remember, if you did everything you ever thought about you would probably be in jail right now!
- Don’t focus on the thought. Distract yourself:
  Say to your self “Smoking is not an option” and let the thought go.
  Remind yourself of the benefits of quitting.
  Think of the reason you quit. Focus on that.
  Say the word “stop” or picture a stop sign.
- Accept the thoughts. You naturally will be thinking about cigarettes for a while after you quit. Say to yourself “So what” and move on.
- See yourself in your mind’s eye as a successful nonsmoker. Practice seeing yourself in all kinds of situations dealing effectively without smoking.

Work Area

- Rearrange your office or work area if you can.
- Put a tobacco free reminder or motivation poster in your work area.
- Change your work routine as much as possible.
- Listen to music, talk radio, or tapes.
- Have a support person at work.

NOTES:
**My Individualized Coping Plan**

I will prevent temptations from occurring by using the following techniques:

1. ____________________________________________________________________
2. ____________________________________________________________________
3. ____________________________________________________________________

I will deal with urges that do occur by identifying situations that I think will especially be problematic. I will then choose specific techniques to deal with each of these situations.

I will probably have the most difficulty dealing with the following three situations. Once I identify my coping strategies for each situation, I agree to practice these strategies as often as I can encounter that situation. If necessary, I will write these coping techniques on a 3 X 5” card so that I can refer to it when necessary.

<table>
<thead>
<tr>
<th>Trigger Situation</th>
<th>I will change what I do in this situation by:</th>
<th>I will change how I think in this situation by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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</table>
**Stress Management Self-Assessment**

I currently use the following skills and techniques to deal with the stress in my life. (Circle all that apply.)

I use the following relaxation techniques:

- Deep Breathing
- Meditation
- Visualization
- Prayer
- Exercise
- Artistic Pursuits
- Self-hypnosis
- Play
- Journaling

I reduce the stress in my life by:

- Eating correctly
- Getting Adequate Sleep
- Good time management
- Focusing on the positive
- Taking one day at a time
- Acceptance

I solve problems by:

- Viewing crisis as opportunity
- Talking with friends, coworkers, etc.
- Avoiding them
- Planning ahead
- Setting priorities
- Thinking creatively
- Positive self-talk

I communicate effectively by:

- Clearly stating my needs
- Expressing anger appropriately
- Asking for help when needed
- Knowing how to say no
- Listening well
- Sharing wins/challenges with loved ones

Review your answers. How many of these techniques do you currently use? No matter how many of these skills you use to reduce and manage your daily stress, consider adding several others to your arsenal. They are all extremely powerful, healthy ways to deal with stress. List below three of these techniques that you will begin to use this week:

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________
Helpful suggestions to help you construct a new stress management strategy:

- Take long, slow, deep breaths as often as you can throughout the day but especially during times of stress.

- When you encounter a problem, step back, take a few minutes to think things over, then proceed.

- Separate the cigarette from the situation. Think back to situations that you find stressful. Ask yourself what a cigarette could do to make those situations better.

- If you become angry with someone, tell yourself, “If I smoke I will only hurt myself, not that person.” Smoking is simply not a good way to get back at anyone.

- Close your eyes and practice seeing yourself handling a stressful situation without a cigarette. See someone offering you a cigarette but you turning it down. Practice saying, “I can deal with this without smoking.”

- Stop tolerating. Every day we put up with all kinds of situations that sap our energy and cause unnecessary irritation. They can be big or little things.

- Slow down. Part of the stress in our lives can be traced to our increasingly fast-paced life style. We just rush from one thing to another without a minute to ourselves. No wonder we are so frazzled. Here are a few tips to help you reduce the pace of your life and “stop and smell the roses.”

- Create a place at home and at work where you can be quiet and peaceful. “Hide” there ever so often.

- Don’t live by such a rigid schedule that you have to be someplace every moment of every day. Do something spontaneous every day.

- Eat slowly. Set aside plenty of time for meals. Don’t eat in your car, at your desk, or on the run.

- Turn off the pager, cell phone, TV and radio. Just being quiet for a few minutes every day.

- Stop yourself when you are rushing around like crazy. Ask yourself, “Why am I doing this?” The answer may give you some important insight.

- Really do stop and smell the roses. The experience can be wonderful.

- Meditate or pray. Set aside at least half an hour every day to do so.

- Allow some time each week to play. This does not mean that you need to participate in some type of organized sport, rather, give yourself ample time to just have fun, whatever that means for you.

- Set aside 15 or 20 minutes every day to practice relaxing. This powerful technique has been used successfully by thousands of individuals for many years.
My Personalized Stress Management Plan

Poor management of stress leads more ex-smokers back to smoking than any other factor. Therefore, it is essential that you have a powerful plan to deal with the stress in your life. This plan should include ways of eliminating stress before it happens as well as techniques to deal with stressful times that do occur.

In the space below, detail how you plan to cope with the stress in your life. Be as specific as possible. And don’t be afraid to try something new!

I plan to eliminate as much stress as possible by:

1. _________________________________________________________________
2. ___________________________________________________________________
3. _________________________________________________________________

I will deal with the stress that does occur by:

1. __________________________________________________________________
2. __________________________________________________________________
3. __________________________________________________________________

I plan to use the following relaxation techniques often:

1. _________________________________________________________________
2. __________________________________________________________________
3. _________________________________________________________________

I realize that I tolerate too many negative situations in my life. This week I will no longer tolerate________________________________________.

Then, next week I will begin to work at eliminating these other “tolerations”.

1. __________________________________________________________________
2. __________________________________________________________________
3. _________________________________________________________________

Finally I will use one of these phrases as my “stress buster.” Instead of telling myself how bad things are or giving myself negative messages, I will use one (or more) of these phrases to help me through stressful times:

“Every problem has a solution that does not involve smoking.”
“I am in control.”
“I am strong. I can handle this.”
“I am proud of myself.”
“I am calm.”
Exercise List

Explore ways to incorporate activity/exercise into our lives:

- **Sneak extra physical activity into your day.**
  - Walk up the steps in your building instead of using the elevator. One successful quitter worked in a twenty-story building. For one week she got off the elevator on the 18th floor and walked the remaining floors. The following week she got off the elevator on the 16th floor. Every few days she would subtract two floors until she could walk up the entire twenty flights of stairs.
  - Park several blocks from your work site and walk the extra blocks.
  - If you work at a desk, become inefficient! Make several trips to the copy machine instead of one. Get up from your desk as often as possible.
  - Try stretching several times throughout the day.
  - Take public transportation and get off several blocks before you normally would.

- **Hire a personal trainer**
  If you are intimidated by the thought of going to a gym, a personal trainer can come to your home. You can work out just with the trainer until you feel comfortable working out with others. A personal trainer can help you shape your training goals while teaching you safe ways to achieve them. What a great way to spend the extra money you have saved by not smoking!

- **Start a walking club with friends or neighbors.**
  Talk to your Quit Buddy to join forces and start walking together

- **Walk after meals**
  Incorporate a brisk, twenty-minute walk after lunch or dinner into your routine

- **Get back into a childhood activity**
  If you played tennis or swam when you were younger, try getting back into that activity at least once a week.

- **Get in touch with nature**
  Take a hike in a nearby woods on a Sunday afternoon.

- **Soap up!**
  Wash your car by hand. Then help your neighbor wash his or her car!

- **Child’s play**
  Get out and play with the children or grandchildren. Toss a ball or Frisbee. You’ll have the added benefit of spending quality time with them.

*If you do want to start a formal exercise program, here are some helpful hints:*
● Before starting an exercise program of any kind, it is important to get a routine physical and consult with your health care provider.

● If you do have some limitations, work around them. There are still many activities you can participate in. Don’t use limitations as an excuse to do nothing. Be creative.

● Set reasonable goals.

● Start out with three thirty-minute sessions a week. Gradually increase the length and frequency of your sessions, as you feel comfortable.

● Begin with simple activities. Walking, swimming, or riding a bike are good places to start.

● Get a good pair of shoes. The better the shoe, the more comfortable you will be. Besides, you will reduce the chance of injury if you have the proper footwear.

● If you are going to invest in equipment, consult with a professional first. Make sure you will use the equipment and that it is appropriate for your age and abilities.
Use the following checklist to help you decide just what type of activity you want to incorporate into your life. If you already exercise or consider yourself an active person, think about increasing that activity level or adding a new element to your exercise regimen.

1. I would rather work out:
   a) alone
   b) with other people

2. I would prefer to:
   a) set my own schedule
   b) participate in an existing program

3. I would participate in:
   a) competitive activities
   b) non-competitive activities

4. Regular activity would fit more easily into:
   a) my regular work week schedule
   b) weekends

5. I prefer to be active:
   a) indoors
   b) outdoors

6. When I think about a budget for these activities I would:
   a) use the money I save from not smoking for this purpose
   b) prefer to do things that don’t cost much

7. My immediate goal is to:
   a) build strength
   b) achieve greater flexibility
   c) increase endurance
   d) just have fun

8. My long-range fitness goal is _________________________________
Now that you have some ideas of your fitness program criteria, use the space below to detail how you will get active in the coming week.

Type of activity:____________________________________________
Duration:_________________________________________________

Once I have become more active I will progress to:

Type of activity:____________________________________________
Duration:_________________________________________________

I will need to do the following to achieve my long-range fitness goal:

Type of activity:____________________________________________
Duration:_________________________________________________
“I’m Happy I Quit”

**Physical Benefits:**
My health is improving. Specifically, I’ve noticed that: ________________________________

______________________________________________________________

**Monetary Benefits:**
I’ve saved $________ this year alone by not smoking.

I’m going to use that money to ________________________________

______________________________________________________________

**Psychological Benefits:**
Now that the smoke has cleared, I’ve noticed changes in how I feel about myself.

Specifically: ________________________________

______________________________________________________________

**Other Benefits:**
I’ve noticed these other benefits since I quit: ________________________________

______________________________________________________________

______________________________________________________________

If you still have lingering thoughts about the cigarette as a good friend or companion, think about this. What kind of friend would destroy your health, steal your money and ruin your self-esteem? Cigarettes were not your friend. Leave them in your past where they belong. Look to a future of better health, more money, and satisfaction in making such an important change in your life.

Proudly say to yourself every day: “I’m happy I quit!”