MY QUIT Journey
Quitting tobacco is a journey.

This program is designed to support you through your journey without judgment. Use this workbook and talk with a quit coach to help you quit tobacco for good.
WHAT HAPPENS TO YOUR BODY WHEN YOU QUIT TOBACCO

20 MINUTES
- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increases

8 HOURS
- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal (if no lung disease)

24 HOURS
- Chance of a heart attack decreases

48 HOURS
- Nerve endings start regrowing
- Sense of smell and sense of taste improve

2–12 WEEKS
- Circulation improves
- Walking becomes easier
- Lung function improves

4–36 WEEKS
- Coughing, sinus congestion, tiredness, and shortness of breath decrease

1 YEAR
- Risk of coronary heart disease decreases to half that of smokers

5 YEARS
- From five to 15 years after quitting, stroke risk is the same as people who never smoked

10 YEARS
- Risk of cancer drops to half that of smokers
- Risk of ulcer decreases

15 YEARS
- Risk of coronary heart disease is the same as people who have never smoked
- Risk of death is the same as people who have never smoked
It's not what you give up. It's what you gain.

What will you gain?

More energy

Extra money

Improved health of entire family

Food tastes better

What will you gain?
## GETTING STARTED:
### Commitment Quiz

<table>
<thead>
<tr>
<th></th>
<th>I’m ready to handle discomfort in order to quit using tobacco.</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>No matter what challenges come up, I won’t let myself use tobacco once I quit.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>3</td>
<td>Even if I’m feeling very anxious or restless, I will be successful with my quit attempt.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>4</td>
<td>Even if I really want to use tobacco, I won’t let myself.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>5</td>
<td>I’m going to resist the urge to use tobacco, even when cravings may be strong.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>If I’m feeling depressed or sad, I will continue to stay committed.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>7</td>
<td>I’m not going to let anything get in the way of my quit attempt.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>8</td>
<td>Feeling very angry or irritable won’t prevent me from being successful.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

**TOTAL SCORE = _________**
CHECK YOUR SCORE

8–18

Focus on Commitment
Successful quit attempts take commitment. Think of what your life would look like without tobacco.

19–29

Strengthen Commitment
You are on the right track. Thinking about your reasons for quitting can help strengthen your decision to quit for good.

30–40

Committed to Quit
Congratulations! Take action now and continue on your path to becoming tobacco free.
My Reasons
FOR QUITTING TOBACCO

Use this page to write, draw and/or paste pictures of your reasons to remind yourself why you want to quit.
Start Your P.L.A.N. to Quit

PICK A QUIT DAY

My quit day is _______________________

I picked this day because ________________________________________

I want to quit because ________________________________________

LET FAMILY AND FRIENDS KNOW YOU PLAN TO QUIT

List the people you are going to tell that you are quitting tobacco. What kind of support do you need from your friends and family to successfully quit?

<table>
<thead>
<tr>
<th>My Support People</th>
<th>How I Want Him/Her to Support Me</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>
ANTICIPATE YOUR TRIGGERS AND WITHDRAWAL SYMPTOMS

Make a plan for dealing with your triggers and withdrawal symptoms. Avoid **people, places or things** that trigger you to use tobacco. Have alternatives to tobacco handy. Adjust your schedule or routine.

<table>
<thead>
<tr>
<th>My triggers and withdrawal symptoms</th>
<th>Can I avoid it?</th>
<th>How I will avoid it</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXAMPLE: Smoke breaks at work</td>
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</tbody>
</table>

- **Smoke breaks at work**: I will plan to stay inside for the first few weeks.
<table>
<thead>
<tr>
<th>Can I adjust my routine and/or use an activity?</th>
<th>How I will adjust</th>
<th>Will alternatives help?</th>
<th>How I will use alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td></td>
<td>Yes</td>
<td>I will keep a straw handy and chew on when needed</td>
</tr>
<tr>
<td>Maybe</td>
<td></td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td></td>
<td>Yes</td>
<td></td>
</tr>
</tbody>
</table>

Remember to call a quit coach for support with your quit attempt.

- I’ll start going for a walk on my break
- I will keep a straw handy and chew on when needed
**NICOTINE AND QUIT MEDICATIONS**

Quit medications can double or triple your chances of quitting for good. Talk to a quit coach about the options that may work best for you, and to find out if you can get these products free of charge.

<table>
<thead>
<tr>
<th>NAME</th>
<th>BRAND</th>
<th>ABOUT THIS MEDICATION</th>
<th>HOW IT WORKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nicotine Patch</td>
<td>Habitrol®, NicoDerm CQ®, Generic Available</td>
<td>• Available over the counter or with prescription • Recommended use is 8–10 weeks</td>
<td>• Helps with cravings for 16–24 hours, depending on patch</td>
</tr>
<tr>
<td>Nicotine Gum</td>
<td>Nicorette®, Generic Available</td>
<td>• Over the counter medication • Available as 2 mg and 4 mg • Multiple flavors available • Recommended use for 3 months or as needed</td>
<td>• Helps with cravings for up to 30 minutes per piece</td>
</tr>
<tr>
<td>Nicotine Lozenge</td>
<td>Commit® Lozenge, Generic Available</td>
<td>• Over the counter medication • Available as 2 mg and 4 mg • Recommended use for 3 months or as needed</td>
<td>• Helps with cravings for up to 30 minutes per lozenge</td>
</tr>
<tr>
<td>Nicotine Inhaler</td>
<td>Nicotrol® Inhaler</td>
<td>• Prescription medication • Recommended use up to 6 months</td>
<td>• Helps with cravings and hand-to-mouth habit</td>
</tr>
<tr>
<td>Nicotine Spray</td>
<td>Nicotrol® Nasal Spray</td>
<td>• Prescription medication • Recommended use 3–6 months</td>
<td>• Fast-acting • Helps with cravings</td>
</tr>
<tr>
<td>Bupropion SR</td>
<td>Zyban®, Wellbutrin®</td>
<td>• Prescription medication • Tablet • Recommended use 3–6 months</td>
<td>• Lessens your desire to smoke • Helps symptoms of depression</td>
</tr>
<tr>
<td>Varenicline</td>
<td>Chantix™</td>
<td>• Prescription medication • Tablet • Recommended use 3–6 months</td>
<td>• Lessens withdrawal symptoms • Blocks enjoyable effects of smoking</td>
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</table>
MANAGING STRESS THROUGHOUT YOUR QUIT JOURNEY

The number one reason people say they use tobacco is to manage stress. Every time you stop using tobacco, you likely will feel anxious and irritable, which feeds your craving for more nicotine. Once you use tobacco, these feelings go away, and you feel more relaxed and happy. This tricks you into believing that tobacco use gets rid of stress when, in reality, it increases your stress level.

There are many great ways to deal with stress other than using tobacco. Identify the ones that will work best for you, and make a plan to handle a “slip” if it happens.
### HOW TO REDUCE STRESS

#### Stay Positive
A positive attitude can keep you in the right mindset to tackle stress. Focus on the benefits of quitting.

#### Let Go of Control
There are so many things in life that are out of your control. Recognize when things are out of your control. Put energy toward the areas of your life where you can have an impact.

#### Relax
Relaxing is a healthy way to keep stress at a minimum. Breathing, muscle and mind relaxation, exercise and yoga are all great activities for lowering stress.

#### Be Active
When your body is fit, you are better able to handle stress. Any activity that gets you moving can clear your mind and help you deal with challenges.

#### Fuel Your Body
Eating healthy meals and snacks gives you the energy you need to better handle stress. Fresh foods are always better options than packaged foods.

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**What Stresses Me Out**

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**How I Will Handle My Stress**

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**HOW TO HANDLE “SLIPS”**

After you quit, having one puff or dip increases the chances of wanting more in the future. If you do “slip,” don’t give up. A slip is a learning opportunity, not a failure.

<table>
<thead>
<tr>
<th>What Caused Me to Slip</th>
<th>Time of Day</th>
<th>Where I Slipped</th>
<th>How I Will Handle This Next Time</th>
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**GETTING BACK ON TRACK**

- Review your reasons for quitting.
- Review your strategies for overcoming your triggers and withdrawal symptoms and what you can do differently in the future.
- Renew your commitment to quitting.
- Ask for help from a quit coach or others who want to see you succeed.
It is important to find ways to reward yourself when you quit. Rewarding yourself helps you stay strong and committed to your goals. You deserve to pat yourself on the back for each day you have refused to use tobacco!

**MY REWARDS**

List three ways you can reward yourself while you are quitting.

<table>
<thead>
<tr>
<th>Milestone</th>
<th>Reward</th>
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<tbody>
<tr>
<td>Example: <em>One month tobacco free</em></td>
<td><em>Go to dinner with friends/family</em></td>
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PICK A QUIT DAY (PAGE 9)

My quit day is ____________________________

LET FAMILY AND FRIENDS KNOW YOU PLAN TO QUIT (PAGE 9)

My Support People ____________________________

How I Want Him/Her to Support Me ____________________________

My Triggers and Withdrawal Symptoms ____________________________

How I Will Handle Them (Avoid, Adjust, Alternatives) ____________________________

ANTICIPATE YOUR TRIGGERS AND WITHDRAWAL SYMPTOMS (PAGES 10–11)

My Triggers and Withdrawal Symptoms ____________________________

How I Will Handle Them (Avoid, Adjust, Alternatives) ____________________________

NICOTINE AND QUIT MEDICATIONS (PAGE 12)

I plan to use ____________________________ in my current quit attempt.

I will get the medication from my (circle one) quit coach doctor pharmacy/store

MY REWARDS FOR KEEPING MY COMMITMENT TO QUIT (PAGE 16)

Milestone ____________________________

Reward ____________________________

Milestone ____________________________

Reward ____________________________

Milestone ____________________________

Reward ____________________________
P.L.A.N. + QUIT COACH SUPPORT + QUIT MEDICATIONS = Success
“The only impossible journey is the one you never begin.”

— Anthony Robbins