

5 Steps

Continue Your Journey
To Cessation!



World Health
Organization

TOBACCO BREAKS HEARTS
Choose health, not tobacco

Tobacco causes over
2 MILLION
deaths from
cardiovascular
diseases every year



#NoTobacco

Step 3: Get Support

Do You Need Help Quitting?

- Get professional advice
 - Insured thru CRMC? See our NP for free counseling and Rx services!
 - See your PCP
 - Get family, friends and Co-workers on board!

- Call a Quit Line

1-800-QUIT-NOW

1-800-332-8615 (hearing-impaired)

1-877-44U-QUIT

- Chat Online

https://livehelp.cancer.gov/app/chat/chat_launch

- Text Msg

QUIT to 47848



Step 3: Get Support

Support Aids

Smart Phone Apps

QuitNow- easy to use

Quit Tracker- Android friendly

Smoke Free-Quit Smoking Now- smoking clinics

Online Resources

smokefree.gov

quitassist.com

Counseling Services

1-800-QUIT-NOW

Thru your PCP

Have CRH Insurance? Workforce Health NP!

Talk with your Family, Friends, and Co-Workers!

Helpful Resources

[Smoking Cessation resources.docx](#)

Step 4: Replace Old Habits



Replace old Habits

- Physical Addiction

- Make it difficult to smoke: Smoke in your opposite hand. only smoke outside standing up, if it's cold outside don't wear a coat, if it's warm outside wear a sweater! Smoke standing one foot (while leaning on a support of course-no falls!)

- Only smoke part of your cigarette

- Reduce the frequency – skip a few times of smoking a day; replace with 5-10 minute activity (walking, reading, music game on your phone, or a self care activity)!

- Properly use Nicotine Replacement Products, seek advice from a healthcare provider!

- There are Prescription medications that can help!

Step 4



Replace old Habits

- Replace your hand to mouth stimulation with:
 - Sugar free gum or mints
 - Stress ball
 - Toothpicks
 - Decaffeinated Tea or Coffee
 - Puzzle
 - Adult Coloring Book
 - Healthy snacks (carrot or celery sticks, bell pepper slices, cucumbers, pickles, broccoli w/a healthy dip like hummus), healthy popcorn, nuts or seeds.

Step 4

Replace old Habits



Change Your Environment

- Get rid of lighters, ash trays
- Think of all the places you smoke home, car, work
- Be aware of your vulnerable places to buy tobacco products
- Clean your home and car with deodorizer to reduce tobacco smell



Social

- Start a new routine on your break- e.g. water break, read a book, walk around campus
- Join a chat or online support group
- Make alternative social activities that make smoking difficult:
 - Gym Date
 - Movies
 - Visit smoke Free Places or Campuses
 - Avoid Alcohol & Other Substances

Step 4: Replace old Habits



- 1. Take a time-out.** A short break from a stressful or upsetting situation can help you think more clearly and make a healthy decision about what to do next.
- 2. Express yourself.** Text or call a friend to "vent," or talk to an adult who you think will understand how you are feeling.
- 3. Distract yourself.** Take a walk, play a game, or read a good book.
- 4. Move your body.** If you are feeling low, take a walk or a jog around the block.
- 5. Rehearse and practice dealing with stressful situations.** If you are nervous about talking to your teacher, practice what you will say in front of the mirror. Got a big performance or game coming up? Picture yourself nailing it!
- 6. Make lists and set short-term goals.** Break down your large tasks into smaller steps. Then cross off each step as you go to see your progress.
- 7. Don't let negative thoughts take over.** If you are feeling down about yourself or about life, make a list of things that you are grateful for.
- 8. Give yourself of break.** Instead of demanding total perfection from yourself, allow yourself to be happy with doing a pretty good job. Just aim to do your best, knowing you don't have to be

Replace old Habits

- Identify Your Triggers
 - Driving
 - Finishing a meal
 - Drinking Alcohol
 - Feeling stressed, worried, anxious, or sad
 - Change (new job, move, illness)
 - Drinking Coffee or tea (don't do this for new habit)
- Replace With
 - Relaxing Music or Deep Breathing While Driving
 - Brush or floss your teeth after each meal
 - Eat a low calorie and sugar free popsicle or Jello
 - Meditate
 - De-stress w/ a 5 min self care activity

Activity



LIST 5 ACTIVITIES YOU CAN DO
INSTEAD OF HAVING A SMOKE



101 HEALTHY ALTERNATIVES TO
SMOKING

References

- American Heart Association, last reviewed 2018

<https://www.heart.org>

- Centers for Disease Control, last reviewed 2021

<https://www.cdc.gov/tobacco/>

- Quit Assist

<https://www.quitassist.com>

- U.S. Department of Health and Human Services, last reviewed 2014

<https://www.hhs.gov/surgeongeneral/reports-and-publications/tobacco/consequences-s-factsheet/index.html>