

“Live Free & Breathe” Tips for Quitting

Lynn Cummings RRT/CCT/TTS

 **The Elliot**

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Why Is Smoking Addictive?

- Tobacco: main ingredient in cigarettes.
- Key ingredient that causes a smoker's addictions is **nicotine**.
- Problem lies within the artificial flavorings and chemicals that are added to tobacco.
- Nicotine is a stimulant and is quickly absorbed into blood stream within 10 sec of entering your body and reaches your brain. It causes the brain to release dopamine, creating a "buzz" of pleasure and energy (smoker's high).
- Buzz fades quickly making you feel tired, a little down and wanting the buzz again. This becomes a vicious cycle because smokers begin increasing the number of cigarettes to prevent the bad feelings of withdrawal.

The Nicotine Cycle



A Quit Plan is KEY

1. Set a Quit Date

Choose a day within the next 2-4 weeks. This will give you time to prepare.

2. Choose your Reasoning's for Quitting--Write down your reasons for Quitting

Be healthier

Save money

Smell better

Loved ones

3. Identifying your Triggers-Make a list of everything that makes you feel like smoking

Emotional-

Feeling stressed

Feeling anxious

Feeling down

Feeling lonely

Feeling bored

Cooling off after a fight

Habitual-

Talking on phone

Drinking alcohol

Watching TV

Finishing a meal

Drinking coffee

Taking a work break

Driving

Social-

Going to a bar

Going to a social event

Seeing others smoke

Quit Plan

4. Trigger tools for Cravings/Urges-Make a list to help you cope

Craving/Urges are triggered by the craving of nicotine.

Triggers include-Certain time of day

Activities-driving, mealtime, work break etc.

Need to relax & manage stress

It's impossible to avoid all your triggers, but learning how to deal with them takes practice. When a craving is triggered it's important to have a plan and tools to beat the urge to "light up".

Stress & Smoking

Some people smoke when they feel stressed. They use smoking as a way to cope. There are many problems with using cigarettes as a way to cope with stress or other unpleasant feelings.

Smoking isn't a long-term stress reliever.

Smoking doesn't solve the problem that's giving you stress.

Nicotine addiction causes stress.

Managing Stress is a Key part of Quitting Smoking

Roadblocks in Quitting

Stress & Relaxation

- Major obstacle reporting in quitting is high stress levels.
- Smoking/tobacco DOES NOT actually reduce stress it increases it by increasing nicotine and carbon monoxide levels which increases blood pressure thereby putting more strain on heart, decreasing oxygen circulation, and harming your cells ability to heal during stress.
- **Solution:** learn new ways on how to cope with stress: yoga, meditation, & deep breathing exercises have all shown to help your body respond more effectively.

Tips to Minimize Hunger & Weight Gain

1. Plan activities for times when an urge to smoke. Go for a walk, call a friend or do errands.
2. Keep your hands busy at all times. This is especially important for the evening hours. Pick up knitting, check emails, get a manicure.
3. Carry a water bottle, This can occupy your hands and sipping is calorie free.
4. Bring healthy snacks in portion control bags. Dried fruit & nuts, string cheese, and low calorie energy bars are good choices.
5. Keep sugarless gum, mints or travel size mouthwash. Mouthwash is great for cleansing palate when craving sweets.
6. Portion control-wait 10 min before going back for “seconds”.
7. Exercise-Get moving! If your not exercising now is a good time to start. Exercise will maintain your hunger, boost your metabolism and improve your mood, confidence and motivation.

Wait Out Cravings

Even if you've been careful to avoid all your [smoking triggers](#), eventually you're bound to come across something that will make you crave a cigarette. Even though it may not feel like it, remember that most **cravings only last a 5-10 minutes**.

Remind yourself that you won't be feeling like this for long, and once that feeling passes, you will be a little stronger and your addiction will be a little weaker. Don't fool yourself into thinking that you can smoke just one.

Relapses & Slips

Relapses & slips are common and doesn't mean you're a failure & that you can't quit for good. Most relapses occur during the first 3 month. Many people **Do Not** succeed at smoking cessation on their first attempt.

Relapse-going back to smoking in some way. Usually starts as a slip which reverts back to your smoking.

Slip-having a unplanned puff or two on a spur of moment due to lapse in judgement. Slips do not have to turn into relapses!

THINK-

- What caused your slip? Identify the trigger-exactly what was it that prompted you to smoke? Be aware of that trigger & decide how to cope with it when it happens again.
- Don't use a slip as an **excuse** to start smoking.
- Remember what you learned when you weren't smoking.
- What helped you stay smoke free?
- Feel proud of the time you weren't smoking.
- Important to re-start quitting ASAP, remember **Never Give Up!**
- Get support-talk with family & friends. You don't have to do this **Alone!**

Nicotine Replacement Therapy (NRT)

Nicotine Replacement Therapy eases the symptoms of nicotine withdrawal

Over the Counter (OTC) Nicotine Replacement Therapy (NRT)

Nicotine Patch- Placed on skin and gives users a small and steady amount of nicotine.

Nicotine Gum-Chewed to release nicotine. The user chews the gum until it produces a tingling feeling, and then places it between their cheek and gums.

Prescription Nicotine Replacement Therapy (NRT)

Nicotine Inhaler-a cartridge attached to a mouthpiece. Inhaling through the mouthpiece gives the user a specific amount of nicotine.

Nicotine Nasal spray-a pump bottle containing nicotine, which is put into the nose and sprayed.

Prescription Medication

Prescription oral medicines can help you get through the first month of not smoking.

Zyban/Wellbutrin (Bupropion)-helps reduce the nicotine withdrawal symptoms and the urge to smoke (cravings).

Varenicline-helps reduce nicotine withdrawal, cravings as well as blocks some of the rewarding effects of smoking.