

ARE YOU READY TO QUIT TOBACCO?

The Benefits of Quitting



Help for quitting

- **Tobacco treatment specialists:** Ask your doctor or nurse to refer you to one.
If in the hospital: call 205-934-0411 and leave your name and room number – a counselor will visit your bedside.
- **Alabama Tobacco Quitline:** Offers free telephone and online resources to help you quit.
Call 1-800-QUIT NOW (1-800-784-8669) or visit quitnowalabama.com for counseling and/or nicotine patches.
- **Smokefree.gov:** An interactive website for helping smokers quit.
- **Try quitSTART:** a quit smoking APP on your smart phone.

Steps and tips for quitting

Quitting tobacco is hard. Here is a guide to help you get started.

Identify your reasons for quitting

Know what triggers you to use tobacco

TIP: Think about how you can deal with each trigger.

Find a different way to deal with stress

TIP: Squeeze a stress ball, chew gum, exercise.

Get help and support

TIP: Tell family and friends you are quitting. Ask them not to use tobacco around you and to help distract you when you have a craving.

Set up your environment to help you quit

TIP: Remove all ashtrays and tobacco products from your home and car.

Consider medication and counseling

TIP: Arrange with your doctor to get medication and ask about counseling. Used together they increase success.

Be prepared to deal with cravings and withdrawal symptoms when you first stop tobacco

TIP: Plan things to distract you. Think of ways to deal with withdrawal (see Side Effects of Quitting).

Have a plan for lapses, so that they don't become relapses

TIP: Change your thinking. Say "I DON'T use tobacco" instead of "I CAN'T use it." A slip-up doesn't mean you've failed.

Set a date to quit

TIP: This allows you time to prepare and know when to start.

My personal plan for quitting

Put your plan where you will see it to remind you of what to do. It's not easy, but sticking to your plan can help you be tobacco free.

Why I want to quit: _____

My triggers are: ☐ Alcohol ☐ Coffee

☐ Boredom ☐ Work breaks

☐ Other: _____

How I will deal with it: _____

I will deal with stress by: _____

My support people are: _____

What I will do to make my environment support me: _____

Medication I would like to use: ☐ Nicotine patch ☐ Nicotine Gum ☐ Varenicline ☐ Bupropion

☐ Other: _____ ☐ None

Where I will get counseling help: _____

Things I will do to handle cravings: _____

Things to help me with withdrawal: _____

How I will deal with a "lapse": _____

My quit date: _____

Side effects of quitting

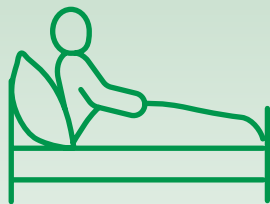
Side effects start as soon as nicotine is out of your body. Nicotine withdrawal symptoms mean your body is returning to better health. Most withdrawal symptoms last 3-5 days, but a few may last a couple of weeks.

Here are some common side effects, plus tips for dealing with them.



CRAVINGS

A craving only lasts a few minutes, so focus on something else. Drink some water, suck on a piece of hard candy, or chew on a straw.



TROUBLE SLEEPING

Not sleeping well can make you feel tired and have trouble thinking. Be patient. This may last up to 2 weeks.



CONSTIPATION

About 1 in 6 people have this problem. It can last 1-2 weeks.



MOOD CHANGES

Some people feel anxious, depressed, or cranky the first few weeks. Medication can help with this.



HEADACHES/ BODY ACHES

These may last a few days. Drinking water and over-the-counter pain medication can help.



COUGHING

Coughing means your lungs are clearing out. How long coughing lasts depends on how "dirty" your lungs are. Cough drops and sips of water can help.



HUNGER

As your senses of taste and smell return, you may feel like eating more. In addition, you are used to putting your hand to your mouth. Pick healthy snack options like fresh veggies and fruit. Try to walk or exercise to prevent weight gain (and relieve stress).