

Quit Smoking

Preparing Yourself for Quitting

- Decide positively that you want to quit. Try to avoid negative thoughts about how difficult it might be.
- List all reasons you want to quit. Every night before going to bed, repeat one of those reasons 10 times.
- Develop strong personal reasons in addition to your health and obligations to others. For example, think of all the time you waste taking cigarette breaks, rushing out to buy a pack, hunting for a light, etc.
- Begin to condition yourself physically: Start a modest exercise program; drink more fluids; get plenty of rest; and avoid fatigue.
- Set a target date for quitting—perhaps a special day such as your birthday, your anniversary, or the Great American Smokeout. If you smoke heavily at work, quit during your vacation so that you're already committed to quitting when you return. Make the date sacred, and don't let anything change it. This will make it easy for you to keep track of the day you became a nonsmoker and to celebrate that date every year.

Knowing What to Expect

- Have realistic expectations—quitting isn't easy, but it's not impossible either. More than 3 million Americans quit every year.
- Understand that withdrawal symptoms are *temporary*. They usually last only 1-2 weeks.
- Know that most relapses occur in the first week after quitting, when withdrawal symptoms are strongest and your body is still dependent on nicotine. Be aware that this will be your hardest time, and use all your personal resources—willpower, family, friends, and the tips in this booklet—to get you through this critical period successfully.
- Know that most other relapses occur in the first week after quitting, when situational triggers, such as a particularly stressful event, occur unexpectedly. These are the times when people reach for cigarettes automatically, because they associate smoking with relaxing. This is the kind of situation that's hard to prepare yourself for until it happens, so it's especially important to recognize it if it *does* happen. Remember that smoking is a habit, but a habit you can break.
- Realize that most successful ex-smokers quit for good only after several attempts. You may be one of those who can quit on your first try. But if you're not, *don't give up*. Try again.

Involving Someone Else

- Bet a friend you can quit on your target date. Put your cigarette money aside for every day, and forfeit it if you smoke. (But if you do smoke, *don't give up*. Simply strengthen your resolve and try again.)
- Ask your friend or spouse to quit with you.

- Tell your family and friends that you're quitting and when. They can be an important source of support both before and after you quit.

Ways of Quitting:

Switch Brands

- Switch to a brand you find distasteful.
- Change to a brand that is low in tar and nicotine a couple of weeks before your target date. This will help change your smoking behavior. However, *do not* smoke more cigarettes, inhale them more often or more deeply, or place your fingertips over the holes in the filters. All of these will increase your nicotine intake, and the idea is to get your body use to functioning without nicotine.

Cut Down the Number of Cigarettes You Smoke

- Smoke only half of each cigarette.
- Each day, postpone the lighting of your first cigarette 1 hour.
- Decide you'll only smoke during odd or even hours of the day.
- Decide beforehand how many cigarettes you'll smoke during the day. For each additional cigarette, give a dollar to your favorite charity.
- Change your eating habits to help you cut down. For example, drink milk, which many people consider incompatible with smoking. End meals or snacks with something that won't lead to a cigarette.
- Reach for a glass of juice instead of a cigarette for a "pick-me-up."
- Remember: Cutting down can help you quit, but it's not a substitute for quitting. If you're down to about 7 cigarettes a day, it's time to set your target quit date and get ready to stick to it.

Don't Smoke "Automatically"

- Smoke only those cigarettes you *really* want. Catch yourself before you light up a cigarette out of pure habit.
- Don't empty your ashtrays. This will remind you of how many cigarettes you've smoked each day, and the sight and the smell of stale cigarette butts will be very unpleasant.
- Make yourself aware of each cigarette by using the opposite hand or putting cigarettes in an unfamiliar location or a different pocket to break the automatic reach.
- If you light up many times during the day without even thinking about it, try to look in a mirror each time you put a match to your cigarette—you may decide you don't need it.

Make Smoking Inconvenient

- Stop buying cigarettes by the carton. Wait until one pack is empty before you buy another.

- Stop carrying cigarettes with you at home or at work. Make them difficult to get to.

Make Smoking Unpleasant

- Smoke only under circumstances that aren't especially pleasurable for you. If you like to smoke with others, smoke alone. Turn your chair to an empty corner and focus only on the cigarette you are smoking and all its many negative effects.
- Collect all your cigarette butts in one large glass container as a visual reminder of the filth made by smoking.

Just Before Quitting

- Practice going without cigarettes.
- Don't think of *never* smoking again. Think of quitting in terms of *1 day at a time*.
- Tell yourself you won't smoke today, and then don't.
- Clean your clothes to rid them of the cigarette smell, which can linger a long time.

On the Day You Quit

- Throw away all your cigarettes and matches. Hide your lighters and ash trays.
- Visit the dentist and have your teeth cleaned to get rid of tobacco stains. Notice how nice they look and resolve to keep them that way.
- Make a list of things you'd like to buy for yourself or someone else. Estimate the cost in terms of packs of cigarettes, and put the money aside to buy these presents.
- Keep very busy on the big day. Go to the movies, exercise, take long walks, go bike riding.
- Remind your family and friends that this is your quit date, and ask them to help you over the rough spots of the first couple of days and weeks.
- Buy yourself a treat or do something special to celebrate.

Immediately After Quitting

- Develop a clean, fresh, nonsmoking environment around yourself—at work and at home. Buy yourself flowers—you may be surprised how much you can enjoy their scent now.
- The first few days after you quit, spend as much free time as possible in places where smoking isn't allowed, such as libraries, museums, theaters, department stores, and churches.
- Drink large quantities of water and fruit juice (but avoid sodas that contain caffeine).
- Try to avoid alcohol, coffee, and other beverages that you associate with cigarette smoking.

- Strike up conversation instead of a match for a cigarette.
- If you miss the sensation of having a cigarette in your hand, play with something else—a pencil, a paper clip, a marble.
- If you miss having something in your mouth, try toothpicks or a fake cigarette.

Avoid Temptation

- Instead of smoking after meals, get up from the table and brush your teeth or go for a walk.
- If you always smoke while driving, listen to a particularly interesting radio program or your favorite music, or take public transportation for a while, if you can.
- For the first 1-3 weeks, avoid situations you strongly associate with the pleasurable aspects of smoking, such as watching your favorite TV program, sitting in your favorite chair, or having a cocktail before dinner.
- Until you are confident of your ability to stay off cigarettes, limit your socializing to healthful, outdoor activities or situations where smoking is not allowed.
- If you must be in a situation where you'll be tempted to smoke (such as a cocktail or dinner party), try to associate with the nonsmokers there.
- Try to analyze cigarette ads to understand how they attempt to "sell" you on individual brands.

When You Get the Crazyies

- Keep oral substitutes handy—try carrots, pickles, sunflower seeds, apples, celery, raisins, or sugarless gum instead of a cigarette.
- Take 10 deep breaths and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it's a cigarette and crush it out in an ashtray.
- Take a shower or bath if possible.
- Learn to relax quickly and deeply. For those who are not familiar with the extraordinary power of relaxation to engage more than a dozen different systems within your body, you're in for more than a small treat. In the next few days you need only practice the one task of relaxing instantly with one long deep breath to see fast and measurable differences in your efforts.

Make yourself limp, visualize a soothing, pleasing situation, and get away from it all for a moment. Concentrate on that peaceful image and nothing else.

- Light incense or a candle instead of a cigarette.
- Never allow yourself to think that "one won't hurt"—it will.

Find New Habits - They're an excellent distraction from bad habits

- Change your habits to make smoking difficult, impossible or unnecessary. For example, it's hard to smoke while you're swimming, jogging, or playing tennis or handball. When your desire for a cigarette is intense, wash your hands or the dishes, or try new recipes.
- Do things that require you to use your hands. Try crossword puzzles, needlework, gardening, or household chores. Go bike riding or take the dog for a walk; give yourself a manicure; write letters.
- Enjoy having a clean mouth taste and maintain it by brushing your teeth frequently and using a mouthwash.
- Stretch a lot.
- Get plenty of rest.
- Pay attention to your appearance. Look and feel sharp.
- Try to find time for the activities that are the most meaningful, satisfying, and important to you.

About Gaining Weight

Many people who are considering quitting are very concerned about gaining weight. If you are concerned about weight gain, keep these points in mind:

- Quitting doesn't mean you'll automatically gain weight. When people gain it's because they often eat more once they quit.
- Benjamin Franklin taught that the best way to arrive at a decision is to weigh the benefits against the drawbacks. Fact is, the benefits of giving up cigarettes far outweigh the drawbacks of adding a few pounds. You'd have to gain a very large amount of weight to offset the many substantial health benefits that a normal smoker gains by quitting. Watch what you eat, and if you are concerned about gaining weight, consider the tips that follow.

Some Tips That Help Avoid Weight Gain When You Decide To Quit Smoking Permanently

- Make sure you have a well balanced diet, with a reasonable balance of protein, carbohydrates and fat.
- Don't set a target date for a holiday, when the temptation of high calorie food and drinks may be too hard to resist.
- Drink a glass of water before your meals.
- About once a week, take a look to see how much you weigh.
- Chew sugarless gum when you want sweet foods.
- Plan menus carefully, and count calories. Don't try to lose weight—just try to maintain your pre-quitting weight.

- Have low calorie foods on hand for nibbling. Use the Snack Calorie Chart to choose foods that are both nutritious and low in calories. Some good choices are fresh fruits and vegetables, fruit and vegetable juices, low-fat cottage cheese, and air-popped popcorn without butter.
- Take time for daily exercise, or join an organized exercise group.

Snack Calorie Chart

BEVERAGES

Carbonated (per 8-ounce glass)

Cola-type.....	95 calories
Fruit flavors (10-13% sugar).....	115 calories
Ginger Ale.....	75 calories

Fruit drinks (per 1/2 cup)

Apricot nectar.....	70 calories
Cranberry juice.....	80 calories
Grape drink.....	70 calories
Lemonade (frozen).....	55 calories

Fruit juices (per 1/2 cup)

Apple juice, canned.....	60 calories
Grape juice, bottled.....	80 calories
Grapefruit juice, canned, unsweetened...50	calories
Orange juice, canned, unsweetened.....	55 calories
Pineapple juice, canned, unsweetened....	70 calories
Prune juice, canned.....	100 calories

Vegetable juices (per 1/2 cup)

Tomato juice.....	25 calories
Vegetable juice cocktail.....	20 calories

Coffee and tea

Coffee, black.....	3-5 calories
With 1 tsp. sugar.....	18-20 calories
With 1 tsp. cream.....	13-15 calories
Tea, plain.....	0-1 calories
With 1 tsp. sugar.....	15-16 calories

CANDY, CHIPS, AND PRETZELS

Candy (per ounce)

Hard candy.....	110 calories
Jelly beans.....	105 calories
Marshmallows.....	90 calories
Gumdrops.....	100 calories

Chips (per cup)

Corn chips.....	230 calories
Potato chips.....	115 calories

Popcorn

(air-popped, without butter).....25 calories

Pretzels

Dutch, 1 twisted.....60 calories

Stick, 5 regular.....10 calories

CHEESE (per ounce)

American, processed.....105 calories

Cottage, creamed.....30 calories

Cottage, low-fat (2%).....25 calories

Swiss, natural.....105 calories

CRACKERS

Butter, 2-inch diameter.....15 calories

Graham, 2 1/2 inches square, 2.....55 calories

Matzoh, 6-inch diameter.....80 calories

Rye.....45 calories

Saltine.....50 calories

FRUITS (raw)

Apple, 1 medium.....80 calories

Apricots, fresh, 3 medium.....50 calories

Apricots, dried, 5 halves.....40 calories

Banana, 1 medium.....105 calories

Blackberries, 1/2 cup.....35 calories

Blueberries, 1/2 cup.....40 calories

Cantaloupe, 1/4 melon.....50 calories

Cherries, 10.....50 calories

Dates, dried, 3.....70 calories

Fig, dried, 1 medium.....50 calories

Grapefruit, 1/2.....40 calories

Grapes, 20.....30 calories

Orange, 1 medium.....60 calories

Peach, 1 medium.....35 calories

Pear, 1 medium.....100 calories

Pineapple, 1/2 cup.....40 calories

Prunes, dried, 3.....60 calories

Raisins, 1/4 cup.....110 calories

Strawberries, 1 cup.....45 calories

Watermelon, 1 cup.....50 calories

NUTS (per 2 tablespoons)

Almonds.....105 calories

Brazil nuts.....115 calories

Cashews.....100 calories

Peanuts.....105 calories

Pecans, halves.....95 calories

VEGETABLES (raw)

Carrots, 1/2 cup grated.....35 calories

Celery, 5-inch stalks, 3.....10 calories
Pickle, 1.....15-20 calories

What Happens After You Quit Smoking:

Immediate Rewards

Within 12 hours after you have your last cigarette, your body will begin to heal itself. The levels of carbon monoxide and nicotine in your system will decline rapidly, and your heart and lungs will begin to repair the damage caused by cigarette smoke.

Within a few days you will probably begin to notice some remarkable changes in your body. Your sense of smell and taste may improve. You will breathe easier, and your smoker's hack will begin to disappear, although you may notice that you will continue to cough for a while. And you will be free from the mess, smell, inconvenience, expense, and dependence of cigarette smoking.

Immediate Effects

As your body begins to repair itself, instead of feeling better right away, you may feel worse for a while. It's important to understand that healing is a process—it begins immediately, but it continues over time. These "withdrawal pangs" are really symptoms of the recovery process (see [Withdrawal Symptoms and Activities That Might Help](#)).

Immediately after quitting, many ex-smokers experience "symptoms of recovery" such as temporary weight gain caused by fluid retention, irregularity, and dry, sore gums or tongue. You may feel edgy, hungry, more tired, and more short-tempered than usual and have trouble sleeping and notice that you are coughing a lot. These symptoms are the result of your body clearing itself of nicotine, a powerful addictive chemical. Most nicotine is gone from the body in 2-3 days.

Long-range Benefits

It is important to understand that the long range after-effects of quitting are only temporary and signal the beginning of a healthier life. Now that you've quit, you've added a number of healthy productive days to each year of your life. Most important, you've greatly improved your chances for a longer life. You have significantly reduced your risk of death from heart disease, stroke, chronic bronchitis, emphysema, and several kinds of cancer—not just lung cancer. (Cigarette smoking is responsible every year for approximately 130,000 deaths from cancer, 180,000 deaths from heart disease, and 50,000 deaths from lung disease.) [Withdrawal Symptoms and Activities That Might Help](#)*

SYMPTOM	ACTIVITY
Dry mouth; sore throat, gums, or tongue	Sip ice-cold water or fruit juice, or chew gum.
Headaches	Take a warm bath or shower. Try relaxation or meditation techniques.
Trouble sleeping	Don't drink coffee, tea or soda with caffeine after 6:00 p.m. Again, try relaxation or meditation techniques.
Irregularity	Add roughage to your diet, such as raw fruit, vegetables, and whole grain cereals. Drink 6-8 glasses of water a day.

Fatigue	Take a nap. Try not to push yourself during this time; don't expect too much of your body until it's had a chance to begin to heal itself over a couple of weeks.
Hunger	Drink water or low-calorie liquids. Eat low-fat, low-calorie snacks. See Snack Calorie Chart .
Tenseness, irritability	Take a walk, soak in a hot bath, try relaxation or meditation techniques.
Coughing	Sip warm herbal tea. Suck on cough drops or sugarless hard candy.

Quitting Smoking Permanently

Congratulations!

Now you are ready to develop a new habit—not smoking. Like any other habit, it takes time to become a part of you; unlike most other habits, though, not smoking will take some conscious effort and practice. This section of the booklet can be a big help. You will find many techniques to use for developing the nonsmoking habit and holding on to it.

By reading this section of the booklet carefully and reviewing it often, you'll become more aware of the places and situations that prompt the desire for a cigarette. You will also learn about many nonsmoking ways to deal with the urge to smoke. These are called coping skills. Finally, you will learn what to do in case you do slip and give in to the smoking urge.

Keep Your Guard Up

The key to living as a nonsmoker is to avoid letting your urges or cravings for a cigarette lead you to smoke. Don't kid yourself—even though you have made a commitment not to smoke, you *will* sometimes be tempted. But instead of giving in to the urge, you can use it as a learning experience.

First, remind yourself that you have *quit* and you are a *nonsmoker*. Then look closely at your urge to smoke and ask yourself:

- Where was I when I got the urge?
- What was I doing at the time?
- Who was I with?
- What was I thinking?

The urge to smoke after you've quit often hits at predictable times. The trick is to anticipate those times and find ways to cope with them—without smoking. Naturally, it won't be easy at first. In fact, you may continue to want a cigarette at times. But remember, even if you slip, it doesn't mean an end to the nonsmoking you. It does mean that you should try to identify what triggered your slip, strengthen your commitment to quitting, and try again.

Look at the following list of typical triggers. Do any of them ring a bell with you? Check off those that might trigger and urge to smoke, and add any others you can think of:

- Working under pressure

- Feeling blue
- Talking on the telephone
- Having a drink
- Watching television
- Driving your car
- Finishing a meal
- Playing cards
- Drinking coffee
- Watching someone else smoke

If you are like many new nonsmokers, the most difficult place to resist the urge to smoke is the most familiar: home. The activities most closely associated with smoking urges are eating, partying, and drinking. And, not surprisingly, most urges occur when a smoker is present. How to Dampen That Urge

There are seven major coping skills to help you fight that urge to smoke. These tips are designed for you, the new nonsmoker, to help you nurture the nonsmoking habit.

1. Think about why you quit

Go back to your list of reasons for quitting. Look at this list several times a day—especially when you are hit with the urge to smoke. The best reasons you could have for quitting are very personally yours, and these are also the best reasons to stay a nonsmoker.

2. Know when you are rationalizing

It is easy to rationalize yourself back into smoking (see [Common Rationalizations](#)). Don't talk yourself into smoking again. A new nonsmoker in a tense situation may think, "I'll just have one cigarette to calm myself down." If thoughts like this pop into your head, stop and think again! You know better ways to relax—nonsmoker ways, such as taking a walk or doing breathing exercises.

Concern about gaining weight may also lead to rationalizations. Learn to counter thoughts such as, "I'd rather be thin, even if it means smoking." Remember that a slight weight gain is not likely to endanger your health as much as smoking would. (Cigarette smokers have about a 70-percent higher rate of premature death than nonsmokers.) And review the list of healthy, low-calorie snacks that you used when quitting.

3. Anticipate Triggers and Prepare to Avoid Them

By now you know which situations, people, and feelings are likely to tempt you to smoke. Be prepared to meet these triggers head on and counteract them. Keep using the skills that helped you cope in cutting down and quitting:

- Keep your hands busy—doodle, knit, type a letter.
- Avoid people who smoke; spend more time with nonsmoking friends.

- Find activities that make smoking difficult (gardening, washing the car, taking a shower). Exercise to help knock out that urge; it will help you to feel and look good as well.
- Put something other than a cigarette in your mouth. Chew sugarless gum or nibble on a carrot or celery stick.
- Avoid places where smoking is permitted. Sit in the nonsmoking section of restaurants, trains, and planes.
- Reduce your consumption of alcohol, which often stimulates the desire to smoke. Try to have no more than one or two drinks at a party. Better yet, have a glass of juice, soda, or mineral water.

4. Reward yourself for not smoking

Congratulations are in order each time you get through a day without smoking. After a week, give yourself a pat on the back and a reward of some kind. Buy a new record or treat yourself to a movie or concert. No matter how you do it, make sure you reward yourself in some way. It helps to remind yourself that what you are doing is important.

5. Use positive thoughts

If self-defeating thoughts start to creep in, remind yourself again that you are a nonsmoker, that you do not want to smoke, and that you have good reasons for it. Putting yourself down and trying to hold out using willpower alone are not effective coping techniques. Mobilize the power of positive thinking!

6. Use relaxation techniques

Breathing exercises help to reduce tension. Instead of having a cigarette, take a long deep breath, count to 10, and release it. Repeat this 5 times. See how much more relaxed you feel?

7. Get social support

The commitment to remain a nonsmoker can be made easier by talking about it with friends and relatives. They can congratulate you as you check off another day, week, and month as a nonsmoker. Tell the people close to you that you might be tense for a while, so they know what to expect. They'll be sympathetic when you have an urge to smoke and can be counted on to help you resist it. Remember to call on your friends when you are lonely or you feel an urge to smoke. A buddy system is a great technique. Non Smoking Is Habit Forming

Good for you! You have made a commitment not to smoke, and by using this booklet, you know what to do if you are tempted to forget that commitment. It is difficult to stay a nonsmoker once you have had a cigarette, so do everything possible to avoid it.

If you follow the advice in this booklet and use at least one coping skill whenever you have an urge to smoke, you will have quit for keeps!

Relapse: If You Do Smoke Again

If you slip and smoke, don't be discouraged. Many former smokers tried to stop several times before they finally succeeded. Here's what you should do:

- Recognize that you have had a slip. A slip means that you have had a *small* setback and smoked a cigarette or two. But your first cigarette did not make you a smoker to start with, and a small setback does not make you a smoker again.

- Don't be too hard on yourself. One slip doesn't mean you're a failure or that you can't be a nonsmoker, but it is important to get yourself back on the nonsmoking track *immediately*.
- Identify the trigger: Exactly what was it that prompted you to smoke? Be aware of the trigger and decide now how you will cope with it when it comes up again.
- Know and use the coping skills described above. People who know at least one coping skill are more likely to remain nonsmokers than those who do not know any.
- Sign a contract with yourself to remain a nonsmoker.
- If you think you need professional help, see your doctor. He or she can provide extra motivation for you to stop smoking. Your doctor may also prescribe nicotine gum or a nicotine patch as an alternative source of nicotine while you break the habit of smoking.

Marking Progress

- Each month, on the anniversary of your quit date, plan a special celebration.
- Periodically, write down new reasons you are glad you quit, and post these reasons where you will be sure to see them.
- Make up a calendar for the first 90 days. Cross off each day and indicate the money you saved by not smoking.
- Set other, intermediate target dates, and do something special with the money you have saved.

Common Rationalizations*

Rationalization: I'm under a lot of stress, and smoking relaxes me.

Response: Your body is used to nicotine, so you naturally feel more relaxed when you give your body a substance upon which it has grown dependent. But nicotine really is a stimulant; it raises your heart rate, blood pressure, and adrenaline level. Most ex-smokers feel much less nervous just a few weeks after quitting.

Rationalization: Smoking makes me more effective in my work.

Response: Trouble concentrating can be a short-term symptom of quitting, but smoking actually deprives your brain of oxygen.

Rationalization: I've already cut down to a safe level.

Response: Cutting down is a good first step, but there's a big difference in the benefits to you between smoking a little and not smoking at all. Besides, smokers who cut back often inhale more often and more deeply, negating many of the benefits of cutting back. After you've cut back to about seven cigarettes a day, it's time to set a quit date.

Rationalization: I smoke only safe, low-tar/low-nicotine cigarettes.

Response: These cigarettes still contain harmful substances, and many smokers who use them inhale more often and more deeply to maintain their nicotine intake. Also, carbon monoxide intake often increases with a switch to low-tar cigarettes.

Rationalization: It's too hard to quit. I don't have the willpower.

Response: Quitting and staying away from cigarettes is hard, but it's not impossible. More than 3 million Americans quit every year. It's important for you to remember that many people have had to try more than once, and try more than one method, before they became ex-smokers, but they have done it, and so can you.

Rationalization: I'm worried about gaining weight.

Response: Most smokers who gain more than 5-10 pounds are eating more. Gaining weight isn't inevitable. There are certain things you can do to help keep your weight stable. (See [Tips That Help You Avoid Weight Gain.](#))

Rationalization: I don't know what to do with my hands.

Response: That's a common complaint among ex-smokers. You can keep your hands busy in other ways; it's just a matter of getting used to the change of not holding a cigarette. Try holding something else, such as a pencil, paper clip, or marble. Practice simply keeping your hands clasped together. If you're at home, think of all the things you wish you had time to do, make a list, and consult the list for alternatives to smoking whenever your hands feel restless.

Rationalization: Sometimes I have an almost irresistible urge to have a cigarette.

Response: This is a common feeling, especially within the first 1-3 weeks. The longer you're off cigarettes, the more your urges probably will come at times when you smoked before, such as when you're drinking coffee or alcohol or are at a cocktail party where other people are smoking. These are high-risk situations, and you can help yourself by avoiding them whenever possible. If you can't avoid them, you can try to visualize in advance how you'll handle the desire for a cigarette if it arises in those situations.

Rationalization: I blew it. I smoked a cigarette.

Response: Smoking one or a few cigarettes doesn't mean you've "blown it." It does mean that you have to strengthen your determination to quit and try again—harder. Don't forget that you got through several days, perhaps even weeks or months, without a cigarette. This shows that you don't need cigarettes and that you can be a successful quitter.
