

## I'VE QUIT USING COMMERCIAL TOBACCO/ NICOTINE PRODUCTS, AND NOW I AM FEELING...

### Depressed

- Call or visit with friends or family go to a movie, concert, or show with someone
- Use prayer or meditation

### Trouble Sleeping

- Avoid caffeine after 6 pm
- Read before bed
- Allow 10–15 minutes of quiet time before bedtime
- Try calming stretches before bedtime

### Irritable, Frustrated, or Angry

- Take a walk or exercise
- Talk to a friend or relative about how you feel
- STOP, and practice deep breathing to stay calm

### Difficulty Concentrating

- Take breaks
- Do important tasks when you are most alert
- Avoid sitting in the same position for too long

### Restless

- Chew sugarless gum or candy, a carrot, or a toothpick
- Work on a hobby
- Take one day at a time
- Change your routine

### Increased Appetite or Weight Gain

- Eat snacks like bagels, pretzels, or popcorn
- Eat at least 5 servings of fruits & vegetables daily
- Eat lean cuts of meat and low-fat dairy products
- Avoid 'fast food,' convenience foods, & fried foods
- Walk whenever possible, aim for 20–30 minutes a day
- Keep your survival bag with you at all times
- Drink lots of water

**“There is but one secret to success:  
never give up.”**

**—Ben Nighthorse Campbell**

## NEGATIVE RESULTS OF COMMERCIAL TOBACCO/NICOTINE PRODUCTS USE

### Short-Term Risks

- Stained teeth and fingers
- Smelly breath, clothes, and hair
- Expense of commercial tobacco/nicotine products
- Shortness of breath
- Asthma attacks
- Infertility and impotence

### Long-Term Risks

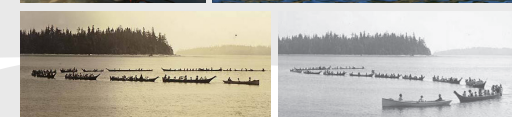
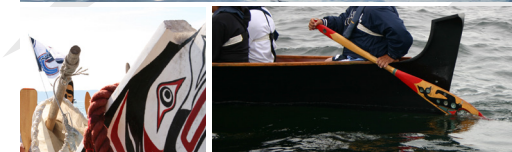
- Heart attacks and strokes
- Cancer
- Heart and lung disease
- Wrinkles, weak bones, ulcers, dental problems

### Risks to My Family

- Newborns have higher risk for Sudden Infant Death Syndrome (SIDS)
- Increased risk of lung cancer in spouse and children
- Increased risk of asthma, middle ear disease, and respiratory infections in children of smokers
- 4,000 chemicals in cigarette smoke, including carbon monoxide, cyanide, acetone, ammonia, formaldehyde, and other poisons

## BENEFITS OF QUITTING COMMERCIAL TOBACCO/NICOTINE PRODUCTS USE

- Improved health for you and your family
- Improved sense of smell and taste
- Home, car, and breath will smell better
- Save money
- More energy and stamina
- Feel better about yourself
- Set a good example for family and friends
- Can stop worrying about quitting
- Healthier heart and lungs
- Normal blood pressure
- Fewer colds and coughs
- Look younger



**SMOKING WILL TAKE YEARS OFF YOUR LIFE.  
BUT MORE IMPORTANTLY, IT WILL REDUCE  
THE QUALITY OF YOUR LIFE.**

**Tips and Tools to Help You  
Quit Commercial Tobacco/  
Nicotine Products**

*Stay Healthy—Life Matters*



**COMMUNITY HEALTH  
DEPARTMENT**

**NICOTINE REPLACEMENT  
THERAPY PROGRAM**

**7615 TOTEM BEACH RD, BLDG A  
TULALIP, WA 98271  
360-716-5663**

## MY QUIT PLAN



**Congratulations** on your choice to quit using commercial tobacco/nicotine products. There is no perfect time to quit, but setting a quit date is the first step to being commercial tobacco/nicotine product-free. You should choose a date that is meaningful to you at a time that will not be too stressful.

Follow the steps below to make your personal quit plan:

### 1. My Quit Date:

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### 2. My Support Person/People:

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\_\_\_\_\_  
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### 3. Problem Solving Skills:

Ex-tobacco users find these tips useful:

- Practice some suggestions from “Before Quitting”
- Keep “After Quitting” handy after your quit date
- Always carry your survival bag with you

### 4. Medication Information

Talk to your doctor or pharmacist about medication to help you quit.

### 5. Referrals to Intensive Services:

For more information call:

- National Quitline 1-800-QUIT-LINE
- Tulalip Smoking Cessation (open to all residents of Snohomish County, Tribal and non-Tribal) 360-716-5663



## BEFORE QUITTING

Before quitting commercial tobacco/nicotine products, the best thing you can do is plan ahead for your quit day.

### Tips

- Remember that tobacco is sacred and should be used for prayer or ceremonial uses
- Tell your family, friends, and coworkers that you are quitting commercial tobacco/nicotine products
- Find an elder or mentor who can guide you during this process
- Clean your house, car, and place of work of any tobacco products or accessories (lighters, ashtrays)
- Wait an extra five to ten minutes before your first commercial tobacco/nicotine products product of the day
- Ask your doctor about starting an exercise program
- Use prayer and meditation through ceremony to find inner strength and courage
- Spend more time with nonsmoking friends and family
- Prepare yourself for times that you may be tempted to use commercial tobacco/nicotine products and ways you might handle them
- Make a money jar to collect the money you will save
- Review our self-help materials and make personal notes
- Consider using medication that may help you quit

Prepare a survival bag and carry it with you at all times. Contents can include:

- 3x5 cards with top reasons for being commercial tobacco/nicotine products-free
- A picture of your loved ones
- The phone number of someone you trust
- Your self-help materials
- National Quitline (1-800-QUIT-NOW) or Tulalip Smoking Cessation (360-716-5663) phone numbers
- Sugarless gum or candy, cinnamon sticks, mints, fruit, carrot sticks, straws, or toothpicks

## AFTER QUITTING

**“I have seen that in any great undertaking it is not enough for a man to depend simply upon himself”**

*—Lone Man, Teton Sioux*

**After quitting commercial tobacco/nicotine products**, the best thing you can do is plan ahead for tough times. You want to give yourself the best chance of success.

### Triggers

- After meals
- Drinking coffee
- Talking on the phone
- Boredom
- Driving
- After waking up
- Stressful situation
- Work or lunch breaks
- Enjoying time with friends
- Seeing or smelling commercial tobacco/nicotine products smoke

Other times that may be difficult for you

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### Positive Coping Strategies

- Keep busy and try new things
  - ♦ Write a letter
  - ♦ Work on a hobby
  - ♦ Use prayer or meditation
  - ♦ Find a support group
  - ♦ Visit nonsmoking places
  - ♦ Avoid caffeine & alcohol
  - ♦ Exercise, if OK with doctor
  - ♦ Eat crunchy foods like fruit, vegetables, and popcorn
  - ♦ Wash dishes by hand after meals
  - ♦ Take a nap
- Practice stress reducers such as the 4 D's
  - ♦ Delay
  - ♦ Deep breathe
  - ♦ Drink lots of water
  - ♦ Do something else
- Call or visit a friend or family member to support you
- Do one thing at a time
- Don't put yourself down; if you make a mistake, forgive yourself and learn from it
- Do something special to celebrate your life

**Quitting is a process.** Whether this is your first time to quit or fifth, give yourself permission to go back to your doctor, pharmacist, or counselor if you need to try and quit again.

**“I see strength, not to be greater than my brother, but to fight my greatest enemy—myself. So when life fades, as the fading sunset, my spirits may come to you (Great Spirit) without shame.”**

*—Anonymous*