



NO DIPS. NO BUTTS. MORE GLORY.

Tobacco Free Living

A Very, Very Unofficial Military Manual for Quitting Smoking and Dipping

Revised Oct 2013



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

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Do You Want to Quit Smoking and Chewing/Dipping?



Are You Ready to Kick Tobacco Goodbye?

There are plenty of reasons to consider quitting! Perhaps it is the increasing cost\$ of a pack of cigarettes, the price of a cigar and that can of dip...Or that someone special in your life has suggested that you give it up...Or that it is no longer viewed as cool to dip and smoke...Or that you don't feel as good and healthy as you did in the past... Whatever your reasons – they are important for you and will likely help in your efforts to quit!

So take a minute and reflect on the reasons that you want to quit smoking and / or dipping ... The best reasons are for you only and not for anyone else! For example quitting for your spouse or your family may be nice and positive but it is better to quit for an important reason(s) in your life – such as to have more money, to beat an addiction or to dramatically improve your level of fitness and health ... Consider what reasons you have for quitting ...

Time for an exercise...Please complete the following

<u>Good Reasons for Me to Quit!</u>	
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____

Now let's review your list. How many reasons did you provide yourself? Do you have enough reasons to get you through the quitting process? Are these reasons sufficient to convince someone else that you are serious? Does your list convince you that they are important and critical?

Good News!

Millions of people have overcome their addiction to tobacco! You probably know a few former smokers & former dippers... The ones who have been successful have plenty of reasons for quitting their deadly habit!



- ◆ I have extra money for my family as well as myself
- ◆ Since I am pregnant, my baby will be healthier
- ◆ I am no longer addicted to tobacco
- ◆ My teeth and fingers are no longer stained
- ◆ Food tastes much better
- ◆ I am fitter
- ◆ My clothes and belongings no longer smell
- ◆ I am much healthier



Financial Cost of Tobacco Use

Ever wonder how much you spend on smoking cigarettes? Chewing & dipping? Let's figure how much money you spend on your tobacco addiction! Your tobacco use may cost even more than this example.

Cans/Packs a Day	Cost per Day	1 Month	1 Years	10 Years	20 Years
1	\$6.00	\$180	\$2,190	\$21,900	\$43,800
1 ½	\$9.00	\$270	\$3,285	\$32,850	\$65,700
2	\$12.00	\$360	\$4,380	\$43,800	\$87,600
3	\$18.00	\$540	\$6,570	\$65,570	\$131,140

What Could I do with the Tobacco Money?

Consider what you could purchase or other activities you may pursue with the money you saved by quitting.

For example:

2 Packs/Cans a day for 1 month = \$360 = A Weekend Away!

Fill in your own situation:

_____ pk/can _____/wk = \$_____ =

_____ pk/can _____/wk = \$_____ =

_____ pk/can _____/wk = \$_____ =



Quitting Tip

Remember, you'll have money in your hands and your pockets when you quit!



Need a few more reasons to quit tobacco?

How about these?



- ◆ Impotency
- ◆ Sick more often than non-tobacco users
- ◆ Infertility
- ◆ More wrinkles
- ◆ Better breath
- ◆ Brighter teeth
- ◆ Improved Health



Now let's review

What are my Three Main Reasons for Quitting Now?

1. _____
2. _____
3. _____



Keep these reasons with you at all times! Review them daily! Remember that you may add more at any time....

As you probably know, quitting nicotine is not so easy! It is an addictive substance and easy to get hooked on... which then leads to the negative side effects of withdrawal from nicotine and to changing a habit that I've had for _____ number of months and years... So there may be some difficulties and obstacles to changing my tobacco use... Those who have not been successful in quitting smoking/dipping have found many reasons and roadblocks to maintain their nicotine addiction!

Here are a few of the reasons to keep on smoking and chewing

- ◆ It is too hard to quit
- ◆ I like taking smoking breaks
- ◆ I'm good at smoking
- ◆ Using tobacco keeps me in control and improve my moods
- ◆ Smoking helps me concentrate
- ◆ Tobacco is part of my image
- ◆ Smoking controls my weight
- ◆ Smoking/dipping is part of my life

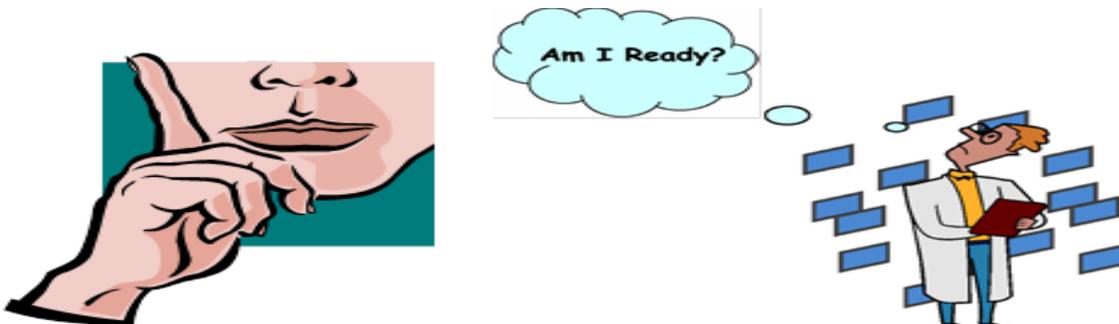
Do any of these reasons sound familiar? Are there other ones that were not mentioned? Which ones are you holding onto right now?

Now, let's take a look at your own individual roadblocks and reasons to prevent you from quitting! Make a list of your reasons for not quitting and your own personal obstacles to quitting (and be honest).

 <u>My Obstacles To Quitting</u> 	<u>Reasons Not To Quit</u> 
1. _____ _____	1. _____ _____
2. _____ _____	2. _____ _____
3. _____ _____	3. _____ _____
4. _____ _____	4. _____ _____
5. _____ _____	5. _____ _____

In review, there are a number of reasons not to quit your tobacco habit. Additionally you may have set up some obstacles to quitting! Yet you have already identified quitting tobacco use as a positive thing to do!

Now is the time to take a look at both sides of the issue!



“Cross Fire” or Time for a Debate

Often people can get caught up in the debate and dialogue of whether to quit or not quit... Is that where you are? Others may jump from one side to the other, without any change. How about you? Where do you stand? To help you clearly see both the pros and cons of this quitting issue, let’s put all of the arguments on each side of the scale. For each side of this issue, please list the reasons you currently have and endorse...



Reasons to Continue Tobacco Use

1. _____
2. _____
3. _____
4. _____
5. _____

Reasons to Quit Tobacco Use

1. _____
2. _____
3. _____
4. _____
5. _____



Now let’s take a look at each side of your reasons to continue smoking/dipping and reasons to quit. Does one side make more sense to you right now? Are you leaning in that direction? Can you find additional reasons for that position? Or can you possibly be swayed?

Could you find more reasons for the other side of the debate?

Quit the Debate

Handing onto a weak position or not deciding to do something actually results in a decision! It may be that you have mixed feelings and thoughts about quitting...or are unsure about quitting at this moment. Carrying around this tobacco debate baggage with you may result in increased distress, discomfort and you may rely upon one of your favorite coping habits (smoking/chewing) to help you through it... So for your sake, and perhaps for your co-workers, friends and family around you –

Make a decision! It will help ease the pressure and relieve you of the tobacco burden! Consider ending the quitting debate and make a decision that is best for you at this point in your life! Remember that whatever decision that you make may be changed in the future.

If you decide that you are ready to quit, read on! If your decision is to delay quitting, then consider reviewing the quitting process in a month or two when your circumstances, situation and thinking may be different! Quitting tobacco is something you can do!

Am I Ready?

Quitting smoking and or chew/dip may be a big change for me! Or perhaps I see it as just another task to complete or a hurdle to jump over! The question I need to answer is whether or not I'm ready to tackle this change... Am I mentally ready? Is my life relatively stress free? Am I ready to leave the chew and cigarettes behind?



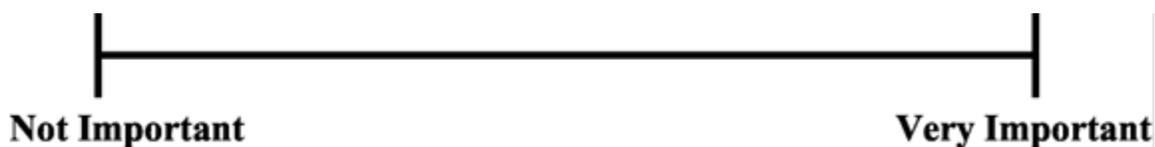
You Can Do It!

Quitting Tip

What can I do to prepare myself to quit?

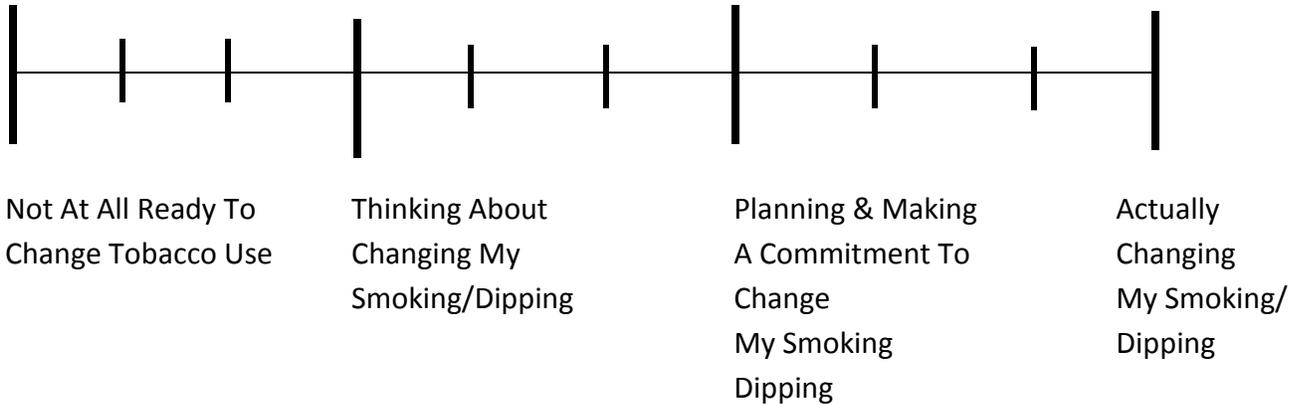
Importance of Quitting

Please mark the spot that reflects how important it is for me to change my tobacco use right now.



Readiness to Change

Please mark the spot that best describes how ready I am to change my tobacco use today.



Review your answers ... What can I do to improve my confidence? To increase my readiness for change?

Planning to Quit

Just like when you are studying for an exam, you come up with a plan to ace the test. This is the same for quitting tobacco! You increase your chances of success when you have a game plan...

Quitting Tips

Set a date to Quit

Decide on the best way for me to quit



A plan makes quitting smoking or dipping much easier! A plan means that you are in charge! Having a plan also signifies that you are prepared for the challenges of quitting! You have decided on the where, when, how and why's of quitting! A plan sends you on the path to achieving your goal of being tobacco free! Let's take a look at a quitting plan. Chief Jones has been a smoker for about 20 years. He smokes about a pack and a half per day and occasionally smokes a cigar and chews tobacco. He is planning to quit in 2 weeks by going cold turkey. As part of the quitting process, he plans to smoke only half of each



cigarette. Chief Jones plans to take a day of leave on his quit day, and has also begun cutting down on his daily coffee and cola intake, and drinking more water.

He has limited his tobacco use to outside his home. Chief Jones has challenged a friend to quit as well and they have agreed to quit together. He has reviewed the reasons he previously relapsed, and knows some ways to deal with cravings and withdrawal symptoms.



Another plan to quit is for Petty Officer Jim, a pack a day smoker for 10 years. He has decided that he wants to quit smoking in a month.

He selects a day to quit – Saturday in 1 month, and has elected to go cold turkey after switching to a lower tar brand cigarette the last week of smoking.

He has decided to limit the places he smokes to only outside and will delay smoking every cigarette for five minutes. Jim has told his parents, friends and co-workers that he is quitting and has asked them for support. He has reviewed the reasons he wants to quit and has identified potential triggers for smoking (being around other smokers, and specific times of day) and also for relapse- such as cravings, and dealing with his moods. Jim has written his plan down on paper so that he may read and review it regularly. He has increased his work-outs and is exercising daily!

Remember that each person is different and unique. What might be effective for the Chief or Petty Officer Jim may or may not work for you...

Quitting Tip

Develop my own Quitting Plan



Tobacco
Free Zone

Helpful Quitting Strategies

Changing my Environment

Where you work and live may contribute to your success with quitting! Or it may even encourage tobacco use! Have you made your surroundings tobacco friendly? Do you make it easy to smoke and dip? Or have you tobacco proofed your surroundings? Room/Home? Car? Workplace? This means getting rid of all ashtrays, all tobacco products, all matches and lighters, and any other reminders to smoke! And making these living and work spaces a

Tobacco Free Zone! By doing this, you are taking charge and making a smoke break or dip break a bit more difficult and not an easy and automatic habit to engage in!

It helps to clean up the rooms and dust away all the remaining evidence of tobacco use! Also do not allow others to use tobacco in these areas!

Changing Routines

We get used to our rituals and our ways of doing things. Smoking and or chewing have been part of our daily routine and life. This may be – the first thing we do after we get up, with coffee, while driving to work, after a meal, during a break... You get the idea! So consider altering one or two of your daily routines... This may make it easier for you to break the tobacco habit!

Quitting Tip From A Former Smoker

There is not time like now to begin changing your routine so that you are tobacco free!



Why & Where I Smoke

It is important to know your smoking/dipping patterns! How much do you smoke/dip every day? Does it vary? Are you aware of what motivates you to use tobacco? When you smoke? Dip? Where? Why? Knowing about your specific patterns of tobacco use helps you with planning how to cut down and quit. It gives you more power over the habit! Consider keeping track of your tobacco use for a couple of days...



Quitting Tip

Keep a log of your tobacco use for 2-3 days. Keep track of the amount, time, where and why you smoke/dip.

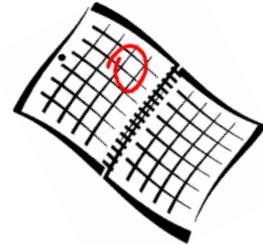
Picking a Quit Date

What day works best for you to quit? Is it a workday, a weekend, or a day of leave? Plan ahead and consider if a day alone or a busy, active day with others for support might work best for you ... Select the quit day- perhaps a week or two from now, or up to one month from now ... Are you anticipating any major stressors in your life now?

Around the time you quit? Plan for a time when you are relatively stress free and can focus your energies and efforts primarily upon quitting! Experts suggest that it is best to plan for quitting within the next two to three weeks.

Quitting Tip

Take your calendar or planner and circle the day you plan to quit and be *Tobacco Free!*



Obtaining support

Nothing works as well as having others on your side! So enlist the aid and full support of others! Ask them to support you in your attempt to quit smoking! This may be your roommate, significant other, friends, shipmates and marines as well as family! Let them know how they may be helpful and also what things are not particularly beneficial for you! Remember they are behind and alongside you in your efforts to quit!



Quitting Tips

Enlist the support of others! Ask former smokers/dippers what helped them quit!

Changing Your Habit

Dipping and smoking has long been a part of your life! You may have used tobacco after a meal, while socializing, on the phone, and driving your car ... Tobacco use may be associated with good moods, alleviating negative moods, helping you concentrate and cope ... Thus, you have hundreds of experiences linking all kinds of activities and your lifestyle with tobacco use. Your habit is something you need to address in order to be successful in quitting tobacco!

Yet you probably also have the life experiences of doing things *without tobacco!* And your life went along fine and you enjoyed the moment and the activity! So you also have these positive tobacco free experiences to draw upon as well!



One way to change a habit is to be aware of it! Do you want your habit to control you? Or do you want to have control over your tobacco habit? Think for a moment of all the activities you have associated with your tobacco use ...

What ways might you begin to tackle your tobacco habit? Would you like to keep track for a day or two of all the times, places, situations, and triggers that you use tobacco? This may help you look for patterns of smoking and help you pinpoint any potential trouble spots and deeply ingrained habits ... Do you want to cut out one or two of these activities a day? Delay by 5 to 10 minutes your tobacco use? How may you increase your confidence that you can break the links of an activity with tobacco use? Consider what strategies would enhance your opportunity for success!

Quitting Methods

Everyone who has quit has his or her own story on their best cessation method! Remember that the best approach is the one you like and will use to quit! Let's review various proven quitting approaches ...

Cold Turkey – This is the most widely used method to quit tobacco. Simply an individual abruptly stops using the cigarette or chew that they have been addicted too. For example, they totally quit smoking/dipping on Monday.



Switching Brands – Every smoker and dipper has his or her own favorite brand! It is much easier to give up a brand that you do not particularly like and are not in the practice of using rather than your own favorite ... So say goodbye to your favorite brand and switch to another that contains less tar and nicotine ... Or select and switch to a menthol if you smoke regulars or vice versa ... Remember the goal is to kick tobacco use!

Tapering – An individual begins to wean him or herself off tobacco by reducing the number of cigarettes they smoke. For example they go from smoking 25 a day to 22, reduce to 20, then 17, then 15 to 12 to 10; then to 7 to 5 and then quits. A dipper may taper their tobacco consumption in the same way. One word of caution is that some smokers may attempt to make up for the decreased nicotine intake by taking longer and deeper drags from their cigarettes.

Aversive Methods – Some persons may respond well to some type of negative consequence for continuing to smoke! This cost of smoking or dipping may be to help the person change their negative habits ... The aversive strategies may take the form of wearing a rubber band around the wrist and snapping it each time you think about smoking as a reminder to quit. Or writing out a check to a charity or cause you do not believe in when you smoke or dip as a way to

encourage no tobacco use! Or rapidly smoking your cigarettes until you feel sick and want to quit them!

Some successful quitters have found it helpful to start and keep a “butt jar.” They save the used cigarette butts in a large jar and add water. When they are preparing to quit smoking, they take a deep breath from the jar! Another aversive strategy is to engage in a task or chore that you dislike after you have used tobacco, so that you now associate tobacco with unpleasantness! The consequence and result of using aversive strategies is to help you in quitting!

Quitting Tip

Select a quitting method that fits you!



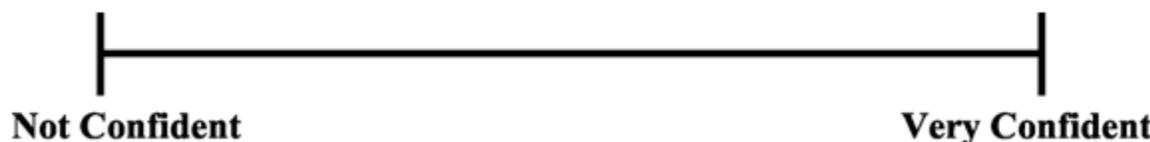
Getting Psychologically Prepared

Do you see yourself as a smoker? A dipper? If so, you may need to change the image and perception of yourself from a tobacco user to a nonsmoker and or nondipper! Holding onto a dated perspective of yourself may inadvertently keep you chained to the old habit! This means that if you continue to see yourself as a smoker/dipper that you may go along with your self-image and perception! An alternative is to see yourself as a former smoker now, or as an exsmoker or someone who is quitting smoking. This may improve your odds of success! Remember, you can change your view of yourself!

Being mentally prepared also means that you are motivated to quit and motivated to succeed! Do you have confidence in your ability to quit? How much? Do you believe that you will be successful?

Getting Psychologically Prepared

Please mark the spot that reflects how confident you are that you can change your tobacco use right now.



Can you visualize yourself after your quit date as a nontobacco user who is happy and proud?

Consider for a moment how you may boost your confidence? How may you be psychologically ready to quit?

How are you using your mental abilities to help you quit?



Preparing to Quit Tips

Decrease your consumption of caffeine and alcohol! Drinking coffee, a soda or beer/wine is often associated with tobacco use and may be a trigger for you to light up ... Also your metabolism will change when you quit and you won't need as much as caffeine as before!

Make a quit bag! Get a survival bag and place items in it to help you through the quitting process! This may include- sugarless hard candy and gum, toothpicks, cinnamon sticks, and things for your hands- balls, pens, rubber bands, and reminders that you can quit!

Begin to increase your exercise! Not only will this help keep you in shape, and help you feel better, it also assists with ridding your body of toxins and keeping your weight in check ...

Practice daily stress management! Now is the time to cope well with the daily hassles and life stressors without tobacco! Remember that you can do it!

Quit Plan

Now is the time to develop your own quitting plan!

When is the best day for me to quit?

What method for quitting (cold turkey, tapering, switching, and aversive or a combination) best suits me?

Who will I ask to support me in quitting?

How will I make my surroundings a tobacco free zone?

What other strategies will I use to help me quit?

Quitting Tip from a Former Smoker

I do not want to go to heaven as a smoker!



Quit Plan

Day and Time: _____

Method for Quitting: _____

Support Persons: _____

Changing my Environment: _____

Other Helpful Strategies: _____



Triggers for Tobacco

Cues or triggers are reminders, either external or internal, which may encourage you to use tobacco ... This may be talking on the phone, a cup of coffee or a drink, driving the car, sitting in the smoking chair, or being outside in the smoking area ... Internal triggers may be a feeling or a thought! All of these may serve as a cue for us to use tobacco as we've done it in the past. Common triggers for tobacco use are- social situations, breaks, alcohol, food, positive feelings, negative feelings, and boredom to name a few ... So the key question is how you are preparing yourself to deal with your triggers! The old way would be to use tobacco ... However, the new way of dealing with triggers is to have a number of methods to cope by not using tobacco! For example, doing something else instead of dipping/smoking is a good strategy! One may drink water rather than coffee, have something to distract or play with their hands; or may avoid certain places, people and things associated with tobacco...

Reflect for a moment ... What triggers may be easy for you to deal with? What triggers seem to be automatic? Which triggers may be more difficult and problematic for you?

Now let's take a moment to write down our own triggers and how we propose to deal with them in a positive and effective manner!

Quitting Tip From a Former dipper

I enjoy turning down the tobacco come-ons

For example, here is a sample trigger plan for Petty Officer Bob

Trigger

Hanging out with dipping & smoking friends

Smoking after a meal

Watching T.V.

Drinking Coffee, soda

Driving the car

Feeling down

Coping Plan

Avoid them for the first week or two. Ask them to support your efforts to quit and to encourage your efforts! Ask them to consider quitting.

Get up immediately after a meal and go for a walk or engage in another activity. Tell yourself that I Can Do It! Brush my teeth!

Have other things to do with your hands. Sit in a different place. Remove ashtrays.

Consumer coffee & soda in nonsmoking areas. Reduce caffeine intake. Drink water or juice.

Clean out the car and ashtray and put sweet smells in the car. Make the car tobacco free. Have some objects and toys to play with your hands and mouth.

Call a friend, write, do something physical, try to understand why, let the feeling go!



Quitting Tips

To deal with triggers, be prepared and copy early

Use the *HALT* approach

Do not let yourself become too hungry, angry, lonely or tired!

<u>Trigger Coping Plan</u>	
<u>Trigger</u>	<u>How I'll Cope</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Contract

Usually a contract signifies a legal and binding document. In this case a contract means that you are making a commitment to and for yourself! Your contract offers an opportunity to show yourself that you are ready and serious about quitting! Are you ready? Please fill out the contract and post it in a place where you can see it often!



The form is titled "Contract to Quit Tobacco" and is set against a parchment-like background. At the top left is a red circle with a diagonal slash over a cigarette. At the top right is a red circle with a diagonal slash over a pack of cigarettes. The title is centered in a decorative font. Below the title are two lines for "NAME:" and "DATE:". The main body of the contract reads: "I _____, agree to quit smoking and/or chewing/dipping on _____." At the bottom, there are two horizontal lines for signatures, labeled "Witness" on the left and "Signature" on the right.

Learning from the Past

More than likely, you have made a previous attempt to quit smoking/dipping. One or two things may not have gone as expected- perhaps you were not prepared for being around other smokers, or you slipped and did not know what to do next- so you resumed tobacco use. Perhaps you did not plan for the unexpected, or were not ready to deal with certain triggers, withdrawal symptoms, cravings or feelings without tobacco. Now is the time to look back at your past experiences and learn from them! What did you do that worked? What glitches did you encounter? How might you improve this time around? What can you do different now? Now you may do the Monday morning quarterbacking!

What I Learned From Previous Quit Attempts

1) _____

2) _____

3) _____

4) _____



Preparing for Tobacco Free Day

Preparation is critical as you get ready for your day to quit tobacco! Just as you study for a test, studying & preparing to quit will improve your outcome! Check out your environment- your home, car, workspace and others places that you frequent. Clean them up well, deodorize and remove any hidden or lost tobacco items. Remove any traces and evidence of past tobacco usage! Wash your clothes ...

Prepare yourself mentally! Consider a good bye ritual for your tobacco ... Do you want to say good-bye by throwing the pack or can away in the trash? Or via a bonfire? Do you want to bury the last can or pack?

Stock up on healthy alternatives to tobacco! This may include food items such as juices and water, fruits, and vegetables... Remember that you will need to help flush out the thousands of chemicals added to tobacco from your body, so be prepared to drink a lot of water!



Grieving over a lost friend is a common experience. Some tobacco users see a cigarette as a steady companion or a can of chew as their buddy. It is now time to say goodbye to this old pal... Although this associate has been through a lot with you, your tobacco friend has also cost you a lot, and put you in harm's way... Is tobacco really a friend? What friend is trying to kill you? So give yourself some time right now to cut the ties with this former friend and to grieve...

Get yourself psyched up and motivated for the quitting day! Think about quitting as a day-to-day experience and as something you are doing for these 24 hours! Tell yourself that smoking or dipping is no longer a choice for me, because I have decided to be tobacco free!

Have your list of reasons to quit at hand! Look again at the benefits of quitting!

You CAN Quit!

The Patch, Gum and Pills

You probably have heard or seen Nicotine Replacement Therapy (NRT) and the medications (Zyban/Welbutrin and Chantix)! These (patches, pills, lozenges and gum) are designed to help ease the effects of nicotine withdrawal and reduce urges to use tobacco to make quitting easier for you. Some people may want to try them while others may want to quit without any more nicotine or drugs in their system. The decision is up to you! You may purchase NRT such as patches or gum over-the-counter at the Exchange or a local store, or you can see your Doctor about getting a prescription for them. If you elect to use them, please follow the directions carefully. The gum, patches and pills are designed for short-term use and are not meant to be a permanent substitute for dipping or smoking. Remember that they often do not provide the same immediate effects as smoking or dipping. These medications work best in combination with a “behavior change” program and a commitment to quit.

Coping Without Tobacco

Some tobacco users report that they experience withdrawal symptoms after they quit tobacco. The most common may include- lightheadedness, tingling, tension, coughing, feeling restless, anxious or irritable, tired and perhaps some difficulties sleeping. Not everyone experiences each one, nor is each a problem for all! Typically the nicotine withdrawal symptoms may last for up to two weeks, much less for others, and this varies as to the individual. The good news is that the nicotine withdrawal symptoms will go away and are not life threatening! And the best news of all is that this is actually an indication that your body is healing and recovering! Your body is beginning to repair and restore itself to better health! So look at any symptoms as ways that you are recovering from your tobacco addiction!



Another way to look at nicotine withdrawal is like a short and mild illness. Some have compared the experience to having the flu. You feel lousy for a few days and recover by taking it slow and by being good to your body and spirits!

Find good and helpful ways to unwind and to relax! This may include doing a muscle relaxation exercise, exercising, practicing better breathing, or imagining yourself in a peaceful setting ...

Listen to music, go for a walk, talk to a friend ... Find several methods that work for you and use them often! Consider using any of these exercises...



- ◆ Relaxation Response
- ◆ Deep Breathing
- ◆ Imagery
- ◆ Quieting Reflex – Six Second Mini Relaxation

The Relaxation Response

Herbert Benson, M.D.

Four elements are needed to elicit a relaxation response, a quiet environment, a mental device, a passive attitude and a comfortable position.

- ◆ Choose a quiet and calm environment with few distractions.
- ◆ Close your eyes and sit in a comfortable position.
- ◆ Select a single syllable word or sound. Examples are "one, peace, love." The syllable is repeated silently or in a low gentle sound. The purpose is to free oneself from externally oriented thoughts by focusing on the word/syllable.
- ◆ Relax your muscles.
- ◆ Breathe normally and slowly.
- ◆ Repeat your word as you exhale.
- ◆ Assume a passive attitude. If other thoughts occur, let them go! Do not worry about how you are doing. Keep repeating your word.
- ◆ Continue this for 10 to 20 minutes.
- ◆ Practice once or twice a day.

Deep Breathing Exercise

Deep Breathing can be done anytime, anywhere.

Deep breathing provides extra oxygen to the blood and causes the body to release endorphins, which are naturally occurring hormones that re-energize and promote relaxation.

Slowly inhale through your nose, expanding your abdomen before allowing air to fill your lungs.

Reverse the process as you exhale.

Do this exercise for three to five minutes whenever you feel tense.

Canadian Mental Health Association, Richmond, B.C., Canada

Imagery

You may return to your place anytime!

This exercise is designed to help you relax...
Think of a place – for example a forest, woods, lake, sunset/sunrise or
another special location that you find peaceful and relaxing...
And take a trip there now!

Get into your comfortable position

Close your eyes

Focus for a minute on your breathing

Now go to your special place...

Think about it...see the place, smell it, hear all the sounds, feel it all around
you...

Take in all the surroundings!

Enjoy the beauty and your special place!

Enjoy your fantasy place...

Embrace the moment and the situation!

Relax and enjoy...

Stay in your favorite place for a few minutes..

Allow the place to feed you with positive thoughts, new spirits , more energy,
a n d ...

When you are read, you may return slowly...

Take a minute to open your eyes and readjust...

As you feel reenergized, refreshed!

Quieting Reflex:

A Six Second Mini Relaxation

Dr. Charles Stroebel

The quieting reflex is used to cope with urgent and emergent stress. The technique needs to be practiced often, the more the better, in order to improve the skills when needed during a stressful time period! The quieting response may be used with eyes closed or open, and at any time or place. The goal is to have the quieting reflex become an easy to use skill that works!

Be aware of what is distressing and irritating. The annoyance is the trigger or cue to begin using the quieting reflex now.

Say and repeat the phrase “Alert mind, calm body” to yourself.

Smile inwardly with your mouth and your eyes. The inward smile is a feeling and is not obvious to anyone. This “smile” prevents the facial muscles from adopting negative, hostile and stressful expressions.

Inhale slowly to three. Imagine that the breath comes from down at the bottom of your feet! Let the breath go slowly... Feel the breath travel back down your legs and out of the bottom of your feet... Allow your face, jaw, tongue and shoulder muscles to relax and become loose and limp.

With practice, the “quieting reflex” will become an “automatic skill.”

Quitting Tip

Use the 6 D's

1. Take plenty of Deep Breaths to help relax.
2. Drink lots of water – especially during a craving.
3. Do something else – something active.
4. Distract yourself – Think about something else.
5. Delay – and the symptom will go away.
6. Discuss and talk with someone.

Think you Can

As you know, your attitude and how you think makes a huge difference in how you deal with your situation. So consider stacking the deck in your favor by utilizing a positive and optimistic approach that you will succeed! Speak to yourself, (yes it is okay to talk nicely), and say that you are doing well, and making it; and you will get through this moment and hour and day! Know that you can be tobacco free!

Quitting Tip

I can handle this!



Attitude Boosters

What are yours?

Quitters have said that they have used some simple and enhance their positive attitude!

A few attitude boosters are:



I want to Quit!

I can Quit!

I am doing all right!

I will Quit!

What will work for you?

Cravings!

You've had them before- that intense desire for chewing tobacco or a smoke! And you've coped with them in the past by not always using tobacco! A craving usually lasts for only a few minutes ... So the Good News is that they are time limited and go away on their own without using any tobacco! Yes, the cravings will pass! And if you give in to the craving by using tobacco, you have encouraged the craving to return. Is this what you are after?

Quitting Tip

The urge will pass whether you use tobacco or NOT!

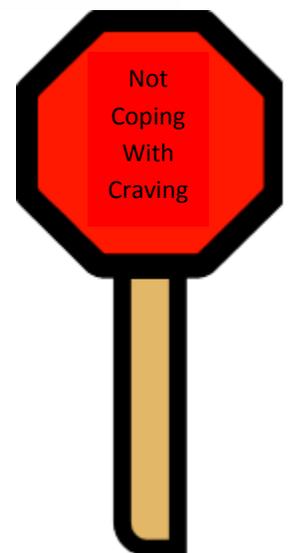
The big question is how you can survive and get through the three minutes of a craving? Ex-smokers report that they have been successful by using the 6 D's to manage their cravings – deep breaths, drinking, doing something, distracting, delaying and discussing with a friend! Which ones have you effectively used in the past to deal with your cravings?

Acknowledging a craving is important ... Perhaps knowing that they occur, and letting yourself know that you are experiencing one has been extremely helpful according to former tobacco users.

Another way of dealing with cravings is to actively deal with them, as opposed to allowing the cravings to overwhelm and manage you ... If at all possible avoid cravings, and if they occur then alter the way you see them.

View a craving as temporary and as something that you can handle ... And a craving is just another way of seeing that you are recovering from tobacco addition ... If possible, consider engaging in some alternative behaviors and activities during the craving! Distract yourself from the cravings! And congratulate yourself when you successfully pass through a craving ...

Danger!





Quitting Tip from a Former Smoker

This too shall pass!

How I Cope With My Cravings

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Quitting Tips

Remember all cravings will pass!

Cravings are temporary and they will decrease over time!



Review

- ◆ Prepare yourself for the Quit Day!
- ◆ Remember your reasons for quitting
- ◆ Recall lessons learned from quit attempts!
 - ◆ Know how to manage your cravings!
- ◆ Know your triggers and how you'll cope with them!
 - ◆ Believe that you can be Tobacco Free!
 - ◆ Review and assess your game/Quit Plan!

Maintaining a Tobacco Free Lifestyle!

**"Stopping smoking is easy to do;
I have done it thousands of times."**

Mark Twain

Some people slip and resume tobacco use after they quit for a few days, weeks or even months ... When asked, they say they were unprepared for a situation, or they slipped, or the life stresses got to them ...

Is this where you want to be? Perhaps you now need to turn your attention to maintaining the gains and successes you've earned and achieved! In other words- remain tobacco free!

Relapse has often been mentioned as a seven-letter dirty word in the former tobacco users community! Relapse does happen to those who are trying to break their tobacco addiction. It frequently occurs within 90 days of quitting- although relapse may happen at any time relapse often occurs due to difficulties with withdrawal and/or cravings within the first few days of quitting. Relapse may also happen due to life stressors, poor planning, or poor coping. The key

is to be aware that relapse is lurking around the corner and to be prepared to deal with potential relapse every day!

Quitting Tips

Expect the worst and be prepared!

Plan for everything!



Secrets of Success

The millions of former smokers and ex-dippers report they used a variety of methods to keep them away from tobacco! Some avoided others and places where they might be tempted or that it might be easy to light up or to dip- especially the first few weeks of being tobacco free! This may be staying away from- a friend who smokes, parties, bars, or smoking places.

Quitting Tip From a Former Smoker

No ifs, ands or butts!

What places, people, temptations and emotions may be dangerous or risky for you?

Take a moment and written them down ...

Risky People –	_____
Risky Places –	_____
Risky Temptations –	_____
Risky Feelings -	_____

Those who have been successful have said they dealt with numerous temptations and high-risk situations to use tobacco. This may be when they are feeling stressed, angry, tired or unhappy. It may occur during happy times as a way to celebrate! Or during the holidays or special occasions...

A high-risk situation varies from person to person ... However, what they have in common is putting the person in a vulnerable and dangerous position where using tobacco may be an easy option!

For example, going to a party with a friend who dips/smokes, hanging out with others that use tobacco, having a couple of drinks and overeating may place you at high risk of using tobacco - especially when someone offers you a cigarette or a cigar! What would be your response? Did you prepare yourself for these possible difficulties? What can you do now? This is probably a very risky situation for you!

Consider your options! Do you need to have a plan? Do you need to escape the situation? Could distracting yourself, or discussing the situation help? Or delaying a decision? Do you need an Emergency Plan?

Quitting Tip

Do not allow little setbacks or a mistake to lead to a relapse!

Common Relapse Situations

Hanging Out with other Smokers/Dippers

This is a recipe for danger! When you are back around familiar people, routines and situations, it may be easy to resume an old habit! Someone may offer a cigarette, or discourage you from quitting or be non supportive of your efforts ... The situation may actually encourage cravings and remind you of your old routines and habits ...

Consider avoiding smokers or dippers during the first few weeks ... This will enhance your confidence and build your new tobacco free lifestyle!



Danger!



Withdrawal Discomfort

Some individuals, who are in the process of quitting, have trouble coping with nicotine withdrawal. They may feel lousy and sick and believe that tobacco use will make them feel better or at least not as bad. So they resume chewing or smoking, and once they've started keep on using tobacco.



Consider for a minute – all the efforts you have put into the quitting process! Also the way you are feeling may not be solely due to the effects of nicotine withdrawal ... perhaps you do have the flu or are under the weather ... And recall that the process of withdrawal does not last forever! Talk to yourself and say that you can get through it! If withdrawal remains a problem for you, make an appointment with your physician and discuss with him/her.



Quitting Tip From a Former Tobacco User

This will be over soon!



Alcohol

Drinking has long been associated with smoking cigarettes, cigars and smokeless tobacco. It has become a habit (drinking and tobacco). Drinking often lowers inhibitions, defenses, impairs good judgment and may lead to a temptation or an urge to take a drag or to hold a cigarette between your fingers. Thus you may set yourself up for a difficult situation ...

Do you want all your hard work to go up in smoke over a drink? Consider avoiding or limiting your alcohol during the first few weeks of quitting.



Moods

In the past, using tobacco was a way to cope with negative moods as well as with positive moods. Some may have smoked/dipped to unwind and feel relaxed, others to reduce negativity, while others to feel better ... Whatever the reasons, it may be tempting to reach for tobacco as a mood booster, tranquilizer or a reward during a tough moment!

Danger!

**Not
Coping
With
High
Risks!**

Take a minute ... Reflect on the many times that you have successfully handled your moods without tobacco! Think about the ways you can cope ...



Weight Gain

No one likes to gain weight! Yet maintaining our weight, losing and gaining pounds is something that happens when we modify habits, and go through change and life ... Typically, when smokers quit, they may gain a few pounds for a number of reasons. This includes- a change in your metabolism (it is slowed down), and smoking may be used as a method to suppress your appetite. Also since food tastes better once you quit tobacco, some people tend to eat more and consume more snacks and sweets. Substituting food for tobacco may occur! Relapse may happen when someone is focused primarily upon their weight and fails to see the benefits of quitting their nicotine addiction!

Consider a few options to dealing with weight! One often the pounds drop off after a few months with better eating habits and exercise! So weight gain may be a temporary and short-term effect of quitting tobacco. Two, weight gain by itself is not the end of the world and does not mean that everything is terrible ... (Yes, you are still loveable, desirable and attractive! Perhaps even more so, since you are tobacco free!) Three, consider the other benefits for nonsmoking and non tobacco use such as a better appearance and youthfulness, improved skin and better looking teeth!

Remembering the Positive

When tobacco users stop smoking and dipping they often recall the positive moments of their addiction. They begin to focus only on the selected positive remembrances of past smoking and forget about all the negatives of their old habit! This is a setup for a possible relapse situation! Those who have quit the habit, say they are very



careful not to recall positives about smoking and chewing, and they are quick to remember the negatives! Tell yourself that I'm doing okay being tobacco free!



Stress

Some former smokers and dippers tend to experience distress after quitting. They may attribute the stress to quitting and think that if they return to tobacco, the stress will go away- or at least not be as severe or as bad.

Remember that stress is everywhere and that we experience it as part of daily life! There have been many times that we have effectively coped with stress without tobacco and we can continue to do so now, today and in the future! Thus stress is not a good reason to dip or smoke!

Quitting Tip

For me, tobacco is no longer an option

Relapse Coping Tip

Use the Distract – Escape – Avoid – Delay Strategies!

High Risk & Relapse

Being prepared and ready to deal with potentially difficult and high risk factors is one key ingredient of being successful according to former tobacco users. Actively coping with difficulties and problems has been found to be very effective. This means trying to do something and having many ways of coping with problems actually does make a difference!

For example, the Chief may place himself in the situation of walking outside and talking with a friend while drinking coffee. They walk over to the designated tobacco use area and the friend lights up a cigarette and offers one to him. The Chief may cope by saying - No thanks, I quit smoking; by walking away and leaving the situation, by informing his friend that offering a cigarette is dangerous, and by congratulating himself for handling the situation well!



All of us will face our own high-risk situations. These high risks may include being with a particular person, a specific feeling, a thought, or a setting ...

Think for a moment, what are your high-risk factors for possible relapse? It is better to be prepared for them in advance so that you are ready to deal with them if and when they arise!

Quitting Tip

Keep a wallet size card with you with your reasons for quitting and ways for coping and look at it daily!

Danger!



Now is the time to identify your own potential high risk factors and how to cope with them!

My High Risk Factors for Relapsing

#1 High Risk Factor - _____

My coping plan is - _____

#2 High Risk Factor - _____

My coping plan is - _____

#3 High Risk Factor - _____

My coping plan is - _____

#4 High Risk Factor - _____

My coping plan is - _____

Review your high risk factors regularly and your plans to cope with them! You may find that another risk will arise and you may add it to your list ...

Quitting Tip

Self-conquest is the greatest of victories!

- Plato

The Edge

Top athletes, leading businessmen, and others have learned that the psychological and mental aspects to life, their game, their habits and business are critical to their success! Those former smokers and dippers have said the same thing- that their own psychology made all the difference in their quitting! So what are some the factors leading to the mental edge? Yes positive self talk! What you say and how you say it does make a big difference! How do you speak to yourself? Is it pretty negative? More negative than positive? Or do your positive statements exceed the negatives? Consider making more positive self-talk! It does make a huge difference in your outlook, approach, and moods! Speaking positively to yourself about your progress, how well you are doing, and are coping is just another way to reinforce your gains, headway and movement! So listen to those who have done well, and congratulate yourself for the improvements you've made!

**- Positive Self-Talk
- Confidence**



Possible Positive Talk



- I can cope!
- I can handle anything!
- I am winning the Tobacco War!
- I am doing all right!
- I have Quit!



What are my positive self-talk statements? Write them down.

My Positive Self-Talk

Self Confidence helps! You know from your life experiences that the more that you believe in yourself and your cause, the surer and certain you become! So continue to build upon and rely upon your confidence that you will be tobacco free! How high is your current confidence that you will quit?

Slipping & Sliding

What happens if I slip and take a drag of a cigarette? Or smoke a cigarette or take a pinch of dip/chew? This is not the end of the world and the best thing you can do is to immediately stop and regroup ... Beating up on yourself and thinking negatively and feeling ashamed, angry, guilty is probably not going to help you deal positively and constructively with your situation! The biggest mistake that people make after a slip is to throw in the towel and resume tobacco use ... Is this what you really want to do after all your hard work? Consider slipping as a signal and a message to you!

Quitting Tip

If I slip or slide, get back on track!



Remember that slipping and sliding is one of the ways we learn new things! So take a few minutes and release and let go of the negative feelings and thoughts! Now is time to relook at what happened from another angle and perspective. What circumstances made it easy to use tobacco? What mistakes did I make? What can I learn from this experience? The goals are to reinterpret the experience as one I can learn from, and to continue on with being tobacco free!

So what can I do now to achieve my goals? Get back on the quitting path! Review your commitment to quitting and renew it now!!!

For example, Petty Officer Bob slipped after dinner at a friends house ... They had drank alcohol with dinner and his friends began smoking cigarettes after the meal and offered one to him ...

Petty Officer Bob realized that he had set himself up for a very high-risk situation by hanging with smoking buddies, drinking and eating in a smoking environment, falling back into a habit and by planning poorly- or not at all for the get together ... So he said that he made a mistake to smoke! He also said the cigarette did not taste very good nor did he have the same pleasurable experience from smoking! So he left the dinner, went home and reviewed his reasons for quitting. Petty Officer Bob recalled the mistakes he made and chalked them up to a learning experience! He renewed his conviction and commitment for quitting. Petty Officer Bob resumed his no tobacco use plans...



Quitting Tip

Quitting is an ongoing process. We can and do learn from our experiences. Staying tobacco free gets easier over time. If I make a mistake, I'll go on with my commitment to quit.

More Coping Strategies

Problem Solve! When a particular issue of problem arises, deal with it right then! Coping now and actively with a problem helps!

Change your routines! This may ease and help with the behavior change! Consider a different break time, doing meals differently ... Visit more non-tobacco areas ...

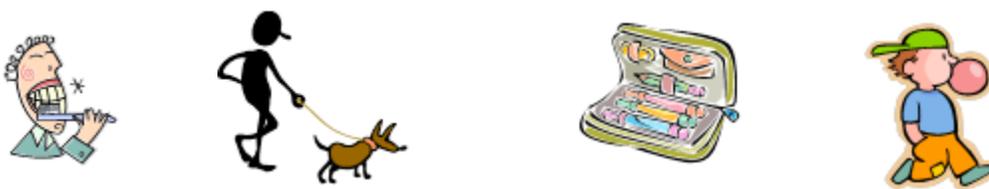
Quitting Tip

I congratulate myself every day for being smoke free!



Watch my “stinkin thinkin!” How I rationalize my behavior may actually lead to high -risk situations ... Common rationalizations include- one puff/drag or dip won’t hurt; all my problems are due to quitting tobacco so resuming will erase all of them! Dipping/smoking reduces my tension and stress ... Others are- maybe I need one to help me do better with work, relationships etc ... And remember to look out for the “I cant’s”

Hands and Mouth! If you find yourself having difficulty knowing what to do with your hands and your mouth, find some things to do to keep them active and busy! Have a few substitutes for your hands and mouth ...



Use prayer! Prayer helps us get through tough and good times! So why not use prayer as a means to assist you during the preparing and quitting process! Remember there is no limit on the number of times you may pray daily! Start now!

The “serenity prayer” has been found to be helpful as well!

“God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Plan to do something pleasurable and enjoyable every day! Yes, a few rewards in your life really does help!! What are yours? State now!

Success Tips

- Take one day at a time!
- Prepare for high risk situations
- Believe that I can cope!
- Know what to do and do it!



Where else may I seek Help?

Remember that you do not have to do this all alone! You may get expert assistance from Medical and or Dental ... Go to your local Health Promotion or Semper Fit Programs! Consider attending a local Nicotine Anonymous meeting for support! There are National and State Help/Quit Lines – Call them! 1-800-QUIT-NOW

And if you want to work on a web cessation program, there are a number of good, effective free ones at your fingertips.



Train to Quit – www.ucanquit2.org

Online Guide to Quitting – www.smokefree.gov



Freedom from Smoking – www.lungusa.org



Spit Tobacco: A Guide for Quitting

<http://www.nidcr.nih.gov/OralHealth/Topics/SpitTobacco/SpitTobaccoAGuideforQuitting.htm>



Listing of other recommended web programs may be found at the NMCPHC Health Promotion <http://www.med.navy.mil/sites/nmcphc/health-promotion/tobacco-free-living/Pages/ready-to-quit-tobacco.aspx>

Quitting Tip From a Former Tobacco User

I am treating my body and myself like royalty since I quit!

You may also speak to a coach or counselor to help you with quitting. Contact [1-800-QUIT-NOW](http://www.1-800-QUIT-NOW.gov) to reach your state's quitline. Other lines are also available.

Tricare Smoking Cessation Hotline

- North Region Call - 866-459-8766
- South Region Call - 866-459-8766
- West Region Call - 866-459-8766

