

Chapter 1 : Learn About Quit Smoking Programs

Your quit essentials. The first step to quitting is making a plan. From knowing what to expect to being prepared for the challenges ahead, we'll set you on your path to a smoke-free life.

The National Cancer Institute Quitline at The American Cancer Society Quitline at The American Lung Association, which has online and phone advice programs State programs in all 50 states and the District of Columbia The best smoking cessation programs combine numerous approaches and target the fears and problems you have when quitting. They also provide ongoing support for staying away from tobacco. Be wary of programs that: These services are easy to use. The counselors can help you avoid common mistakes. This kind of support can be as effective as face-to-face counseling. Telephone programs are often available on nights and weekends. Trained counselors will help you set up a support network for quitting and help you decide which stop smoking aids to use. It helps for people around you to be aware of what you are going through, especially when you are grumpy. You may also want to seek out other types of support, such as: Your family doctor or nurse. This organization uses a similar approach as Alcoholics Anonymous. As part of this group, you will be asked to admit that you are powerless over your addiction to nicotine. Also, a sponsor is often available to help you get through urges to smoke. These programs can help you avoid making common mistakes. Programs may either have one-on-one sessions or group counseling. Some programs offer both. Programs should be run by counselors who are trained to help people quit smoking. Programs that provide more sessions or longer sessions have a better chance of success. The American Cancer Society recommends programs like the following: Each session lasts at least 15 to 30 minutes. There are at least 4 sessions. The program lasts at least 2 weeks, although longer is usually better. The leader is trained in smoking cessation. Internet-based programs are also becoming more available. These services send you personalized reminders using e-mail, texting, or other methods. Goldman L, Schafer AI, eds. Behavioral and pharmacotherapy interventions for tobacco smoking cessation in adults, including pregnant women: Accessed March 14,

Chapter 2 : Stop Smoking | American Lung Association

Quitting smoking has immediate as well as long-term benefits, reducing risks for diseases caused by smoking and improving health in general. This section provides resources such as, quit tips, quit plans, and educational materials that support your effort to quit smoking.

Ranked as one of the most effective programs in the country, Freedom From Smoking has helped hundreds of thousands of people quit smoking for good and is now available in a variety of formats. A user-friendly interface helps you create a personal quit smoking plan on your desktop, tablet or smartphone. Through interactive features that include videos, quizzes and activities, Freedom From Smoking Plus walks you through the quitting process and offers a surround sound of support from our Lung HelpLine counselors and other quitters through our online community. See a free demo of this program at FreedomFromSmoking.com.

Freedom From Smoking Group Clinics Our in-person Freedom From Smoking group clinics include eight sessions led by a certified facilitator with a small group of eight to 16 people and are held throughout the country. The program features a step-by-step plan for quitting smoking and each session is designed to help smokers gain control over their behavior. Because no single quit smoking plan is right for all smokers, the program presents a variety of evidence-based techniques for individuals to combine into their own plan to quit smoking. The clinic format also encourages participants to work on the process and problems of quitting both individually and as part of a group. Find a Group Clinic near you. **The Guide to Help You Quit Smoking** Work through a quit smoking attempt, on your own time, at your own pace and on your own through the Freedom From Smoking self-help guide. **Online Support Community Chat** and connect with other quitters who understand what you are going through on our Inspire. Signing up for a profile is quick, easy and free to access at any time. Start a conversation and meet other quitters, share your quit date and see if there are others who are quitting at the same time. Moderated by Lung HelpLine staff, the online community is a supportive and helpful resource throughout your quit attempt and beyond. Learn more about the program and how it can help you, too! **Success Stories** "They gave me a quit date. I did everything they told me to do and I have never smoked again. They gave me the tools that showed me when I smoked and why I was smoking. It was like a miracle, truly like a miracle. **Help Your Employees Stop Smoking** Freedom From Smoking is used by employers, hospitals, health plans and other organizations to help the individuals they serve become smokefree for life.

Chapter 3 : CDC - How to Quit Smoking - Smoking & Tobacco Use

Quitting smoking is the single most important step a smoker can take to improve the length and quality of his or her life. Learn how to help someone you love stop smoking. [Learn More.](#)

It seems everyone wants us to compare what we do with that of other "treatment" strategies. While the specific questions vary, my advice is inevitably the same. If you are considering us or another program, go to them first. People seem to be surprised at this advice. I think some wonder whether or not I am receiving a kickback from the other organization. But money is not the factor influencing the advice to seek help elsewhere before attempting us. This assumption is also incorrect. Why then, am I willingly turning away potential customers to the local competition? That is not to say that every participant must know before hand that he is going to stop. The person must be resolved to the fact that he will try as hard as he can to stop for just two weeks, a day at a time. Then, once past the initial withdrawal syndrome, he can decide whether or not he truly wishes to smoke. We want him to reach the point where he has a free choice. But he must base his decision on his true options, smoke nothing or everything, there is no in-between. When things start getting tough, which they almost inevitable do, the person just throws in the towel and takes a puff with the idea that it is no big loss, he will just try the other program next time. But his assessment is grossly mistaken. Taking that first puff may very well be the biggest mistakes he ever made in his life: He may never again have the desire, strength, or opportunity to quit again. What of his hypothesis that the other program will probably work better for him? Well, let it suffice to say, that when I suggest that a smoker goes to another program to quit before coming to ours, I am not really worried about losing potential income. I am just postponing when I may actually meet and work with the individual. In fact, the odds are, our price will increase significantly by that time and they are usually willing to pay. In the interim, they spent hundreds to thousands of dollars trying all these magical programs or feeding their addiction. But money is not the major factor which needs to be considered. Smoking an extra five years, 10 months, or even a few weeks carries a potential risk. Every day you puff these risks remain high. But the day you stop, you begin to reduce your risks, and eventually, they can drop to that of a person who never smoked a day in his life. Then, to keep your risk as low as possible and to never again have to go through the quitting process, simply - Never Take Another Puff!

Chapter 4 : Tobacco Free Florida | Quit Your Way

Tobacco Free Florida has an online program called Web Quit that has proven to work for many people. This free online program helps you create a personalized web-based quit plan that you follow at your own pace and in private.

Social events These are some strategies for dealing with your triggers: If you smoke while driving, plan to take a different route. If you smoke after meals, plan to get up after a meal. Go for a walk, brush your teeth, do something. Plan to keep yourself busy in the beginning. Too much unstructured time is not a good thing when it comes to smoking cessation. What should you do if you slip? A slip is also a high risk time. Many people have quit without a slip. The most important thing you can do is avoid all or nothing thinking. Throw out the rest of the pack. The more times you try to quit, the greater your chance of success. Learn from your experience. What you could have done differently. Never forget your reasons for quitting in the first place.

Stock Up on Supplies Every smoker understands that smoking is also an oral addiction. When you quit smoking your brain will still crave the oral sensation of a cigarette. As part of your smoking cessation plan, stock up on oral substitutes like gum, raw vegetables, carrot sticks, hard candy, coffee stirrers, straws, etc. Learn how to use them. Find out about potential side effects and what to look out for. Pick a Quit Date A quit date is a personal commitment. It is important because it prepares your mind subconsciously. Pick a date within the next month. Write down your quit date somewhere, and look at it every day. Let your determination build as you get closer. If you are going to use smoking cessation medication like Zyban Wellbutrin, bupropion or Chantix Champix, varenicline , your doctor may have suggested that you start using them now. Ask your doctor how far ahead of your quit date you should start taking your pills. Let People Know Quitting is easier with support. Choose people who you think will be helpful. Tell them your plan and how they can help. Also tell them how they cannot help. Friends can help distract you. They can listen to you. Sharing your struggles makes them lighter. But explain that you want to keep your conversations light. Nothing serious that will add to your tension. Remove All Smoking Reminders Smoking like any addiction is triggered by people, places, and things. For other addictions, the objects that are triggers are usually drug paraphernalia. In this case the paraphernalia include cigarettes, matches, lighters, and ashtrays. Get rid of all of them. The smell of cigarettes is definitely a trigger, especially in the beginning.

The First 2 Weeks The first two weeks are critical for your success. If you can get through the first two weeks your chance of success is much higher. The first two weeks are all about distractions, keeping busy, and being good to yourself. Keep busy with fun, low stress activities and avoid high stress ones. Stay Busy Plan lots of dates with friends. Get out of the house. Go for walks, bike rides, or go to the gym. Go to a movie. Be good to yourself. Keep your hands busy. Some people like to use a pen, a straw or a coffee stirrer. Drink lots of water. Call the people who have offered to help. Everyone understands how difficult this is. If you just sit there with your cravings, you are giving them room to grow. Relax and breathe deeply. No matter how friendly and supportive your smoking friends are, they are still a high risk environment for at least the first several months. If you find yourself triggered, plan to get up and leave quickly. A change of scenery can make all the difference. Talk to Yourself Most cravings only last 10 - 20 minutes. Distract yourself, and the cravings will pass. When you think about using, talk to yourself and keep yourself busy. Maintenance and Coping Strategies Quit smoking one day at a time. That can be overwhelming. Deal with right now, and the days will start to add up. Self-care Be good to yourself. This is probably the most important and undervalued coping strategy in quitting smoking. It is one of the most difficult things for anyone to do, especially someone with an addiction. You will think that you only deserve a reward once you have had a long stretch of not smoking. This is your opportunity to learn better coping strategies. How you can be good to yourself is different for everyone. Pursue new ways of rewarding yourself the same way you pursued your addiction. You are learning new thinking patterns that will be helpful in the rest of your life. Too much deprivation is bound to backfire. Instead, try eating more fruits and vegetables. You probably tend to disqualify the positives and focus on the negatives. Or save the money for something bigger like a trip. Plan ahead for your milestones and make sure you recognize them with some celebration, big or small. You could plan to get together with your friends and do something. Stress Management Get

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plenty of rest and eat healthy. Lack of sleep and excessive sugar are known triggers. Use substitutes for oral cravings like gum, raw vegetables, carrot sticks, hard candy, coffee stirrers, straws. Stress is a big trigger for smoking. Relax by taking a few slow, deep breaths. Inhale through your nose and exhale through your mouth. Repeat it 5 times and see how you feel. Maintenance When you have cravings, think of how strong you have been so far. Remember your reasons for quitting. Refuse to let your addiction win. Think of the benefits to your health, finances, and family. Remind yourself that there is no such thing as just one cigarette. Start to see yourself as a non-smoker. That is the ultimate payoff. You are freeing yourself from the control of your addiction. Nicotine Replacement Therapy NRT Nicotine replacement therapy NRT helps reduce nicotine withdrawal symptoms that many smokers say is their main reason for not quitting. Nicotine replacement therapy increases the rate of quitting by 50 to 70 percent 4 Nicotine replacement therapy is not a substitute for coping strategies. It deals with the physical addiction to nicotine, but does not deal with the behavioral or psychological addiction to smoking. So some sort of smoking cessation program and strategy is still important.

Chapter 5 : Stop smoking support programs: MedlinePlus Medical Encyclopedia

It's hard to quit smoking, but you can do it. To have the best chance of quitting tobacco and staying quit, you need to know what you're up against, what your options are, and where to go for help.

Chapter 6 : Quit Tobacco | How To Quit Smoking or Smokeless Tobacco

It is hard to quit smoking if you are acting alone. Smokers may have a much better chance of quitting with a support program. Stop smoking programs are offered by hospitals, health departments, community centers, work sites, and national organizations.

Chapter 7 : How to Quit Smoking Forever: An Easy Step-By-Step Plan

How to navigate risk with stop-smoking incentives for Ways to rethink your stop-smoking incentives that set participants and your company up for success Types of quit-smoking incentives.

Chapter 8 : Join Freedom From Smoking | American Lung Association

The positive health effects of quitting smoking begin 20 minutes after your last cigarette. Your blood pressure and pulse will start to return to more normal levels.

Chapter 9 : CDC - Quit Smoking - Smoking & Tobacco Use

The Oklahoma Tobacco Helpline provides free services through email, text, or phone calls to best help you meet your goal of quitting tobacco! Click here to learn more about how you can quit smoking today!