

I've quit using tobacco, and now I feel...

Depressed

- ◆ Call or visit with friends and family who support your decision to quit
- ◆ Go to a movie, concert, or listen to music
- ◆ Try yoga or meditation
- ◆ Take up a cultural activity like beading

Trouble Sleeping (Insomnia)

- ◆ Avoid caffeine (coffee, soda, etc.) 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 throughout the day
- ◆ Do important tasks when you are most alert
- ◆ Avoid sitting in the same position for too long

Restlessness

- ◆ 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 light snacks like pretzels or popcorn
- ◆ Eat at least 5 servings of fruits and vegetables every day
- ◆ Eat lean cuts of meat and low-fat dairy products
- ◆ Avoid "fast foods," convenience foods, and fried foods
- ◆ Walk whenever possible, aim for 20 to 30 minutes a day
- ◆ Keep your quit kit with you at all times
- ◆ Drink lots of water

Negative Results of Smokeless Tobacco Use

Short-Term Risks:

- ◆ Stained teeth
- ◆ Bad breath
- ◆ Cost of use
- ◆ Increased cavities in teeth

Long-Term Risks:

- ◆ Cancer
- ◆ Heart attack and stroke
- ◆ Increased gum disease
- ◆ Increased heart rate
- ◆ Weak bones/ulcers/dental issues
- ◆ Precancerous white patches in the mouth

Smokeless Tobacco Facts:

- ◆ Contains higher levels of nicotine than cigarettes
- ◆ Smokeless tobacco products are NOT safer than cigars and cigarettes
- ◆ Contains abrasives such as grit and sand which can wear down the surfaces of teeth



Smokeless Tobacco may take years off your life. But more importantly, it will reduce the quality of your life.

Tips and tools to help you Quit Smokeless Tobacco
Stay Healthy - Life Matters

Benefits of Quitting Smokeless Tobacco

- ◆ Improved overall health
- ◆ Improved sense of taste
- ◆ Save money
- ◆ More energy and stamina
- ◆ Feel better about yourself
- ◆ Healthier mouth and smile
- ◆ Set a good example for family and friends
- ◆ Stop worrying about risk of cancer
- ◆ Improved blood pressure
- ◆ Be in control of your of your life



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Respect your culture
Keep tobacco sacred



My Quit Plan

Before Quitting

After Quitting

Congratulations on your choice to quit using smokeless tobacco! There is no perfect time to quit, but setting a quit date is the first step to being commercial tobacco-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:

_____ / _____ / _____

2. My Support Persons:

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 quit kit with you

4. Medication Information:

- ◆ Talk to your doctor or pharmacist about medications to help you quit

5. Referrals to Intensive Services:

For information call -

- ◆ National Quitline: 1-800-QUIT-NOW
- ◆ Other cessation services:

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 to quit again.

Before quitting smokeless tobacco, 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 smokeless tobacco
- ◆ Find an elder or mentor who can guide you during the process
- ◆ Clean your house, car, and place of work of any tobacco products or accessories
- ◆ Delay your first smokeless tobacco product of the day
- ◆ Start an exercise plan
- ◆ Use prayer and meditation through ceremony to find inner strength and courage
- ◆ Spend more time with family and friends who support your decision to quit
- ◆ Prepare yourself for times when you may be tempted to use smokeless tobacco and ways you might handle them
- ◆ Make a money jar to collect the money you will save
- ◆ Review your self-help materials and make personal notes
- ◆ Consider using medications that may help you quit smokeless tobacco

Prepare a quit kit and carry it at all times

Contents can include:

- ◆ 3 x 5 cards with top reasons for being smokeless tobacco -free
- ◆ A picture of your loved ones
- ◆ The phone number of someone you trust
- ◆ Your self-help materials such as *A Pocket Guide to Quitting* and this Quit Plan

"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 smokeless tobacco, 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 telephone
- ◆ Boredom
- ◆ Driving
- ◆ After waking up
- ◆ Stressful situations
- ◆ Work or lunch breaks
- ◆ Enjoying time with friends
- ◆ Seeing or smelling smokeless tobacco

Other times that may be difficult for you:

Positive Coping Strategies:

Keep busy and try new things:

- ◆ Write a letter or work on a hobby
- ◆ Use prayer or meditation
- ◆ Join a talking circle
- ◆ Visit non-smoking places
- ◆ Avoid caffeine and alcohol
- ◆ Exercise, if your doctor allows
- ◆ Eat crunchy foods like fruit, vegetables, and popcorn
- ◆ Take up a cultural activity such as beading

Practice stress reducers such as the Four D's:

- ◆ Delay
- ◆ Deep breath
- ◆ Drink lots of water
- ◆ Do something else:
 - Call or visit a friend/ family member to support you

- Don't put yourself down: if you make a mistake, forgive yourself and learn from it

- Do something special to celebrate your life