

I've quit using commercial tobacco, and now I'm feeling...

Depressed

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

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
- » 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 snack like bagels, 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, aiming for 20 to 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 Use

Short-Term Risks:

- » Stained teeth and fingers
- » Smelly breath, clothes & hair
- » Expense of commercial tobacco
- » Shortness of breath
- » Asthma attacks
- » Infertility and Impotence

Long-Term Risks:

- » Heart attacks and strokes
- » Cancer
- » Heart & 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



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
Stay Healthy—Life Matters

Benefits of Quitting Commercial Tobacco 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



Indian Health Service » The University of Arizona HealthCare Partnership
www.ihs.gov/MedicalPrograms/epi » www.healthcarepartnership.org

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Respect your culture
Keep tobacco sacred



My Quit Plan

Congratulations on your choice to quit using commercial 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 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 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 and quit again.

Before Quitting

Before quitting commercial 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 commercial tobacco
- » 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 product of the day
- » Ask your doctor about starting an exercise plan
- » 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 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 medication that may help you quit commercial tobacco

Prepare a Survival Bag and carry it with you at all times.

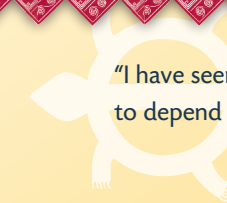
Contents can include:

- » 3x5 cards with top reasons for being commercial tobacco-free
- » A picture of your loved ones
- » The phone number of someone you trust
- » Your self-help materials such as your Strength to Quit Pocket Guide and this Quit Plan
- » National Quitline: 1-800-QUIT-NOW
- » Sugarless gum or candy, cinnamon sticks, fruit, carrot sticks, straws, and toothpicks

"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

After Quitting



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

» Lone Man (Isna-la-wica), Teton Sioux

After quitting commercial 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 commercial tobacco smoke

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
 - » Find a support group
 - » Visit nonsmoking places
 - » Avoid caffeine and alcohol
 - » Exercise, if your doctor allows
 - » Eat crunchy foods like fruit, vegetables, and popcorn
 - » Wash dishes by hand after meals
 - » Take a nap
- » Practice stress reducers such as the Four 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!