

A. Checklist of Essential Actions to Take on Quit Day

Listed below are actions known to help people successfully stop smoking. Review these actions with your group. Each group member should use the actions that fit best in helping stop tobacco use on their Quit Date and every day thereafter.

AARM against smoking by following the *Action Plan* from Session 3.

- **Avoid** smoking triggers (*especially places where people smoke*)
Remember **HALT: Avoid** getting **Hungry, Angry, Lonely** or **Tired**
- **Alter** smoking triggers that you can't avoid altogether (*still do activities that are important to you, like watching TV and eating out, but in a non-smoking setting and with others who are not smoking*).
- **Replace** smoking with substitute behaviors in trigger situations. Make a personal survival kit for use (*examples: flavored toothpicks, sugarless gum or candy, fresh vegetables, and objects to keep your hands busy*). Be sure these items are available at all times where you used to keep your cigarettes, such as your desk or workbench, in your car, bedside table, near your favorite chair, and on the dinner table.
- **Mentally cope** with smoking urges until they pass in about 3-5 minutes (use relaxation methods, go for a walk, read your "Reasons for Quitting Smoking" card, and tell yourself "I can beat smoking one urge at a time...smoking urges will pass if resisted.")

Use the 4 "D's" of Quitting:

- **Dispose** of all cigarettes and smoking paraphernalia if you have not already.
- **Drink** lots of water to flush nicotine out of your body (*carry a water bottle with you and slowly sip up to 8 glasses per day*).
- **Distract** yourself by staying busy with non-smoking activities to divert attention away from smoking (*including activities recorded on your Action Plan for Coping with Smoking Triggers Worksheet from Session 3.*)
- **Deep breathe** when you have smoking urges (*as taught in Session 2*).

Ask other people for support (as recorded on your *Support System Worksheet* from Session 3)

Review your reasons for not smoking (Session 1)

B. Medications Review

Assess the participant using NRT; review how the patch, gum and/or lozenge are working for them.

Reinforce:

- the rotation of patch sites on the skin.
- the possibility of having vivid dreams while sleeping if the patch is worn through the night. If vivid dreams do occur, remove patch prior to sleeping.
- "pocketing" the gum and/or lozenge when using this product in the cheek area of the mouth.
- the dosages of the medications and use of the medications as prescribed.
- do not eat or drink for 15 minutes before or after using the gum and/or lozenge. Acidic beverages (soda, coffee, tea) can reduce nicotine absorption.
- if participant has nausea – check to see if they are using the gum and/or lozenge correctly.

C. Coping with Withdrawal Symptoms

Withdrawal symptoms can be tough but remind the employee that they are temporary and *a sign that the body is starting to heal*. Each individual may experience different withdrawal symptoms. A few will not experience any of them but most will experience some to all of them. All symptoms are temporary and you will learn to live well and be healthy without cigarettes. The symptoms will manifest within the first 1-2 days, peak within the first week and resolve within 2-4 weeks. Cravings can last longer, up to several months to years. The best ways to help relieve the symptoms are: get extra sleep; drink lots of water; and stay active. See *Coping with Withdrawal Symptoms* and *Additional Resources to Aid in the Effort to Quit the Use of Tobacco Products* handouts: Appendix, pages 109 & 110.

Symptoms	What to do for Relief
Feeling irritable, moody or tense	Do relaxation techniques; go for a walk; try using a quit-smoking medication
Fatigue	Get at least 8 hours of sleep each night; take naps; don't push yourself
Cravings	Wait out the urge, remember <u>the urge passes whether you smoke a cigarette or not</u> ; brush your teeth; drink a glass of water; distract yourself; exercise; go for a walk around the block; seek the company of non-smokers; think of the most important reason for wanting to stop smoking; take deep breaths
Insomnia	Avoid caffeine after 3 p.m.; take warm baths; use relaxation techniques before going to bed; drink warm milk
Headaches or dizziness	Sit or lie down and close your eyes; do relaxation techniques
Coughing, dry throat, nasal drip	Drink plenty of fluids; try cough drops
Difficulty concentrating	Avoid or decrease stress; take breaks; plan workload accordingly
Increased appetite	Drink water; eat low-calorie snacks; chew sugarless gum
Feeling restless	Go for a walk; exercise; do a hobby

D. Rewards and "Commit to Quit" Contract

Research shows that people who complete a contract (Handout: Appendix page 111) and reward themselves have a great chance of success in quitting smoking. Rewarding progress can help the person stay committed to change. A special reward can help reinforce giving up smoking for a healthier new action.

Below are examples of rewards:

- Have the inside of car detailed (recommended for quit day)
- Stay in bed on a weekend morning
- Listen to a favorite CD
- Go fishing
- Buy new clothes
- Take photographs
- Buy a new tool
- Have someone else clear the table or do the dishes
- Call a friend that you have not talked to in a long time
- Read a new book
- Eat a favorite food that you usually don't allow yourself to eat
- Try a new restaurant
- Get a massage
- Go bowling
- See a movie
- Start a new hobby
- Have someone else mow your lawn
- Get a pedicure or manicure
- Have teeth cleaned
- Have teeth whitened

Have the *participant write down his/her list of potential rewards* for future reference. These rewards can be daily in the beginning to weekly later on. Many people may save some of the money they are not spending on cigarettes and splurge on painting the inside of their home or going on a trip or cruise. Rewards don't have to cost money. A reward may be walking in the park or watching the boats on the lake.

Have the *participants complete the "Commit to Quit" Contract*. Explain that they are committing to "not smoke for the next ? days" can be anywhere from 2 days (the next meeting is scheduled in 48 hours) to a couple of weeks but should not be longer than this 12 week program.