



A NEW YOU

Journey to a Smoke and Tobacco-Free Life



UPMC
LIFE CHANGING MEDICINE

Smoke and Tobacco-free Environment

To protect our patients, visitors, and staff from the harmful effects of second and third-hand smoke, smoking is not permitted anywhere on UPMC property. All UPMC hospitals, facilities, and grounds, including parking lots, garages, and other outdoor locations such as UPMC-owned sidewalks, are smoke and tobacco-free. UPMC has no designated smoking areas. A patient who smokes or uses tobacco does so against our advice and assumes the risk for any problems as a result.

For information on how to quit, access the patient education materials on UPMC's website at **UPMC.com/HealthLibrary** or online at **UPMC.com/Classes**. If you're interested in "Becoming a Quitter," call **1-800-QUIT-NOW (1-800-784-8669)** or visit **pa.quitlogix.org**.

Quitting Resources

UPMC Referral Services:

1-800-533-UPMC (8762) or **412-647-UPMC (8762)**

National Quit Line:

1-800-QUIT-NOW (1-800-784-8669)
pa.quitlogix.org

Stop-Smoking Support Resources

Allegheny County Health Department
www.achd.net

American Cancer Society
1-800-ACS-2345
www.cancer.org

American Heart Association
412-208-3550
www.heart.org

American Lung Association
1-800-586-4872
www.lung.org

Breathe Pennsylvania
724-772-1750
www.breathepa.org

Campaign for Tobacco-Free Kids
www.tobaccofreekids.org

CDC's Tobacco Information and Prevention Source
www.cdc.gov/tobacco

PA Department of Health
www.health.state.pa.us

UPMC

UPMC.com/HealthLibrary. Go to the "Featured" section and click "Quitting Smoking."

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Introduction

Think of this as a new beginning, with change occurring over time. As time passes, you will learn more about being a former smoker or tobacco user and will develop a new identity. You will become comfortable in life's different situations without tobacco. To be successful, you must maintain your commitment to this change over time. The new smoke and tobacco-free you will discover a world of benefits as a result of your journey.

Use this workbook as your road map to help you make this important journey. Here you will find information and tips in a format that lets you actively participate in planning and arriving at your destination: a smoke and tobacco-free life.

This workbook may help anyone who is trying to quit smoking, smokeless tobacco, and ENDS (Electronic Nicotine Delivery System). ENDS products use a liquid (e-liquid) that contains nicotine and other chemicals that may be harmful to your health. Although some people have successfully used them to quit, the products listed below have not been approved for quitting. This includes:

- **Smoking**
 - > Cigarettes
 - > Cigarillos
 - > Cigars
 - > Pipes
 - > Hookah
- **Smokeless Tobacco**
 - > Chewing tobacco
 - Snuff, dip, snus, and dissolvable products
 - > Gutkha or Betel nut
- **Electronic Cigarettes (E-Cigarettes)**
 - > Vapes
 - > E-pipes
 - > E-hookahs
 - > Vape pens
 - > E-cigars
 - > Tank systems
 - > Mods
 - > ENDS (electronic nicotine delivery system)

Most people try to quit more than once before they are successful.

Planning Your Journey

Getting ready for your journey is a very important step. You may know that tobacco is not good for you. Why, then do you continue to smoke or use tobacco? The reasons you started and the reasons you continue are often very different. Understanding why you want to quit and why you continue can help you to quit.

Choosing Your Destination

The next few pages offer 4 key activities to help you get ready for your life-changing journey to a smoke and tobacco-free life!

Activities to Help You Get Ready

1. Reasons-to-Quit Checklists
2. Why Do I Use Tobacco?
3. Am I Addicted to Nicotine?
4. My Diary

**It is
NEVER
too LATE
to QUIT!**

Activity 1. Reasons-to-Quit Checklists

These reasons must come from within you and must be important to you on a personal level. You may already have a health problem or want to prevent a health problem related to smoking and tobacco use. There are always benefits when you quit.

Checklist 1: Check all health-related reasons for you to quit smoking.

- I want to live a longer life.
- I want to decrease my risk of having a heart attack or stroke.
- I want to decrease my risk of having high blood pressure.
- I want to decrease my risk of having cancer.
- I want to decrease my risk of having lung disease.
- I want to decrease my risk of having blood-flow problems through my body.
- I want to decrease my stomach discomfort.
- I want healthier gums and white teeth.
- I want my acid reflux and heartburn to stop.
- I want to be active with less shortness of breath.
- I want my cough to decrease or go away.
- I want my skin to have a better color with fewer wrinkles.
- I want my food to taste better.
- I want my sense of smell to improve.
- I want to have more energy.
- I plan to become pregnant/am pregnant and also want to lower my risk of miscarriage, stillbirth, or a baby with low birth weight or birth defects.
- I want to decrease my risk of sexual problems.
- I want to stop exposing my loved ones and pets to secondhand and thirdhand smoke.
- I want to be able to say that I am a **former** smoker or tobacco user.
- Other health reasons:

Checklist 2: Why do you want to quit?

- I want the freedom that comes with separating myself from an addictive behavior.
- I want to have more time to enjoy with my family, friends, and hobbies.
- I want to be free of the guilt and fear that I feel when doing something that is not good for me.
- I want to feel proud of myself.
- I want to set a good example for the young people in my life.
- I want to be more accepted in social and work situations.
- I want to have control of my life, not let the cigarettes or other tobacco products have control.
- Other personal reasons:

- I want to save the money that goes “up in smoke” when I buy cigarettes or other tobacco products.
- I want to save money on cleaning bills and replacing burned clothes, furniture, car interiors, etc.
- I want to save money on my life and health insurance.
- I want to keep the values of my car and home.
- Other financial reasons:

- I want my house, car, clothes, and hair to be cleaner, without the smell and film of nicotine.
- I am tired of emptying dirty ashtrays.
- I want to wake up without that stale tobacco taste in my mouth.
- Other reasons:

**SECONDHAND SMOKE:
THE SMOKE FROM THE
BURNING END
OF A CIGARETTE
AND SMOKE EXHALED**



**THIRDHAND SMOKE:
the CHEMICALS
from SMOKING that
stay on the smoker's
BREATH, HAIR,
CLOTHING, and
other surfaces.**

Do the Math ...

How much could YOU spend?

___ # of (packs, cans, cartridges) per day x \$_____ = \$_____ spent per day

___ # of (packs, cans, cartridges) per day x \$_____ x 30 days = \$_____ spent per month

___ # of (packs, cans, cartridges) per day x \$_____ x 365 days = \$_____ spent per year

How much could you SAVE?

I will save \$_____ each day of my journey.

I will save \$_____ each month of my journey.

I will save \$_____ each year of my journey.

What else could I do with that money?

Examples: pay bills, eat out, buy clothes, buy gifts for myself and others, enjoy hobbies, take vacations, go to the movies.

Other ideas: _____

You Have Completed the First Activity!

Look at your checked items.

Can you mentally picture how much better your life will be after you reach your destination — a smoke and tobacco-free life?

If you smoke cigarettes, complete the activity on the next page to find out what could be causing you to continue smoking.

Activity 2. Why Do I Smoke?

Take the following quiz to help find out which factors could be influencing your smoking behavior.

Circle one number for each statement and total each section.

Reason #1

Stimulation: "Smoking gives me more energy."		Often	Sometimes	Never
1.	I smoke to keep from slowing down.	3	2	1
2.	I reach for a cigarette when I need a lift.	3	2	1
3.	When I am tired, smoking perks me up.	3	2	1
Add the 3 scores to get your total score for this section.			Total:	

Reason #2

Handling: "I like to touch and handle cigarettes."		Often	Sometimes	Never
1.	I feel more comfortable with a cigarette in my hand.	3	2	1
2.	I enjoy getting a cigarette out of the pack and lighting up.	3	2	1
3.	I like to watch the smoke when I exhale.	3	2	1
Add the 3 scores to get your total score for this section.			Total:	

Reason #3

Pleasure: "Smoking is enjoyable."		Often	Sometimes	Never
1.	Smoking cigarettes is pleasant.	3	2	1
2.	Smoking makes good times better.	3	2	1
3.	I want a cigarette when I am comfortable and relaxed.	3	2	1
Add the 3 scores to get your total score for this section.			Total:	

Reason #4

Tension Reduction: "Smoking helps me to relax when I am tense or upset."		Often	Sometimes	Never
1.	I light up a cigarette when something makes me angry.	3	2	1
2.	Smoking relaxes me in a stressful situation.	3	2	1
3.	When I am depressed, I reach for a cigarette to feel better.	3	2	1
Add the 3 scores to get your total score for this section.			Total:	

Reason #5

Habit: "Smoking is a habit."		Often	Sometimes	Never
1.	I smoke automatically without even being aware of it.	3	2	1
2.	I light up a cigarette without realizing I have one burning in the ashtray.	3	2	1
3.	I find a cigarette in my mouth and do not remember putting it there.	3	2	1
Add the 3 scores to get your total score for this section.			Total:	

Reason #6

Nicotine Addiction: "I crave cigarettes; I am addicted to smoking."		Often	Sometimes	Never
1.	When I run out of cigarettes, it is almost unbearable until I get more.	3	2	1
2.	I am very aware of the times when I am not smoking.	3	2	1
3.	I get a craving for a cigarette when I have not smoked for a while.	3	2	1
Add the 3 scores to get your total score for this section.			Total:	

Why do I smoke?

These are common reasons why you might continue to smoke. Place a check mark beside each reason for which you answered "Often" or "Sometimes."

Stimulation

Handling

Pleasure

Tension reduction

Habit

Nicotine addiction

What do the categories mean, and what can I do to address each category?

Stimulation

If you scored a 6 or above in this category, it means that you are stimulated by smoking — you feel that it helps to give you energy. You may think smoking helps to wake you, organize your thoughts, and/or keep you going. When you quit smoking, look for other ways to feel energized. Walking, stretching, or other forms of exercise, conversation and attending social functions, drinking water, and eating a nutritious breakfast are just a few ways to increase your energy.

Handling

If you scored a 6 or above in this category, it means that you may enjoy handling or manipulating things. When you quit smoking, look for other ways to keep your hands busy. Holding a pen, pencil, or straw can help to simulate the act of holding a cigarette. Drawing, painting, writing, reading a book, woodworking, knitting, cleaning, and gardening are just a few ways to keep your hands busy.

Pleasure

If you scored a 6 or above in this category, it means that you look for ways to enhance feelings of pleasure and well-being. You may think that smoking helps to make a positive situation even better. When you quit smoking, look for other ways to enjoy activities and events. Taking pictures at social gatherings and talking about the fun you are having are a couple of ways to enhance pleasure. Yoga and meditation, exercise, drinking water, and hobbies are other ways to enhance feelings of well-being.

Tension Reduction

If you scored a 6 or above in this category, it means that you look for ways to lessen or eliminate negative feelings. You may often feel stressed, upset, overwhelmed, angry, anxious, or depressed. When you quit smoking, look for other ways to decrease negative feelings. Exercise, getting enough sleep, eating well, yoga, meditation, deep breathing, spiritual activities, hobbies, spending time with friends and family, and talking about your thoughts and feelings with a professional are some ways to reduce negative feelings.

Habit

If you scored a 6 or above in this category, it means that smoking has become routine for you. The automatic nature of habit smoking means that you may smoke without thinking about it or without realizing how much you smoke. You may not always be able to explain why you are smoking because it is not always connected with how you feel or what you are thinking at the time. As you plan to quit smoking, look for ways to become more aware of where and when you are smoking, and ask yourself if you really want or need a cigarette. Altering your routine may also be helpful. Taking a different route to work, sitting in a different chair, or changing the order of how you get ready in the morning are some ways to alter your routine.

Nicotine Addiction

If you scored a 6 or above in this category, it means that you may often think about your next cigarette and may experience waves of intense desire for a cigarette throughout the day. You may feel irritable when you do not have a cigarette or go long periods without tobacco. This may be due to psychological and/or physical addiction. When you quit smoking, look for ways to distract yourself. Exercise, drinking water, deep breathing, hobbies, and calling a friend are some ways to distract yourself from smoking. If you feel you are physically addicted to nicotine, you may find that tobacco cessation medicine helps to eliminate physical symptoms of withdrawal.

Adapted from: *Why Do You Smoke?* National Cancer Institute, National Institutes of Health Publication No. 94-1822, Reprinted January 1992. This material can be accessed online: <http://rtips.cancer.gov/rtips/viewProduct.do?viewMode=product&productId=189980>.

Activity 3. Am I Addicted to Nicotine?

Nicotine is an addictive drug. You probably did not realize when you started smoking that you would get hooked on nicotine. As part of getting ready for a new smoke and tobacco-free life, you can find out if you are addicted to nicotine by answering 2 easy questions.

How much do I smoke per day?

If you answered 1 pack per day or more, you are probably very addicted to nicotine.

How soon do I begin smoking after I wake up?

If you answered within the first 30 minutes, you are probably very addicted to nicotine.

If you think that you are addicted to nicotine, there is good news for you. Many products are now available to help you quit smoking. Now, more than ever, is a good time to begin a smoke and tobacco-free life. You will find more information on these products later in this workbook (see page 14).

Activity 4. My Diary

To quit using successfully, you need to find out what “triggers” you. **Triggers** are actions, situations, times, places, people, and emotions that bring on the desire to use your product. The more you know about your triggers, the more you will be able to avoid them.

**DID YOU KNOW?
ANY AMOUNT of
SMOKING can LEAD
to ADDICTION!**

You will find a diary sheet on page 35. Make copies of the sheet and use one for each day.

Write the time, place, and reason for each craving. You also may add names of people with you and what you are doing at the time.

- To fully understand your triggers, fill out diaries for at least 3 days.
- Keep a diary sheet and a pen with your product so that it is easy for you to keep track.
- Rate the importance of the product that you use on a scale of low, medium, and high.
 - > **High** means you feel you really have to have it.
 - > **Medium** means that your need for it is somewhere between low and high.
 - > **Low** means that you almost used your product (or actually did) without knowing it, with little or no need for it.
- After you complete your diary sheets, look back over them to see what triggers you.

My Diary Example:

Time	Triggers											Other Triggers, Feelings - Describe	Low	Medium	High	
	Food	Alcohol	Coffee	Friends	Family	Driving	Angry	Happy	Sad	Bored	Relaxed					Tired
6 a.m.	x		x		x							x	Drinking coffee	x		
7:30 a.m.			x										Driving to work.			x
10 a.m.				x							x		Work break, usual time to smoke.		x	
11 a.m.							x					x	Alone, overwhelmed.	x		

Please see page 35 for blank diary sheets that you can use (and make additional copies of) to find out what triggers you.

**TIP: Put your old cigarette butts into a clear jar.
Add water and seal the lid. Look at it.
Remind yourself of the ugliness of smoking.
Take a good whiff. Remind yourself of the stale smell.**

Planning Your Departure

- I have chosen my destination to be a smoke and tobacco-free life!
- I completed the activities to get ready to start my journey.

In this chapter, you will find important information and tips to help you organize future steps in your journey to smoke and tobacco-free living.

USING A **QUIT** PROGRAM AND **MEDICINE** WILL **DOUBLE** YOUR **CHANCES** OF **QUITTING** **SUCCESSFULLY**



Step 1. When Should You Leave?

Picking Your Quit Day

Your quit day is the day you will stop. You will think of it as “the first day of the rest of my life.” It is an important decision. Picking a good day and preparing for it can help you to succeed. There is usually no perfect time to quit, though some times are better than others, such as:

- Birthday
- Anniversary
- Holiday or vacation

Think about:

- Will it be easier for me to quit on a weekday or on the weekend?
 - > I will choose a day when I will be busy with activities that I enjoy.
 - > I will avoid stressful situations and activities.
 - > I will spend the day in the company of supportive people.
- What will my schedule be like 3 to 4 days after my quit day?
 - > I may want these 3 to 4 days to fall on less busy, less stressful days.
- Do I have stressful events coming up soon?
 - > I should plan my quit day for a time when stress is at a minimum.

Plan a positive reward.

Treat yourself to something special.

You may want to share your quit day with others. You may choose to have the support of family and friends.

My quit date will be:

I plan to reward myself with:

Step 2: How Will You Get There?

The next step to reaching your destination of a smoke and tobacco-free lifestyle is to determine who can help you, which quit method you will choose, and whether you will use medicine. This step may take several forms:

- Professional/social support only (no medicine)
- Medicine only (no professional/social support)
- No professional/social support and no medicine use
- Professional/social and medicine use
- UPMC Health Plan or other insurance companies
- 1-800-QUIT-NOW** (1-800-784-8669)
- Quit coaches
- Doctor office
- Hospital based website
- Department of Health
- Local community classes
- Smartphone apps

It is important to note that the combination of professional/social support and medicine use increases your chances of quitting for good.

Who Can Help You?

Quitting is one of the most important journeys you will take in your lifetime. Many people find that help from professionals who understand the quit process makes the journey a bit easier.

Your doctor or other health care provider can:

- Help you to determine the most appropriate method for quitting.
- Discuss medicine options and write prescriptions when needed.
- Follow your progress and help to manage health conditions related to smoking or tobacco use.

Quit programs are offered in many formats, including individual or group meetings, by telephone, and/or online. A program can:

- Help you to determine the most appropriate method for quitting, including medicine options.
- Help you to understand the harms of smoking and tobacco dependence, and how to manage your triggers and cravings.
- Provide support before, during, and after quitting.

For more information about programs in your area, please refer to the Quitting Resources section on the inside cover page or "Step 2" section on page 13.

Social support is also an important part of your smoke and tobacco-free journey. For information about how friends, family members, and others can help, please refer to the Social Support section on page 20.

The following professional(s) and/or quit programs can help me to quit:

Choosing Your Quit Method

A **quit method** refers to the way someone chooses to quit smoking, vaping, and using tobacco. There are many methods of quitting. All of the methods described below involve setting a quit date. When choosing a method, it is important to know whether you will use medicine and whether you will receive help from a health care provider or quit program.

- Self-help** refers to setting a quit date and quitting without the use of a quit program. You may read books, look up information on the Internet, or ask friends and family for help. When choosing this method, you may or may not use medicine.
- Cold Turkey** refers to quitting without

the use of medicines. This mode may be advised to you by your health care provider if you are not able to use the other methods. Once you set a quit date, you would smoke, vape, or use tobacco until that date and then quit. When choosing this method, you may or may not seek professional support or enroll in a quit program.

- Tapering** refers to a gradual approach to your quit day. Typically, you would count the number of times you use your product each day and make a plan to reduce it each day until your quit day. Once you reach your quit day, you would not use anymore. When choosing this method, you may or may not seek professional support or enroll in a quit program, and may or may not use medicine.

I choose the following method to help me quit:

Using Medicine. Since nicotine is the physically addictive chemical in tobacco, your body can experience physical symptoms (feeling irritated, angry, anxious, having a hard time concentrating or sleeping) when you do not have it. Several nicotine medicines are available to help lessen withdrawal symptoms and cravings, making it easier for you to quit. These medicines, along with non-nicotine ones, are described below. Talk with your quit program counselor or health care provider to determine which medicine is best for you.

- Nicotine Replacement Therapy.** Nicotine replacement therapy (NRT) is the use of products that contain nicotine. NRT products can be available over the counter (patch, gum, or lozenge) or by prescription (inhaler or nasal spray). The nicotine in these products helps to lessen your physical symptoms while you

are working on other aspects of quitting. Typically, you would start using an NRT product on your quit day and lessen the amount of the product you use over the course of 6 to 8 weeks.

- Non-Nicotine Medicines.** 2 medicines are commonly used to help people quit smoking: varenicline (Chantix®) and bupropion (Zyban®/Wellbutrin®). Both medicines work to help reduce the urge to smoke, vape, or use tobacco over time without the use of nicotine. This helps you to focus on addressing other aspects of quitting. Both medicines are typically started 1 or 2 weeks before your quit date and used for at least 8 weeks after your quit date. Both require a prescription from your health care provider.
- Combination Therapy.** Sometimes one type of medicine is not enough to help lessen withdrawal symptoms. Your quit program counselor and/or your health care provider may determine that more than one medicine is needed to help you quit. This is called combination therapy. The most commonly used combinations are:
 - Nicotine patch + nicotine gum or lozenge
 - Nicotine patch + nicotine inhaler or nasal spray
 - Nicotine patch + bupropion

I will ask my quit program counselor and/or my health care provider about the following medicines to help me quit:

Step 3: What Should You Take on Your Journey?

Necessities and Tools to Make Your Journey Comfortable

You will need coping skills.

A **coping skill** is any action you can use to avoid using your product.

There are 2 types of coping skills:

- **Cognitive:** Something that you think.
- **Behavioral:** Something that you do.

Cognitive Coping Skills

Cognitive coping skills are when you use thoughts to help yourself stay smoke and tobacco-free. Think to yourself: I want to quit because:

- Using tobacco, smoking or vaping is not an option.
- Wait a minute. I've quit for _____. Don't blow it now!
- Don't do it! Stop!
- The craving will soon pass.
- I am in control.

Another cognitive coping skill is called **imagery**. Imagery is like daydreaming. Imagine yourself in another place — a place from memory or one you make up. When you start to feel a craving, close your eyes and imagine yourself in a calm, peaceful place, such as a beach, park, woods, meadow, on a lake, or in your own backyard. This will help to redirect your thoughts away from thinking about using tobacco, smoking or vaping.

Other cognitive coping skills include:

- Prayer
- Meditation
- Any pleasant thought that does not include smoking or tobacco.
- Feel the joy of being able to say "I quit."

The cognitive coping skills I will use are:

Behavioral Coping Skills

Behavioral coping skills are actions that you do to avoid smoking or using tobacco, such as:

- Deep breathing
- Oral substitutes
- Handling substitutes
- Busy work
- Exercise
- Relax and unwind
- Medicine

Deep breathing advantages:

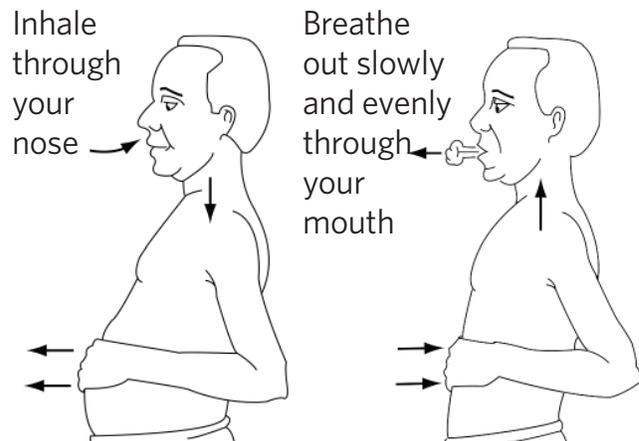
- Quick and can be done anywhere.
- Helps cravings pass.
- Promotes feelings of relaxation.
- Helps to relieve feelings of tension, nervousness, anxiety, and impatience.
- Increases the flow of blood and oxygen to the brain, helping to improve memory, alertness, thinking, problem-solving, and decision-making skills.

Deep breathing is a "quick fix" for cravings, stress, nervousness, tension, anxiety, and difficulty concentrating.

Deep breathing technique:

- Place 1 hand on your upper chest.
- Place your other hand on your abdomen (belly).
- Inhale through your nose.
 - > Take a slow, deep breath.
 - > Feel your belly expand outward.
 - > Breathe in for 3 seconds.
 - > Hold the breath for 3 seconds.
- Purse your lips.
- Breathe out slowly and evenly.
 - > Feel your belly move back inward.
 - > Breathe out for 6 seconds.
- Repeat 3 to 5 times.

Experience the calming effect! Practice frequently so you can use it effectively.



Oral substitutes are ways to keep your mouth busy.

When you smoke or use tobacco, you put your hand to your mouth several hundred times a day. Your mouth gets a lot of attention. When you stop, your mouth still craves that attention. Using oral substitutes can help you to quit. When choosing oral substitutes, look for low or no-calorie items. Substituting high-calorie, high-fat items can lead to weight gain.

The following items make good oral substitutes:

- Water
- Lollipops
- Cinnamon sticks
- Toothpicks
- Fresh fruits
- Hard candy
- Gum
- Brushing teeth, mouthwash, breath spray
- Fresh vegetables (carrot sticks, celery sticks, peppers, radishes)
- Flavored lip balm
- Ice chips

The oral substitutes I will use are:

Handling substitutes will give you something else to do with your hands.

- Rubber band
- Paper clip
- Stress ball
- Pen
- Doodling
- Pencil
- Ring
- Coin
- Straw or coffee stirrer
- Smooth stone
- Wash hands
- Hobbies

The handling substitutes I will use are:

Busy work: Keep your hands busy and focus on tasks.

This will help you to fight the urge. Once you stop, you will have more time to give to other activities and people. Extra time can become a problem if you do not find something to fill this time. Choose activities that will mean something to you and add enjoyment to your life. Make a list:

- Things I have not done in a long time:

- Things I have never done, but would like to do:

- Projects I started long ago and would like to finish:

- Household chores I would like to get to:

You might choose keep-busy activities from the list below:

- Read
- Listen to music
- Take music lessons
- Art, crafts
- Sew, knit, quilt
- Needlework
- Computers
- Garden
- Play with pets
- Social network
- Write in a journal or diary
- Doodle when on the phone
- Woodwork
- Car repair
- Photography
- Renew old friendships
- Play handheld game
- Clean drawers, closets
- Organize photos
- Play an instrument
- Puzzles (crossword, word search, jigsaw)

My keep-busy list will include the following activities:

CAUTION: Be careful about doing things that you often did while smoking or using tobacco. These may act as triggers and increase your desire.

Exercise increases chances of long-term success.

Exercise will:

- Help to prevent or slow any weight gain when you quit.
- Produce hormones to make you feel good.
- Help to reduce stress and relieve feelings of tension, nervousness, anxiety, and anger.

What kind of exercise should I do?

The answer is anything that you enjoy. Going for a walk is an easy exercise you can do anytime. Other good choices:

- Jog
- Ride a bike
- Swim
- Just keep moving
- Play sports
- Dance
- Yoga
- Walk

CAUTION: Be sure to check with your health care provider before making any major changes in your exercise level.

The exercise(s) I will include in my plan to quit is (are):

“Stress happens and I CAN handle it!”

“I will try a new hobby to keep my hands and mind busy.”

Bumps Along the Way

You may feel that smoking or using tobacco helps you to beat stress.

Nicotine is actually a stimulant that makes the heart beat faster and increases blood pressure.

You may think that you are more calm and relaxed when you smoke or use tobacco. This belief may be caused by a combination of 3 things:

1. Your body has become used to a certain amount of nicotine. When the amount of nicotine in your body drops, you feel uncomfortable. You then smoke or use tobacco hoping to feel better.
2. You have probably smoked or used tobacco many times during stressful situations. Now you connect smoking with feeling more relaxed and in control of your problems. Have you trained yourself to believe that smoking or using tobacco calms you and makes you feel in control?
3. Think about how you smoke or use tobacco. Perhaps you take deep, slow breaths. In fact, it is deep breathing, not the product you are using, that actually calms you.

It is important to understand that you have been doing the calming and relaxing. Using the product has been your way of “setting the stage” mentally to prepare yourself to relax. As you focus on your journey to a smoke and tobacco-free life, you will learn new ways to relax.

Ways to relax and reduce stress:

- Eat healthy, get enough sleep, and exercise regularly.
- Focus on the good things in your life. Make a list of all the good things you have now.

These are things that make my life good:

Look at this list when you become angry or upset.

- Learn to accept the things you cannot change. Try to take 1 day at a time.
- If possible, avoid especially stressful tasks.
- Set aside relaxation time each day for:
 - > Music
 - > Prayer
 - > Yoga
 - > Meditation CDs, videos, electronic apps
 - > Spending time with family, children, friends, pets
 - > Add your own:

**Join a
quit program to
increase
your success.**



Write down 3 things that cause the most stress in your life. List different ways you can handle each situation. Decide which choice would be best and place a check mark next to it. Prepare to use this choice the next time you are faced with the stressful situation.

1. Cause of stress:

Ways I can handle this situation:

A. _____

B. _____

C. _____

2. Cause of stress:

Ways I can handle this situation:

A. _____

B. _____

C. _____

3. Cause of stress:

Ways I can handle this situation:

A. _____

B. _____

C. _____

I will practice deep breathing throughout the day, especially during stressful times.

- I will ask for help from my Higher Power.
- I will close my eyes and see myself successfully handling a stressful situation without my product.
- I will talk about stressful situations with friends, loved ones, clergy, or a counselor.
- I will remind myself that every problem has a solution that does not involve smoking or using tobacco.

Handling the temptations to smoke or use tobacco during stressful times:

- Think back to a recent stressful situation. The product did not change the situation or improve the outcome.
- When faced with a stressful situation, step back, take a deep breath, and say, "I can handle this." Then deal with the problem.
- Leave the room or setting if necessary.
- Distraction helps. Always have something to read or do.
- Wash your face and hands.

Relaxation technique

Taking some time to relax each day will reduce the stress in your life. It also will give you the energy to deal with problems when they do occur.

- Find a quiet place.
- Sit in a comfortable chair or lie on the floor.
- Think of a sound or a short word you can think or say over and over.
- Close your eyes.
- Feel yourself relax.

- Begin to breathe deeply and slowly (refer to picture on page 16). Take the air in through your nose and let it out through your mouth. As you do this, say or think your special word over and over to yourself. Do not worry if you have trouble clearing your mind the first few times. Thoughts will drift in and out of your mind. Just let them go. Practice this simple routine for at least 15 minutes each day. You will be surprised at how calm and relaxed it helps you feel.

The preceding section "Stress Management" was adapted with permission from the University of Pittsburgh International Smoking Cessation Specialist Certification Program and the University of Pittsburgh School of Pharmacy.

Step 4. Who Is Going With You?

Social Support

When you are planning to begin this most important journey to a smoke and tobacco-free life, be sure to invite a few people along to help make your trip enjoyable. Family, friends, and co-workers are just a few examples of people who can help you to reach your destination while making the journey enjoyable.

How can other people help you quit?

Many people that you know will be willing to:

- Show support and be patient, especially if you are sometimes difficult and moody.
- Help to decrease your stress at work or at home.
- Reward, compliment, and provide encouragement.
- Listen and express confidence about your ability to quit.
- Plan social outings and activities in nonsmoking places with nonsmoking people.

- Pay attention and comment on positive changes.
- Provide distractions to help you cope with cravings.
- Maintain support beyond the first few weeks of the quitting process.

What about someone close to you who chooses to continue smoking or using tobacco products?

Here are some things you may need to ask of them:

- "Do not offer me a cigarette or other smoking and tobacco products."
- "Please keep cigarettes, lighters, and ashtrays out of my sight."
- "Please do not smoke or use tobacco around me."
- "Please smoke outside."
- "In exchange, I won't be critical of you or pressure you to quit."

Sometimes the people that you count on most may not be so helpful. Do not let them discourage you. They may:

- Offer you cigarettes or other smoking and tobacco products.
- Smoke around you.
- Nag and harass you.
- Monitor your actions.
- Bet against your ability to quit.
- Offer negative suggestions that you cannot quit.

People who will support me:

They will help me by:

UPMC offers convenient quit programs. Find out more by calling one of the resource groups listed on the inside of the cover page. Ask your doctor or other health care provider to print information for you.

Last-Minute Errands

Make sure that you are not forgetting anything. You have done a lot of preparation for your journey. Look over your checklists.

You have:

- Chosen your destination: Smoke and tobacco-free living!
- Planned your departure.
- Chosen a departure date — your quit day.

- Chosen your travel companions — the support person(s) who will travel with you.
- Prepared what you need for your journey and did not forget any medicines that you may need.

Remember to Do A “Clean Sweep”

Destroy all products. Prepare what you need for your journey and do not forget any medicines that you may need. Do not forget all of the hidden stashes in your house, workplace, and car, as well as pockets and purses.

Doing a “clean sweep” shows that you are committed to getting rid of strong triggers, such as the sight of your tobacco products and smoking-related items.

I will do my “clean sweep” on the following date:



Departure! On Your Way!

Distractions, Triggers, and Coping Skills

Watch out for distractions. Distractions may delay or even prevent you from reaching your destination. You will complete several diaries while preparing to begin your new smoke and tobacco-free life. Look over these diaries. You can see that situations, time-of-day, feelings, and people trigger your desire to smoke or use tobacco. You can avoid many of these triggers. Some may be more difficult or impossible for you to avoid. Now is a good time to use your coping skills (see pages 15-22). Some examples of common triggers are listed, along with suggestions for coping. Take time to look at these closely. Find your triggers and decide which coping skills will work for you in handling each situation. You may want to go back, beginning on page 15, to review coping techniques and ways to change behaviors. These coping skills can also be used if you use other non-smoking products. If you think of other coping skills, add them to each category in the space provided.

Trigger	Coping Skill	
Coffee	<ul style="list-style-type: none"> • Drink something different (tea, juice, water, decaf) 	<ul style="list-style-type: none"> • Enjoy in a different place • Use a different mug
Boredom	<ul style="list-style-type: none"> • Oral substitute • Use your keep-busy ideas 	<ul style="list-style-type: none"> • Call support person
TV	<ul style="list-style-type: none"> • Oral substitute • Sit in different chair, room 	<ul style="list-style-type: none"> • Watch different shows
Morning Routine	<ul style="list-style-type: none"> • Brush teeth, shower, eat (as soon as you wake up) 	<ul style="list-style-type: none"> • Exercise • Change routine
After Meals	<ul style="list-style-type: none"> • Get up and wash the dishes • Mint, beverage to end meal 	<ul style="list-style-type: none"> • Brush your teeth • Take a leisurely stroll • Socialize in a different place
Social Media	<ul style="list-style-type: none"> • Online support group or website 	<ul style="list-style-type: none"> • Quitting app, such as quitStart
Alcohol, Bars	<ul style="list-style-type: none"> • Avoid altogether • Limit amount 	<ul style="list-style-type: none"> • Different kind than usual • Ice up or water down
Stress	<ul style="list-style-type: none"> • Oral substitute • Relaxation exercises 	<ul style="list-style-type: none"> • Deep breathing
Phone	<ul style="list-style-type: none"> • Doodle, handling substitute • Limit phone calls 	<ul style="list-style-type: none"> • Use a different phone
Driving	<ul style="list-style-type: none"> • Oral substitute, sing • Take a different route • Deep breathing 	<ul style="list-style-type: none"> • Listen to music, book on CD
People Smoking or Vaping	<ul style="list-style-type: none"> • Move to another area • Tell them you do not smoke • Ask them to smoke outside 	<ul style="list-style-type: none"> • Socialize in a different place • Seek out nonsmokers
Strong Emotions - Negative	<ul style="list-style-type: none"> • Smoking or using tobacco will not fix the situation 	<ul style="list-style-type: none"> • Cognitive and behavioral coping • Deep breathing, exercise
Strong Emotions - Positive	<ul style="list-style-type: none"> • Focus on reason to celebrate (not smoking or using tobacco) • Find other ways to celebrate 	<ul style="list-style-type: none"> • Cognitive and behavioral coping • Socialize in a different place

Meeting your Needs Without Smoking

You identified reasons for continuing to smoke (see “Why Do I Smoke?” on page 8). Look these over again now. In the list below, check all that apply to you. Try the suggestions offered to help you meet your needs while enjoying a smoke and tobacco-free life.

Stimulation:

- Get enough rest.
- Exercise regularly.
- Eat regular, nutritious meals.
- Drink lots of cold water.
- Keep your mind active.

Handling:

- Take up a new hobby that keeps your hands busy.
- Try holding a cinnamon stick, or pick up a pen or pencil when you want to reach for a cigarette.
- Doodle or make a list of your reasons for quitting.
- Play with a coin, twist your ring, squeeze a ball, or play with a yo-yo or fidget toy.
- Have a low-fat, low-sugar snack: carrot sticks, apple slices, or air-popped popcorn.

Relaxation:

- Enjoy the benefits of smoke and tobacco-free living:
 - > How good foods taste now.
 - > How fresh you look and feel in social situations without smoking or using tobacco.
 - > How much easier it is to walk, run, and play now that your lungs are smoke free.
 - > How good it feels to be in control.

- Spend the money you save on something you enjoy.
- Remind yourself of the health benefits of quitting.
- Deep breathing, yoga, or drinking water will help you to relax.

Tension Reduction:

- Use relaxation techniques to calm down when you are angry or upset. Deep breathing, yoga, or muscle relaxation, and imagining yourself in a peaceful setting can help you to feel less stressed.
- Exercise regularly. Exercise relieves tension and improves your mood.
- Remember that smoking or using tobacco never solves the problem. Figure out what will and act.
- Avoid or get out of stressful situations that might tempt you.
- Get enough rest. Take time each day to relax, no matter how busy you are.
- Drinking water will help you to feel less stressed.

Habit:

- Pay attention to times and places that trigger you. Refer to your diary.
- Change the way you do things to decrease the connection with smoking or using tobacco (see page 15).
- Avoid triggers if possible.

Nicotine Addiction:

- Stay smoke and tobacco-free. Keep up the good work!
- Use an approved quit medicine.
- Try to avoid people and places that have smoke or tobacco.
- Try deep breathing.
- Drink water.

Identity:

- Think of yourself and enjoy saying that you are a former smoker or tobacco user.
- Enjoy socializing with friends without interruptions.
- Enjoy the freedom to be anywhere without limitations.

Adapted from: *Why Do You Smoke?* National Cancer Institute, National Institutes of Health Publication No. 94-1822, Reprinted January 1992. This material can be accessed online: <http://rtips.cancer.gov/rtips/viewProduct.do?viewMode=product&productId=189980>.

Using a quit medicine will help to decrease symptoms of recovery and cravings. Use one of the FDA approved quit medicines according to their package insert.



Nicotine Withdrawal

One of the reasons that nicotine is an addictive drug is that certain feelings are often experienced when the drug is stopped. These feelings are called withdrawal symptoms. These are signs that your body is healing and getting back to when it was nicotine-free.

- Symptoms of recovery may begin within hours of quitting.
- They may peak in 2 to 4 days.
- Over the following week, symptoms tend to decrease.
- Do not be caught off guard! Sometimes some of the feelings return over the next couple of weeks before finally disappearing.
- Some symptoms may last several months. The urge to use nicotine (a craving) may last longer.
- The best way to get rid of these symptoms is to live nicotine free.
- If any of these symptoms described in this section persist or cause you concern, see your health care provider.

Your sensations may be few and mild or you may have more intense feelings. However, there should be no extreme discomfort or pain. Using one of the approved quit medicines will help to decrease these symptoms and cravings. Here are the more common symptoms of withdrawal, along with the causes and some management tips.

Headache

Cause

Removal of nicotine; increase in blood flow and oxygen to the brain.

Management

- Rest quietly.
- Try deep breathing.
- Use your usual headache medicine.
- Drink plenty of non-alcoholic fluids.

Sleep Disturbances

(Difficulty falling asleep, waking up too early, frequent awakenings)

Cause

An increase of oxygen to the brain; cutting off your body's supply of nicotine.

Management

- Increase your activity while awake.
- Limit time on electronics before bed.
- Don't go to bed until you feel tired.
- Try deep breathing to relax and promote sleep.
- Maintain regular sleep habits.
- Do not eat or drink anything with caffeine after 6 p.m.

Difficulty Concentrating

Cause

Withdrawal from the stimulant effect of nicotine.

Management

- Try deep breathing.
- Take frequent breaks and increase activity.
- Ignore it.
- Break work into small blocks of time.
- Go easy on the caffeine — too much can interfere with concentration.
- Limit use of alcoholic beverages.

Cough

Cause

Extra mucus. This is a normal bodily action to rid your lungs of tar and chemicals.

Management

- Drink more fluids, especially water, to thin and loosen mucus.
- Use cough drops, if needed, to soothe your throat.
- Do not use medicines to stop the cough.

Emotional Changes

(Impatient, feeling irritable, anxious, nervous, angry, crying, sad)

Cause

Physical addiction and psychological dependence, empty hands, and possible increase in caffeine levels.

Management

- Talk about your emotions when you can.
- Ask others to be patient with you.
- Try deep breathing.
- Do something fun.
- Keep your mind and hands busy.
- Limit caffeine and alcohol intake.

Increased Appetite

Cause

Removing nicotine from your system may cause feelings of hunger. You may miss putting something into your mouth. Your senses of taste and smell improve.

Management

- Eat several small meals each day.
- Snack on low-calorie or no-calorie foods.
- Increase your physical activity.

See the section on "Keeping Fit/Preventing Weight Gain" on page 31.

Tiredness

Cause

Withdrawal of nicotine; increased sleep disturbance.

Management

- Get plenty of rest.
- Increase physical activity to give you a natural energy boost.
- Avoid excess caffeine, sugar, and alcohol.

See your health care provider if tiredness persists.

Tingling in the Arms or Legs

Cause

May be signs of improved circulation due to withdrawal of nicotine and increased oxygen.

Management

These feelings are usually temporary and will soon pass.

Light-headedness, Dizziness

Cause

Carbon monoxide is no longer robbing your blood cells of oxygen. You now have an increased oxygen level in your brain.

Management

- These feelings are usually temporary and will soon pass.
- Do not operate a motor vehicle or heavy machinery if you are light-headed or dizzy.

Cravings

Cause

Your brain misses the presence of nicotine.

Management

- Drink more fluids (water).
- Try deep breathing.
- Get some exercise.
- Try a low-calorie or no-calorie snack, candy, or gum.
- Use an approved quit medicine (as directed).
- Avoid habits or situations that have triggered you to smoke in the past.
- A craving will go away whether or not you smoke.

Cravings decrease with time.

Dry Mouth, Tight or Sore Throat

Cause

Smoking irritates the mouth and throat. At the same time, it also numbs these areas.

Without the numbing effect of smoking, you may feel soreness for a few days until healing occurs.

Management

- Hard candy or throat lozenges can soothe symptoms.
- Sips of water.

Nausea, Constipation

Cause

Withdrawal of nicotine stimulation on the digestive system. The body needs time to adjust to working without nicotine.

Management

- Increase fluids and fiber in your diet.
- Allow more bathroom time.
- Exercise as tolerated.

See your health care provider if nausea and constipation persist.

Feeling Homesick

Cravings and Rewards

When you travel to a place that may not be familiar to you, you may be homesick at first. You find yourself thinking about routines, and missing people and certain comforts of home. On your journey to a smoke and tobacco-free life, from time-to-time, you may miss certain things about smoking or using tobacco. Often, these thoughts will lead to strong cravings.

Cravings

Often classified as a symptom of recovery, cravings are urges or desires to smoke or use tobacco. They are the most common symptom, and they may last longer than other

symptoms. Here is some helpful information about cravings that will help you to better understand them.

- Each craving is like a wave. It comes, peaks, and goes away, whether or not you smoke or use tobacco.
- Each craving is short-lived.
- Cravings go away in time, as long as you do not smoke or use tobacco.
- Cravings tend to increase again if you smoke, even one puff.

You can use your cognitive and behavioral coping skills to deal with cravings (see pages 15-22).

Rewards

Plan to reward yourself often for quitting. Examples of rewards include buying yourself something, enjoying your favorite hobby, listening to music, reading, taking a walk, buying flowers, focusing on the benefits of quitting, taking a bubble bath, talking with a friend, or going out to lunch or dinner.

I will reward myself with:

Using any form of tobacco or smoking even one puff after you quit will only cause symptoms of recovery to return and last longer!

Roadblocks and Detours

High-Risk Situations for Slips and Relapse

Roadblocks and detours along your journey to a smoke and tobacco-free life can take the form of high-risk situations for relapse and slips.

- Slip- a mistake. Take immediate action. Take away the trigger and remove yourself from the temptation.

- Relapse- when you have gone back to smoking and using tobacco again after a slip.

Risk for relapse or slips is greatest in the first 3 months and gradually decreases for up to 1 year. Risk is much lower after 1 year. Examples of high-risk situations are listed below. Coping skills are listed for each situation. There also is space for you to add your own coping skills.

High-Risk Situation	Coping Skill
Negative Emotional States (frustration, anger, anxiety, depression, sadness, guilt)	<ul style="list-style-type: none"> • Try relaxation techniques. • Do deep breathing. • Try self-talk. • Exercise. • _____ <ul style="list-style-type: none"> • Remind yourself that smoking or using any form of tobacco will take away any good feelings and make you feel bad.
Positive Emotional States (happiness, excitement, enjoyment, relaxation)	<ul style="list-style-type: none"> • Try relaxation techniques. • Do deep breathing. • Try self-talk. • Exercise. • _____ <ul style="list-style-type: none"> • Remind yourself that smoking or using any form of tobacco will take away any good feelings and make you feel bad.
Overconfidence that "Just one won't hurt"	<ul style="list-style-type: none"> • Rethink this: "Just one <i>can</i> hurt." • Smoking "just one" cigarette or using any form of tobacco can increase cravings and cause relapse. • _____
Social Situations, especially when others are smoking	<ul style="list-style-type: none"> • Avoid or leave the situation. • Take a walk. • Take a few deep breaths. • Eat or drink something. • Avoid smokers and tobacco users. • Seek out nonsmokers/non tobacco users. • Don't "bum" a cigarette. • Take a support person with you. • Say, "No, thank you. I don't smoke," if you are offered a cigarette. • Plan ahead for the situation. Picture yourself at the gathering not smoking or using tobacco. • _____

High-Risk Situation	Coping Skill
Hunger	<ul style="list-style-type: none"> • Healthy snacks • Fidget toy
Alcohol	<ul style="list-style-type: none"> • Avoid alcohol. • Limit yourself to 1 or 2 drinks. • Add ice or water to your drink. • Drink something different than your usual. • _____
After Eating	<ul style="list-style-type: none"> • Leave the table. • Have a mint. Brush your teeth or use mouthwash. • Clear the table and do the dishes. • Exercise. • Move to a different room. • Use nicotine replacement therapy 20 minutes before a meal. • _____
Crisis Situations (car accident, death, job loss, house fire, divorce)	<ul style="list-style-type: none"> • Think ahead about your response to a crisis situation. • Remember: smoking or using tobacco will not solve any problem. • Focus on solutions to the crisis. • _____
Boredom	<ul style="list-style-type: none"> • Plan activities to fill your time. • Exercise. • Try deep breathing. • Carry a book or puzzle with you for those unexpected waiting times. • Use a fidget toy. • _____

**“I will NOT smoke or use tobacco!
I need to stay HEALTHY
to manage this crisis!”**

What if you slip?

Remember: Any stops along the way will take you longer to reach your destination.

- Recognize that you made a poor choice.
- Do not dwell on it or feel guilty.
- Do not see yourself as hopeless or a failure.
- Most important, do not give up!
- Look at the slip as a learning experience.
- Figure out what happened, why you chose to smoke or use tobacco, and what you could do better the next time.
- Do not beat yourself up. Forgive yourself for smoking or using a tobacco product.
- Renew your commitment to stop.

Keeping Fit/Preventing Weight Gain

Do you have a fear of gaining weight when you quit? Not everyone who quits gains weight. Those who do gain an average of 6 to 10 pounds. It is best not to try to lose weight and quit at the same time.

What might cause you to gain weight when you quit?

- Nicotine decreases the appetite. Your appetite may increase after quitting. Food is sometimes substituted for a craving and used as a reward. Weight gain may occur when a craving is replaced with food.
- There is a tendency to crave sweets after quitting.
- A cigarette, tobacco, or vaping product marks the end of a meal. After quitting, you may find yourself having extra helpings of food or turning to dessert instead of the product after eating.
- Food may smell and taste better.

WARNING!

Do NOT use this INFORMATION as an excuse to slip!

Tips to prevent weight gain:

- Develop a new way to end your meal.
- Replace cigarettes, tobacco, and vaping products with fresh vegetable sticks.
- Decrease the amount of sugar in your diet.
- Use low-calorie or no-calorie snacks, candy, or gum.
- Increase water intake to feel full. Drink a glass of water before meals.
- Avoid fast food restaurants.
- Reduce the amount of fat in your diet.
- Avoid alcohol, high-calorie juices, and soda.
- Eat breakfast. Your body will burn more calories during the day if you eat at least some breakfast.
- Find ways to fit exercise into your daily routine (check with your health care provider before making major changes in your exercise level).
 - > Take the stairs instead of the elevator.
 - > Park farther away from the grocery store or the mall and walk a little farther.
 - > Join a gym or exercise class.

Focus on the benefits of quitting.

Reaching Your Destination — The New Smoke and Tobacco-free Me!

These are the first days of the rest of your life — a longer, happier, healthier life. You are no longer a smoker or tobacco user! Now it's time to change your identity. You are now smoke and tobacco-free.

Positive thinking will help you to see yourself as a person changed for the better. Focus on the benefits. You have not taken something away from your life, you have changed your quality of life.

Check Off The Benefits You Feel In Your New Smoke and Tobacco-free Life.

- | | |
|---|---|
| <input type="checkbox"/> I can breathe better. | <input type="checkbox"/> I feel more in control. |
| <input type="checkbox"/> I have an improved sense of smell. | <input type="checkbox"/> I feel a sense of freedom. |
| <input type="checkbox"/> I smell better. | <input type="checkbox"/> I have saved money. |
| <input type="checkbox"/> My food tastes better. | <input type="checkbox"/> My house is cleaner. |
| <input type="checkbox"/> I don't cough anymore. | <input type="checkbox"/> I feel good about myself. |
| <input type="checkbox"/> I don't wheeze anymore. | <input type="checkbox"/> I sleep better. |
| <input type="checkbox"/> I have more energy. | <input type="checkbox"/> Add your own: |

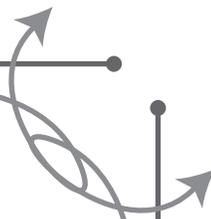
Congratulations!

Enjoy your new smoke and tobacco-free life!

Name _____

Date _____

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Topics That May Help You in Your Journey to A Smoke and Tobacco-free Life

Ask your health care provider to print a copy for you or visit [UPMC.com/HealthLibrary](https://www.upmc.com/HealthLibrary), go to the “Featured” section and click “Quitting Tobacco” to access additional information.





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200 Lothrop St.
Pittsburgh, PA 15213

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