

# STEP BY STEP

A SELF-DIRECTED TOBACCO  
CESSATION PROGRAM

## Thinking of Quitting?

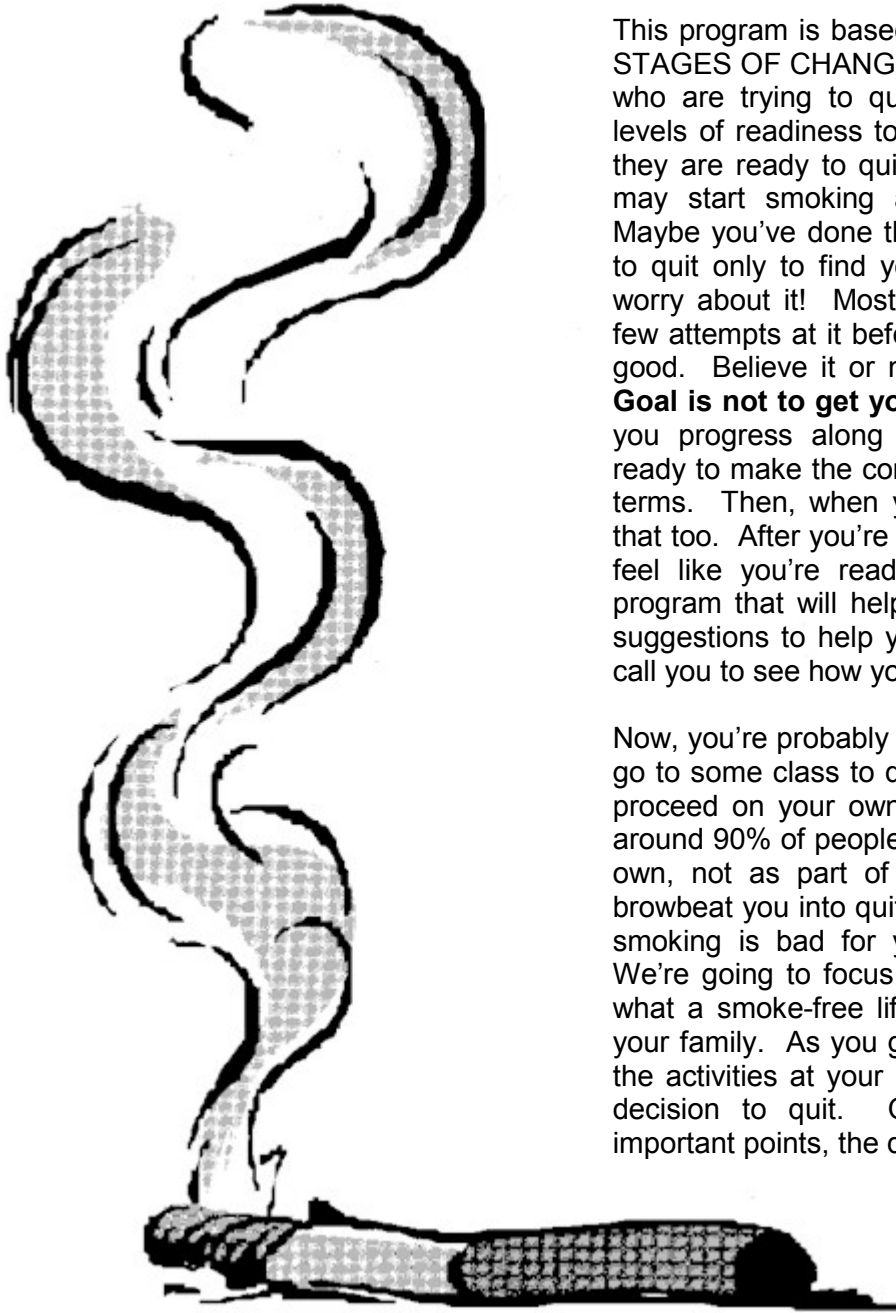
Developed by:  
The Champaign County  
Tobacco Prevention Coalition

Sponsored by:  
Champaign-Urbana Public Health District  
Champaign County Public Health Department  
University of Illinois' McKinley Health Center

# So, You Think You Might Want To Quit Smoking?

## Why Should You Use This Program?

There sure are a lot of programs out there to get you to quit smoking, aren't there?? I know what you're thinking: "What makes this one so special" – right? Well, let me tell you – this one is special because it is based on research and techniques that have been proven successful.



This program is based on a proven theory called the STAGES OF CHANGE Theory. It tells us that people who are trying to quit smoking may be at varying levels of readiness to quit. Some people, who think they are ready to quit, may not really be ready and may start smoking again, and again, and again. Maybe you've done that before, too. Have you tried to quit only to find yourself smoking?? If so, don't worry about it! Most people who try to quit have a few attempts at it before finally breaking the habit for good. Believe it or not, unlike most programs, **Our Goal is not to get you to quit Smoking**, but to help you progress along different stages until you are ready to make the commitment to quit – on your own terms. Then, when you're ready, we'll help you do that too. After you're done with this program and you feel like you're ready to quit, we have a second program that will help you set a quit date and offer suggestions to help you. We'll even have someone call you to see how you're doing from time to time.

Now, you're probably thinking: "I don't want to have to go to some class to do this." With this program, you proceed on your own – at your own pace. In fact, around 90% of people who quit smoking do it on their own, not as part of a class. We're not going to browbeat you into quitting by highlighting the fact that smoking is bad for you. You already know that!! We're going to focus on the benefits of quitting and what a smoke-free lifestyle could mean for you and your family. As you go through this kit please fill out the activities at your own pace. It may help in your decision to quit. Once we've highlighted these important points, the decision is up to you!

So, **Buckle Up** and get ready to start the decision-making process of whether or not you should quit smoking.

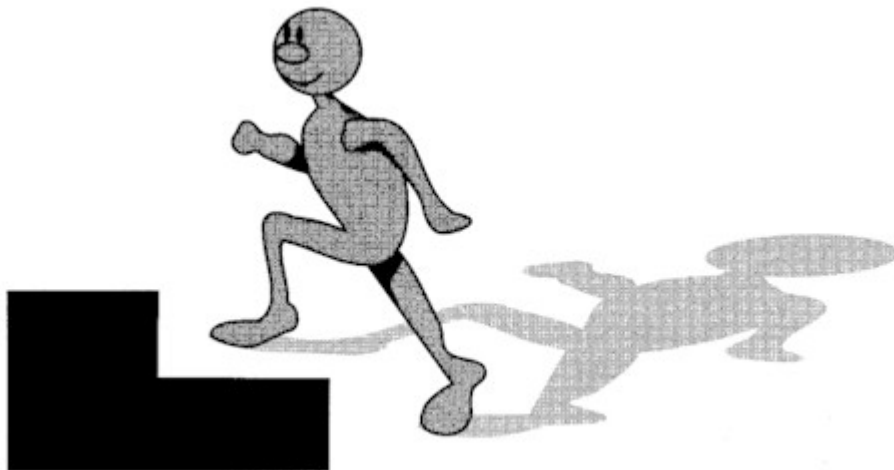
# CONGRATULATIONS ARE IN ORDER!

Congratulations on taking **The First Step** in making the decision to quit smoking!! Whether you have considered quitting before or never thought about it, this kit contains information that may help you in making a decision about smoking in the future. Even if you are not ready to quit using tobacco, take a few minutes to think about what a tobacco-free lifestyle could mean for you and your family by reviewing this kit.

## How the Mighty Have Fallen

You also need to approach quitting smoking realistically. Although thousands of smokers quit each and every year, it is a **Very Difficult Process!** The majority of people who have quit smoking tried to quit several times before. In fact, only 10% of those who try to quit are successful the first try. You need to realize that **It Will Be Hard**; and that it will not be a pleasant experience as your body adapts to living without tobacco. Many of the people who have quit have described the process of quitting smoking as the hardest thing they have ever done. But, **You Can Do It!** Hundreds of thousands of people JUST LIKE YOU have already quit. Don't worry if you slip up and lose your way. Learn from it and try again!

The materials in this packet are intended to be self-directed in order for you to work at your own pace. We have put together some important information and exercises that should help you understand the reasons why you smoke and may help you to think about whether or not you should quit. You've already heard all o the hullabaloo over why you should quit and how smoking is bad for you, so we're just going to highlight some of the benefits of quitting that you may not have thought of. Should you have any questions about the program please feel free to call the Champaign County Tobacco Prevention Coalition at (217) 373-7901.



# SO WHAT'S THE GOOD NEWS?

If you are like most smokers, you probably don't realize how much you have to gain from quitting. For some smokers, all they can think about is how hard it might be to quit. Many smokers believe early on that they have more reasons to continue smoking than to quit. Although the process of quitting is a difficult one, the good news is that no matter how long you have been smoking you can experience **Major and Immediate Benefits** when you quit smoking. **Within Just 20 Minutes** after your last cigarette, your body starts to repair itself. This is true whether or not you have symptoms or disease caused by smoking. Every smoker who quits is a winner. According to the American Cancer Society, almost immediately after your last cigarette your level of carbon monoxide, the same deadly gas in your car's exhaust, decreases as it is replaced by healthy oxygen. You breathe easier, and have more energy. Within a week, virtually all the harmful chemicals from smoking, including nicotine, have left your body. Your heartbeat slows to normal and your lungs begin to clean and repair themselves. Your sense of smell and taste improve quickly. The odor of smoking leaves your hair and skin. Within 24 hours of quitting, your risk of death from lung cancer, heart disease, and other smoking-related illnesses begins to drop. Each day you stay smoke-free it continues to drop. Eventually, your risk of smoking-related illness will be similar to that of someone who has never smoked. Immediately upon stopping smoking, you become a non-smoking role model for those around you; adults and children. Friends and family who smoke may begin to consider quitting too.



What's more is that smokers who quit between the ages of 35-39 can **Add An Average of 3 Years to Their Lives**. Even those who quit between the ages of 65-69 **STILL** can add 1 full year to their lives.

The next page highlights some of the health benefits of quitting smoking. Wouldn't you like to **CASH IN** on some of these!! **Check' Em Out!**

# THE HEALTH BENEFITS OF QUITTING SMOKING

- |  |   |
|--|---|
| <b>Within 20 minutes of last cigarette</b> | <ul style="list-style-type: none"><li>• Blood pressure returns to normal</li><li>• Pulse rate returns to normal</li><li>• Temperature of hands and feet return to normal (improved circulation)</li></ul>   |
| <b>Within 8 hours</b>                      | <ul style="list-style-type: none"><li>• Oxygen levels return to normal</li></ul>  |
| <b>Within 12 hours</b>                     | <ul style="list-style-type: none"><li>• Carbon Monoxide levels drop</li></ul>   |
| <b>Within 24 hours</b>                     | <ul style="list-style-type: none"><li>• Chance of heart attack decreases</li></ul>  |
| <b>Within 48 hours</b>                     | <ul style="list-style-type: none"><li>• Smell and taste improvement</li><li>• Nerve endings start to re-grow</li><li>• Bad breath improves</li></ul>  |
| <b>Within 2 weeks to 3 months</b>          | <ul style="list-style-type: none"><li>• Cough and phlegm disappear</li><li>• Risk of colds, flue, and pneumonia decrease</li><li>• Walking becomes easier</li><li>• Lung function increases up to 30%</li></ul>   |
| <b>Within 1 to 9 months</b>                | <ul style="list-style-type: none"><li>• Coughing, sinuses, congestion, and shortness of breath decrease</li><li>• Cilia re-grow in lungs, increase ability to handle mucus, clean lungs and reduce infection</li><li>• Body's overall energy increase</li></ul> |
| <b>After 1 year</b>                        | <ul style="list-style-type: none"><li>• Risk of heart disease is cut in half that of a smoker</li></ul>   |
| <b>After 5 years</b>                       | <ul style="list-style-type: none"><li>• Lung cancer death rate decreases by almost half</li><li>• Stroke risk is reduced to that of a non-smoker</li><li>• Risk of moth, throat and esophagus cancers is cut in half</li></ul>                                  |
| <b>After 10 years</b>                      | <ul style="list-style-type: none"><li>• Lung cancer death rate similar to that of a non-smoker</li><li>• Pre-cancerous cells are replaced</li><li>• Risk of other cancers decrease</li></ul>  |
| <b>After 15 years</b>                      | <ul style="list-style-type: none"><li>• Risk of heart disease is that of a non-smoker</li></ul>   |

# WHAT ARE THE HIGHLIGHTS OF A SMOKE-FREE LIFESTYLE?

That is a great question!! The decision to stop using tobacco could be one of the most important factors in your future health and well being. We'll list some of these benefits, but some advantages of quitting may be more meaningful to you than others. Your job is to **Figure Those Out For Yourself!** You can't make the decision to quit without doing a little work, right??

## Benefits Of A Smoke-Free Lifestyle

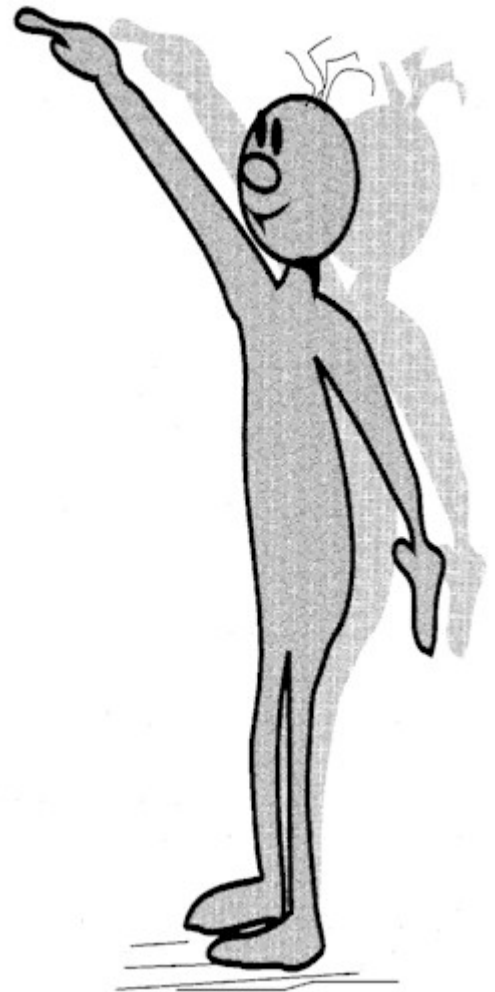
- ☆ More stamina for work and play.
- ☆ Whiter teeth and fresher breath.
- ☆ Feeling better about yourself
- ☆ Becoming a role model for other smokers or loved ones.
- ☆ Cleaner smelling clothes, furniture, or car.
- ☆ More money.

## Here's Where You Come In!

Think about it for yourself. Think about those factors you would benefit from if you were to quit smoking. What benefits do you think about most when you see yourself as a non-smoker?

## I Would Expect To Benefit From Not Using Tobacco In The Following Ways:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



# MONEY IN THE BANK!

You know, sometimes when you're a smoker, you don't realize how you can benefit by quitting. Many smokers don't realize how much money they actually spend on cigarettes in a given year.

At first you may think that \$3.50 for a pack of cigarettes isn't that much but in reality that \$3.50 can really add up over the years. Yet another reward from not smoking is the money you'll save! **Look and See How Much:**

Number of cigarettes smoked per day	Dollars Per Day	Dollars Per Month	Dollars Per Year	Dollars Per 10 Years	Dollars Per 20 Years
10	\$1.80	\$54.00	\$657.00	\$6570.00	\$13,140.00
20	3.50	105.00	1,277.00	12775.00	25,540.00
30	5.40	162.00	1,971.00	19,710.00	39,420.00
40	7.20	216.00	2,628.00	26,280.00	52,560.00
50	9.00	270.00	3,285.00	32,850.00	63,700.00
60	10.80	324.00	3,942.00	39,420.00	78,840.00
70	12.60	378.00	4,599.00	45,990.00	91,980.00
80	14.40	432.00	5,256.00	52,560.00	105,120.00

## Figure It Out For Yourself

Compare the cost of smoking cigarettes if you pay more or less than \$3.50 per pack.

- ◆ Calculate the weekly cost of smoking a pack of cigarettes a day:  
 $1 \text{ pack a day} \times 7 \text{ days} \times \$\_\_\_\_\_ \text{ (cost per pack)} =$   
 $\_\_\_\_\_ \text{ (cost per week)}$
- ◆ Calculate the monthly cost of smoking a pack of cigarettes per day:  
 $1 \text{ pack a day} \times 30 \text{ days} \times \$\_\_\_\_\_ \text{ (cost per pack)} =$   
 $\_\_\_\_\_ \text{ (cost per month)}$
- ◆ Calculate the annual cost of smoking a pack o cigarettes per day:  
 $\_\_\_\_\_ \text{ (cost per week)} \times 52 \text{ weeks} =$   
 $\_\_\_\_\_ \text{ (cost per year)}$





# STILL NOT SURE?

Are you having mixed feelings about quitting? Do you feel you would like to quit smoking but at the same time you would also like to continue? **That's Normal!!** The following exercise may help you determine your true desires. Fill in both columns being **perfectly honest** and being complete. Try to be fair to both sides of the issue. Once you are done with both lists, circle the most important items on each side. Lastly, put a star next to the one reason that is most important overall to you – just one star, not for each list. After you have completed this exercise, ask yourself what you want most – to quit smoking or continue.

<b>Reasons to Continue</b>	<b>Reasons to Quit</b>

# A FRIEND IN NEED IS A FRIEND INDEED!!

Imagine a close friend or family member was told by their doctor to quit smoking or using tobacco products and came to you for help.

**What suggestions would you make to get them started?**

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**What would help keep them motivated?**

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**What are some things that might get in the way of quitting?**

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**What ideas do you have that could help them overcome those obstacles?**

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# NOW ANSWER THE FOLLOWING QUESTIONS:

How do I feel about quitting smoking?

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What actions would I take if I were going to quit today?

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What might be some barriers to my success?

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**It May Sound Crazy**, but if you decide to quit smoking it is extremely important that you can visualize yourself quitting successfully. Part of that visualization process is **Being Realistic** about barriers to success and where you might struggle. Think about how you are going to overcome those obstacles. **Nothing Should Be A Surprise** in this process because you've already thought about and prepared for those barriers that you might run into. But always remember: **You Can Do It!** Thousands of people just like you give up smoking every year!

# WHY DO YOU DO WHAT YOU DO?

Although at this point you are just trying to make the decision of whether or not you should quit smoking, sometimes it helps to figure out some of the reasons why you smoke before you decide to quit.

**Understanding Why You Smoke** and how your smoking affects you is important in helping you make the decision to quit smoking. For many people, there may be several reasons why they smoke. For some, cigarette use has become almost like an instinct – a habit. They may use cigarettes to cope with certain situations (such as stress) or during certain activities. For instance, some people like to have a cigarette while driving a car, or while drinking a cup of coffee. Often in these situations, the person may not even think about smoking or even remember lighting the cigarette. In these situations, **Smoking Has Become Automatic**. Some smokers feel that cigarettes relax them and may turn to cigarettes when they feel tense. Other smokers may smoke simply out of boredom; perhaps they like having something in their hands or in their mouth.

## Do Any Of These Examples Apply To You?

Situations/Activities When I Am Likely To Smoke
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li></ul>

# MAYBE WE SHOULD INVESTIGATE!

This next exercise is designed to help you look at how tobacco fulfills certain functions or needs. Here are statements people make to describe what they get out of smoking cigarettes. In the space before each statement, place the number that most accurately indicates how often you feel that way when smoking.

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**Never** = 1  
**Seldom** = 2  
**Sometimes** = 3  
**Often** = 4  
**Always** = 5

- A \_\_\_\_\_ I smoke cigarettes in order to keep from slowing down.  
B \_\_\_\_\_ Handling a cigarette is part of my enjoyment in smoking it.  
C \_\_\_\_\_ Smoking a cigarette is pleasant and relaxing.  
D \_\_\_\_\_ I light up a cigarette when I feel angry about something.  
E \_\_\_\_\_ When I run out of cigarettes, I find it unbearable until I can get them.  
F \_\_\_\_\_ I smoke cigarettes automatically, without even being aware of it.  
G \_\_\_\_\_ I smoke cigarettes to stimulate me, to perk myself up.  
H \_\_\_\_\_ Part of my enjoyment in smoking, comes from the steps I take to light up.  
I \_\_\_\_\_ I find cigarettes pleasurable.  
J \_\_\_\_\_ When I feel uncomfortable or upset, I light up a cigarette.  
K \_\_\_\_\_ When I am not smoking a cigarette, I am very aware of it.  
L \_\_\_\_\_ I light up a cigarette without realizing I still have one burning in the ashtray.  
M \_\_\_\_\_ I smoke cigarettes to give me a lift.  
N \_\_\_\_\_ When I smoke, part of my enjoyment is watching the smoke exhale.  
O \_\_\_\_\_ I want a cigarette most when I am comfortable and relaxed.  
P \_\_\_\_\_ When I feel down or want to take my mind off worries, I smoke.  
Q \_\_\_\_\_ I get a real gnawing hunger for a cigarette when I haven't smoked for a while.  
R \_\_\_\_\_ I've found a cigarette in my mouth and not remembered putting it there.

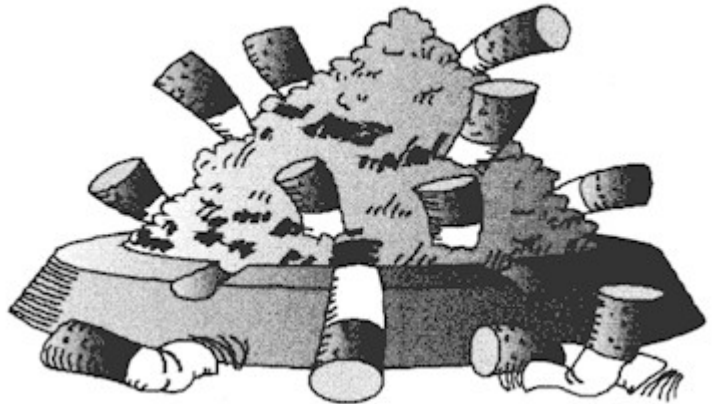
***The next page will help you score your answers.***

# HOW SHOULD WE SCORE?

Enter the number you have placed before each question in the corresponding space below. Add the 3 scores in each row to get your totals. For example, the sum of your scores from "A", "G", and "M" gives your score on Stimulation.

_____	+	_____	+	_____	=	_____
A		G		M		Stimulation
_____	+	_____	+	_____	=	_____
B		H		N		Handling
_____	+	_____	+	_____	=	_____
C		I		O		Pleasurable Relaxation
_____	+	_____	+	_____	=	_____
D		J		P		Tension Reduction
_____	+	_____	+	_____	=	_____
E		K		Q		Craving: Psychological Addiction
_____	+	_____	+	_____	=	_____
F		L		R		Habit

The six factors scored in this test will help you understand what functions or need smoking/nicotine fulfill. Any score above 11 indicates this is an important factor. The higher the score, the more important the factor is in why you smoke. For example, a person who scores a 12 on Tension Reduction uses smoking as a way to cope with stressful situations. These factors help us understand the reasons why you smoke.



# WHAT SITUATIONS MAKE YOU WANT TO LIGHT UP!

The previous section helped you identify some personal needs that smoking fulfills. This exercise will help you identify specific triggers (situations that might prompt you to use tobacco) that apply to you. **(1)** In the space provided below, list the factors you scored highest on in the previous section (i.e., stimulation, tension reduction, etc.). **(2)** Next, review some of the statements that contribute to each factor (i.e., “A”, “G”, and “M” for stimulation) and list the specific triggers that come to mind. Triggers can be a place or activity, a feeling, or thought. After identifying your triggers, **(3)** list what “needs” you think tobacco fulfills in each situation. Review the following examples below and fill out the next form for yourself:

High Factor	Specific Situations	Nicotine Functions
Stimulation	Early morning While studying/working	To get me going To battle fatigue
Tension Reduction	Argument with a friend Worrying about work/school	To help me calm down To feel relaxed

List your own information here:

High Factor	Specific Situations	Nicotine Functions

# THE FINAL CLUE

Even if you're not ready to quit smoking, these exercises can help you understand your habit better. Maybe then, when you are ready, you'll understand better what you need to do to kick the habit for good. If you've identified certain situations that trigger your need for a cigarette, perhaps you can avoid putting yourself into those situations or figure out an alternative way of dealing with that situation besides smoking. **What Do You Think?**

The next exercise is designed to help if you are having difficulty identifying triggers, or if your pattern of use changes frequently. The **Tobacco Use Log** will help you become aware of cues and situations that trigger your use of tobacco. To help with this process, fill this out every time you use tobacco, record the time, activity/place/people, feeling/reason, and strength of need. Feel free to review the following example to help you.

Number Of Use	Time	Activity/Place/People	Feeling/Reason	Strength of Need (1=Low 5=High)
1	7:00am	Before Breakfast/alone	To get going	5
2	9:30am	Between classes/work break/ With other smokers	Bored/Habit/Relax	2
3	11:30am	Going to lunch	Curb appetite	3
10	7:00pm	Telephone/friend	Habit	1
20	11:00pm	Drinking alcohol with friends at bar	Handling/Habit	2

Review the log daily and become familiar with those clues and situations common to you. The log should help you understand what triggers your use and how tobacco functions to meet certain needs. You should know how you typically smoke and if your patterns change from weekdays to weekends or from days to evenings.

The next page contains a blank **Tobacco Use Log**. You may need to make extra copies.



# MAKE A DECISION

If your decision is to quit smoking, keep in mind quitting tobacco isn't easy. What you do in the days and weeks leading up to your official quit day is critical to your success. Remember your craving will pass whether you smoke or not. If you start to quit and fail, keep trying! Success can often take time! According to the American Cancer Society, there is no one right way to quit. Health experts suggest the following:

- ◆ Talk to your doctor
- ◆ Make a plan
- ◆ Set a quit date and gradually phase out tobacco
- ◆ Change your routine
- ◆ Begin exercising
- ◆ Reduce or avoid alcohol
- ◆ Practice coping skills to lower stress
- ◆ Eat healthy
- ◆ Cut back on caffeine
- ◆ Get support from family and friends
- ◆ Make tobacco inconvenient
- ◆ Keep track of tobacco use
- ◆ Switch to another brand
- ◆ Decrease the number of cigarettes you smoke until your quit day
- ◆ Read about quitting
- ◆ Talk to family and friends who have successfully quit
- ◆ Wait 5 minutes before lighting up
- ◆ Sit in the nonsmoking section of the restaurant
- ◆ Discuss quitting aids with your doctor
- ◆ Postpone lighting your first cigarette of the day by 1 hour
- ◆ Reward yourself for reaching your goal
- ◆ Increase water intake
- ◆ Consider a health contract
- ◆ Check out community cessation programs



After you have completed this kit and you are ready for the next step, to quit smoking. Please call the Champaign-Urbana Public Health District at 217/373-7901.

# OTHER RESOURCES TO HELP

If you need additional assistance, contact:

American Cancer Society	217/356-9076
American Lung Association	217/356-5071
Champaign-Urbana Public Health District	217/373-7901
Champaign County Tobacco Prevention Coalition	217/373-7901
University of Illinois McKinley Health Center	217/333-2714
Prairie Center for Substance Abuse	217/328-4500
Nicotine Recovery Services	217/326-2716
Illinois Tobacco Quitline	866/784-3937
Your Family Physician	

## ADDITIONAL INTERNET RESOURCES TO HELP

Action on Smoking and Health	<a href="http://www.ash.org">www.ash.org</a>
American Cancer Society	<a href="http://www.cancer.org">www.cancer.org</a>
American Heart Association	<a href="http://www.americanheart.com">www.americanheart.com</a>
American Lung Association	<a href="http://www.lungusa.org">www.lungusa.org</a>
Center for Disease Control	<a href="http://www.cdc.gov/tobacco">www.cdc.gov/tobacco</a>
Campaign for Tobacco Free Kids	<a href="http://www.tobaccofreekids.com">www.tobaccofreekids.com</a>
The QuitNet	<a href="http://quitnet.org/">http://quitnet.org/</a>
The Surgeons General	<a href="http://www.surgeongeneral.gov/">www.surgeongeneral.gov/</a>
Illinois Department of Public Health	<a href="http://www.idph.state.il.us">www.idph.state.il.us</a>
McKinley Health Center at Urbana-Champaign	<a href="http://www.mckinley.uiuc.edu">www.mckinley.uiuc.edu</a>

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NOTES!