

GETTING READY TO BE NICOTINE-FREE

- Make a personal commitment to yourself to quit smoking/vaping during this series of classes.
- Pick a date to quit smoking/vaping. November 15 is Skyland Trail's new policy start date.
- Write down the most important reasons you want to quit smoking/vaping.
- Record the times you smoke/vape for three days.
- Focus on your smoking/vaping habit: when you smoke, do you do it because of physical cravings or because of habit? Can you eliminate some each day due to routine or habit?
- When you smoke, don't do anything else. For example, don't eat and smoke, don't talk on the phone and smoke, don't drive and smoke, and don't watch TV and smoke...just smoke.
- Don't smoke unconsciously - slow your smoking/vaping way down, smoke in the moment -watch yourself smoke. Ask yourself if you are really enjoying this cigarette?
- Break up your routine! Carry your cigarettes/vape in a different pocket and keep them in a different place at home. Try switching brands...to a cigarette with less nicotine or to one that tastes different. Smoke with a different hand.



- Learn and *practice* the 5 D's whenever you feel like having a cigarette.
- Think about your Quit Date - prepare yourself mentally. November 15 is the Skyland Trail Nicotine-Free Campus Day.
- Take deep breaths often - spend some time each day learning how to relax without smoking/vaping. Use coping strategies. Practice in the morning to set the tone for the day and at nighttime to help you sleep.
- Find a jar for the money that you will save from not smoking/vaping!
- Give yourself nice rewards along the way.

BECOMING NICOTINE-FREE

It's a Journey!



- Get rid of ALL of your cigarettes/vapes. Don't hide them anywhere. Don't buy them. If you have them-you will smoke them.
- Get rid of all of your ashtrays. If you have to keep a favorite, put a candle or a plant in it or find another use for it.
- Get rid of anything you may have that might remind you of smoking/vaping, such as calendars, tshirts with brand logos on them, free "gifts" from tobacco companies, etc.
- Spend as much time as possible with people who don't smoke/vape.
- Plan how you are going to handle difficult situations. Some helpful methods include walking away, washing your hands, brushing your teeth, taking deep breaths, playing a game, etc.
- Remind yourself of your reasons for quitting...again and again. Carry your quitting cards with you to stay on track.
- Repeat: "I am a non-smoker/non-vaper, I am getting healthy now, I'm in charge, not one puff ever, smoking/vaping is not an option, and I'm on my way."
- Plan to have healthy snacks with you such as nuts, cheese sticks, apple slices. Keeping our blood sugar even has been shown to help in the quit smoking/vaping process.
- Start an exercise program without paying for a gym! Walk a few blocks two times a day. Start slowly if it's been a while.
- Think of how much money you will save when you quit smoking/vaping. Imagine what you will do with the money, be specific and get excited!
- Use cinnamon sticks, strong mints, chewing gum, sunflower seeds or licorice root when you have the urge to smoke/vape.

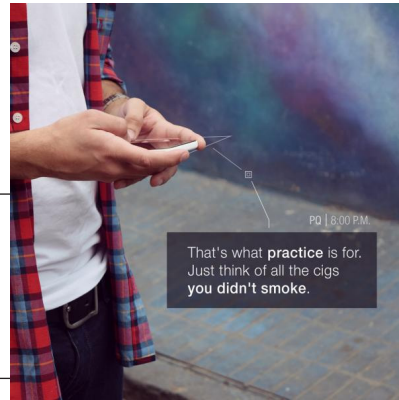


- When something happens and you want to smoke/vape, talk to a non-smoking/vaping friend to get you through the tough times.
- Keep busy - make a list and do something from it when you get bored. ALWAYS have something to do. Being bored leads to slips.
- Instead of smoking/vaping, go to the park, go to the movies, go to the library, visit a museum, or check the internet for free events.
- Focus on how good you will FEEL when you finally quit. What will it be like? Imagine the NEW YOU.
- Remember Quitting takes Practice YOU can do it!

Resources

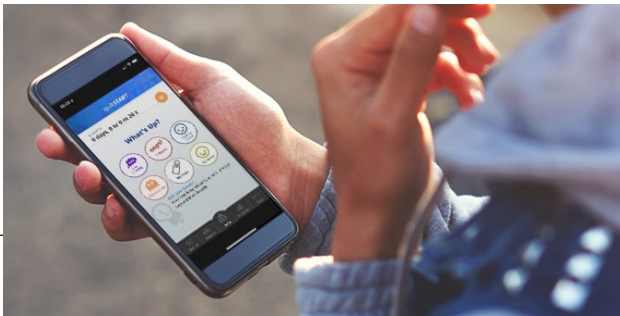
Sign Up for Text Messages

<https://smokefree.gov/smokefreetxt>

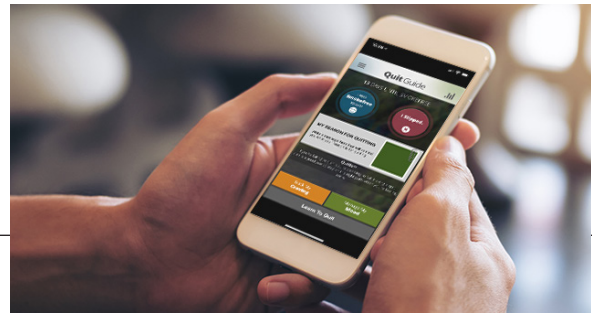


Apps

quitSTART



QuitGuide



Develop a Quit Plan

<https://smokefree.gov/build-your-quit-plan>

Phone Numbers and Quitlines

1.800.QUIT.NOW
(1.880.784.8669)

1.800.LUNGUSA



Websites

www.smokefree.gov

women.smokefree.gov

www.cdc.gov/tobacco/quit_smoking/

www.betobaccofree.hhs.gov

www.quityes.gov

www.lung.org/stop-smoking

