



Congratulations!

By picking up this packet, you have taken the first step in becoming tobacco free!

Here's what's inside:

Brochures

Am I Ready to Quit?

Discusses nicotine addiction, the effects of smoking, and your reasons for quitting.

Preparing to Quit

Preparing to quit is the most important step. This brochure gives you lots of tips and tools to help you get ready to quit.

Quit Day

Walks you through what to expect the first few days of quitting.

Dealing with Stress

Helps you learn what is causing you stress and how to deal with that stress without tobacco.

Staying Smoke-Free

The skills that help you quit smoking are different from the skills that keep you tobacco-free. This brochure talks about how to stay quit.

Rubber Band

Playing with a rubber band keeps your hands busy, and by putting it around your wrist, you can have it with you all the time.

Toothpick

Chewing on this keeps your mouth busy. Other ideas are gum, hard candy, suckers, etc.

NRT Handout

Nicotine Replacement Therapies and prescription medications, along with behavior change, can double your chances of staying quit. The above methods can help lessen your craving and desire for tobacco, allowing you to focus on changing the behaviors and thoughts that once made you use tobacco.

Tobacco Free Lake County

The Tobacco Free Lake County (TFLC) program, established by the Lake County Health Department, provides consultation and assistance on tobacco education, prevention and cessation issues. TFLC offers: group and one-on-one counseling to quit tobacco use, technical assistance and support of tobacco-free policies, youth advocacy, training and support for health care professionals, and much more! *For questions regarding this quit kit or for more information, contact TFLC at 847-377-8090, email us at: TFLC@lakecountyil.gov or find us on the web at: www.lakecountyil.gov/health/tobaccofree.*

Websites about Tobacco & Quitting

American Cancer Society
www.cancer.org

American Lung Association
www.lungusa.org

Centers for Disease Control
www.cdc.gov/tobacco/how2quit.htm

Partners for Tobacco Free Lake County
www.TobaccoFreeLakeCounty.org

Tobacco Free Lake County
Lake County Health Department and Community
Health Center
www.lakecountyil.gov/health/tobaccofree

The Truth
www.thetruth.com

Quit Smoking Support
www.quitsmokingsupport.com

Quit Net: Quit All Together
www.quitnet.org

Books on Quitting Tobacco

Available at your local library, bookstore or on the internet

[Complete Idiot's Guide to Quitting Smoking](#)
By Lowell Kleinman MD, Deborah Messina-
Kleinman M.P.H

[How Women Can Finally Stop Smoking](#)
By Robert C. Klesges, Margaret Debon

[The No-Nag, No-Guilt, Do-It-Your-Own Way Guide
to Quitting Smoking](#)
By Tom Ferguson

[1,440 Reasons To Quit Smoking: One for Every
Minute of the Day...and Night](#)
By Bill Dodds

[Quit: Read This Book and Stop Smoking](#)
By Charles F. Wetherall

[The Stop Smoking Workbook](#)
By Lori Stevic-Rust, Anita Maximin

[The Self-Esteem Workbook](#)
By Glenn R. Schiraldi, PhD

[Stop Smoking Forever](#)
By Glann Harrold

[The Addiction Workbook](#)
By Patrick Fanning

[Quit and Stay Quit](#)
By Terry A. Rustin

[If Only I Could Quit](#)
By Karen Casey

Illinois Tobacco Quitline

The Illinois Tobacco Quitline offers help quitting with phone counseling. Counselors will help you develop a clear plan for quitting, determine the proper dosage of nicotine products, and work on healthy behaviors to help prevent relapse. Call toll free, Monday – Friday, 7 a.m. – 7 p.m. at 1-866-QUIT-YES or 1-866-784-8937. You can also visit the Quitline on-line at: www.quityes.org.

If you have any questions about quitting or tobacco in general, or if you just need someone to talk to, call Tobacco Free Lake County at 847-377-8090 or e-mail us at TFLC@lakecountyil.gov.

This project was made possible with funds from the Illinois Department of Public Health.



Nicotine Replacement Therapy (NRT) & Medication Summary

Discuss any and all use of NRT or medication with your health care provider before use

Description	Pros & Cons	Usage/Comments
<p>Nicotine Patch (OTC) 24 hour delivery system 21, 14, & 7 mg/24 hr Generic available</p>	<p>Pros</p> <ul style="list-style-type: none"> Achieve high levels of replacement Easy to use Only needs to be applied once/day Few side effects <p>Cons</p> <ul style="list-style-type: none"> Less flexible dosing Slow onset of delivery Mild skin rashes and irritation Vivid dreams 	<p>Patches vary in strengths and the length of time over which nicotine is delivered.</p> <p>Depending on the brand of patch used, may be left on for anywhere from 16 to 24 hours.</p> <p>Patch may be placed anywhere on the upper body-including arms and back.</p> <p>Rotate the patch site each time a new patch is applied.</p> <p>May purchase without a prescription</p>
<p>Nicotine Lozenge (OTC) 2 mg & 4 mg Delivers nicotine through the lining of the mouth while the lozenge dissolves.</p>	<p>Pros</p> <ul style="list-style-type: none"> Easy to use Delivers doses of nicotine approximately 25% higher than nicotine gum <p>Cons</p> <ul style="list-style-type: none"> Should not eat or drink 15 minutes before use or during use Should not be chewed or swallowed Nausea may occur (12 – 15%) 	<p>Use at least 8-9 lozenges/day initially.</p> <p>Efficacy and frequency of side-effects related to amount used.</p> <p>May purchase without a prescription.</p>
<p>Nicotine Gum (OTC) 2 mg & 4 mg (Flavors: Orange, Mint, Regular & Cinnamon) **The term “gum” is misleading. It is not chewed like regular gum, but rather is chewed briefly and then “parked” between the cheek and gums. The nicotine is absorbed through the lining of the mouth. Generic available</p>	<p>Pros</p> <ul style="list-style-type: none"> Convenient/flexible dosing Faster delivery of nicotine than the patches <p>Cons</p> <ul style="list-style-type: none"> May be inappropriate for people with dental problems and those with temporomandibular joint (TMJ) syndrome Should not eat or drink 15 minutes before use or during use Frequent use during the day required to obtain adequate nicotine levels 	<p>Many people use this medication incorrectly. Review package directions carefully to maximize benefit of product.</p> <p>May purchase without a prescription.</p>
<p>Nicotine Nasal Spray Prescription required Delivers nicotine through the lining of the nose when sprayed directly into each nostril</p>	<p>Pros</p> <ul style="list-style-type: none"> Flexible dosing Can be used in response to stress or urges to smoke Fastest delivery of nicotine of currently available products but not as fast as cigarettes <p>Cons</p> <ul style="list-style-type: none"> Nose and eye irritation is common, but usually disappears within one week. Frequent use during the day required to obtain adequate nicotine levels 	<p>Unlike nasal sprays used to relieve allergy symptoms, the nicotine spray is not meant to be sniffed. Rather, it is sprayed against the lining of each nostril once or twice an hour (maximum of five times in one hour).</p> <p>Prescription required for purchase</p>
<p>Nicotine Inhaler Prescription required A plastic cylinder containing a cartridge that delivers nicotine when puffed. The inhaler delivers nicotine to the oral mucosa, not the lung, and enters the body much more slowly than the nicotine in cigarettes.</p>	<p>Pros</p> <ul style="list-style-type: none"> Flexible dosing Mimics the hand-to-mouth behavior of smoking Few side effects <p>Cons</p> <ul style="list-style-type: none"> Frequent use during the day required to obtain adequate nicotine levels May cause mouth or throat irritation 	<p>Puffing must be done frequently, far more often than with a cigarette. Each cartridge designed for 80 puffs over 20 minutes of use. Patient does not need to inhale deeply to achieve an effect.</p> <p>Prescription required for purchase</p>

Continued→

<p>Bupropion SR (Zyban/Wellbutrin) Prescription required <i>Non-nicotine pill</i></p> <p>Generic available</p>	<p>Pros</p> <ul style="list-style-type: none"> ▪ Easy to use ▪ Pill form ▪ Few side effects ▪ May be used in combination with NRT (patches, spray, gum & inhaler)** <p>Cons</p> <ul style="list-style-type: none"> ▪ Contraindicated with certain medical conditions and medications 	<p>A risk of seizure (1:1000) is associated with use of this medication. Seizure risk should be assessed. Risk of seizure is increased if:</p> <ul style="list-style-type: none"> ▪ Personal history of seizures ▪ Significant head trauma/brain injury ▪ Anorexia nervosa or bulimia ▪ Concurrent use of medications that lower seizure threshold <p>Prescription required for purchase</p>
<p>Varenicline (Chantix) Prescription required <i>Non-nicotine pill</i></p>	<p>Pros</p> <ul style="list-style-type: none"> ▪ Easy to use ▪ Pill form ▪ Generally well tolerated ▪ No known drug interactions <p>Cons</p> <ul style="list-style-type: none"> ▪ Nausea is common 	<ul style="list-style-type: none"> ▪ Mental health &/or depression risk should be assessed before use. ▪ Nausea is common. Taking the medication with food will help. ▪ Dose must be adjusted if kidney function is impaired <p>Prescription required for purchase</p>

Nicotine and brain chemistry

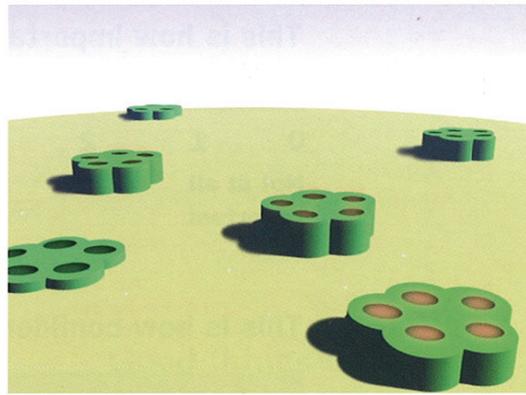
Using nicotine increases the number of nicotine receptors in the brain. Those receptors are triggered by cues that make you want to smoke. When those receptors are empty, you experience withdrawal symptoms and your urge to smoke increases. See diagram below:

Shown below: Nicotinic receptors (green) on brain cells in smokers (left) and nonsmokers or ex-smokers (right).



© MFMER

Smokers have many more nicotinic receptors than nonsmokers do. When filled with nicotine (red cones), these receptors will “fire,” causing the feelings you have when you smoke.



© MFMER

When you stop smoking, many nicotinic receptors will disappear, but those that remain have “memory” and can be triggered by cues.

Nicotine from NRT medications will fill the nicotinic receptors, but instead of feeling the exact way you felt when you were smoking, the lower, more constant levels of nicotine help to stabilize the brain, increasing comfort and reducing the intensity of nicotine withdrawal symptoms. This will help you focus more on your behavior change ~ a major piece to quitting smoking. More over, NRT does not contain the other harmful chemicals found in cigarette smoke, so it is safer to use than any tobacco product.



Adapted from Dale, et.al. Mayo Clinic Proceedings 2000; 75:1311-1316; Fiore, et.al., U.S. Public Health Service Guideline, June 2000; Schiffman et. Al. Archives of Internal Medicine 2002; 162:1267-1276. Varenicline Product profile (May 2006) Revised August 2006

My Path To A Smoke-Free Future © 2007 Mayo Foundation for Medical Education and Research (MFMER)

? The Fagerstrom Nicotine Dependence Questionnaire

How soon after you wake up do you smoke your first cigarette? *Score*

- Within 5 minutes 3
- 6 – 30 minutes 2
- 31 – 60 minutes 1
- After 60 minutes 0

Do you find it difficult to not smoke in places you cannot smoke?

- Yes 1
- No 0

Of all your cigarettes in a day, which one is the most satisfying?

- First one in the morning 1
- Any other 0

How many cigarettes do you smoke a day?

- 10 or less 0
- 11 – 20 1
- 21 – 30 2
- 31 or more 3

Do you smoke more in the morning than during the rest of the day?

- Yes 1
- No 0

Do you smoke even if you are so ill that you are in bed all day?

- Yes 1
- No 0

TOTAL SCORE

Score Results:

0 – 5 = low - moderate nicotine dependence
6 – 10 = high nicotine dependence

Nicotine replacement therapy (NRT), example: “the patch”, can reduce withdrawal from nicotine dependence. See attached chart with available forms of NRT and medications.



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LakeCounty
Health Department and
Community Health Center

Executive Director, Tony Beltran, MBA

Your Tobacco Free Future

Am I ready to quit?



This project was made possible from funds received from the Illinois Department of Public Health.

Sources for materials include: American Cancer Society; Mayo Clinic, *My Path to a Smoke-Free Future*.



Your brain and nicotine

Nicotine reaches the brain in about seven seconds. There it binds with nicotine receptor sites and releases a chemical called dopamine, which gives you the “nice” feelings from smoking.

These feelings don’t last long as nicotine leaves the body quickly and the receptor sites empty. This makes you feel on edge and craving more nicotine.

As you continue to smoke, your brain creates more receptor sites, making your brain need more nicotine than it did when you first started.

Once you stop smoking, many of the receptor sites will disappear, but those that are still there will always remember you were a smoker and can be triggered easily.

Take our Nicotine Dependence Questionnaire on the back flap!

Only YOU can decide when to quit smoking. The longer you smoke, the harder it will be to stop and the more damage you will do to your body. Understanding the addiction process and outlining your reasons for quitting will help to prepare you for a successful tobacco-free future.

Why quit?

When you started smoking, you probably did not plan on smoking forever and thought you could quit whenever you wanted to. Now that you’ve tried to quit smoking, you realize that it’s harder than you expected. There are many reasons why you smoke as well as many reasons why you want to quit smoking. Below are some health related and non-health related reasons for quitting:

- Financial savings – the pack-a-day smoker spends about \$2,180 per year, just in cigarettes
- Tobacco use can cause up to 3x more cavities
- To smell better
- To increase lung function
- To increase energy levels

My reasons for quitting:

Everyone has reasons why they want to quit tobacco use, such as: “I’ll feel better about myself as a non-smoker,” “I’ll feel more in control of my life.” Sorting out why you want to stop is a helpful start.

What are your reasons? Write them down below. Look at these often, especially when you have an urge to use tobacco.



Smoking Journal

Quitting smoking is a lot about breaking habits, learning about the reasons why you smoke, and your triggers. You can learn more about where, when and why you smoke by using the journal below. For the next few days, keep track of each cigarette.

Need: S=Strong M=Moderate L=Light

Mood: one word such as stressed, happy, etc.

Cigarette Number	Time	Need	Mood	Activity
example	7:00pm	M	Stress	Watching TV
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				



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Your Tobacco Free Future

Preparing to Quit





Preparation

Here are some steps to start you off on your goal to becoming smoke-free...

- If you have tried to quit before, think about why it didn't work. What made you slip up? What can you do different this time?
- Set a quit date. Try to pick a date within the next three weeks.
- When you feel like you want a cigarette, wait! **The urge will pass in a minute or two, whether you smoke or not.**
- Try to cut out 1-2 cigarettes a day the first couple of days, then another 1-2 for the next couple of days, etc.
- Get support from your family and friends. Let them know how they can help you:
 - not smoke around you
 - distract you when you are having a craving
 - hang out with you somewhere you can't smoke
- Consider the use of nicotine replacement therapy (NRT)
 - See attached chart with available forms of NRT and medication.

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aving a plan and being prepared to quit can improve your chances of quitting for good. Use the tips provided to help you create that plan. And remember to think positive – you have to believe that you CAN quit!

Make some plans

You're probably aware of the situations when you tend to smoke. Stress? Relaxing or watching television? Driving? These are called your triggers. Because these triggers will still be around on and after quit day, you need to come up with other things to do instead of smoking. Use the smoking journal on the back flap to get you started. Think about times you've gone without smoking in the past. What did you do to keep yourself from smoking? What seemed to be the most helpful? Write some ideas down below and start practicing these now.

My triggers

Driving to work

Waking up in the morning

What to do instead of smoking

Chew on a toothpick or straw

Drink juice, brush your teeth

My quit day is _____.



Try the 4 D's.

Try these simple four things when you have the urge to smoke:

- **Deep breathe.** Breathe in counting to five, hold for five, and then breathe out counting to five. Do this a few times.
- **Drink water.** Water helps clean the nicotine out of your body and helps your body feel better.
- **Delay.** Don't give into that craving right away. Try to wait a few minutes. Believe it or not, the craving does go away!
- **Do something else.** Call a friend, go for a walk, play a video game. Do anything, just don't reach for that cigarette!

Make Our Community
A Healthy Place
To Be!

TOBACCO
FREE
LAKE
COUNTY



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Your Tobacco Free Future

Quit Day





Surrounded by smoke?

When you want to quit smoking, but your friends or your family still smoke around you, it can be a lot harder. Here are some things you can do to help make quitting easier for you.

- Ask friends and family not to smoke when you are around.
- Avoid places and situations where you normally smoke.
- During the first weeks, try not to spend too much time with friends that smoke.
- Ask your friends to go out in places you can't smoke – the mall, movie theater, restaurants, bowling alley, etc.
- Plan activities to keep yourself busy. The more distracted you are, the less likely you are to crave cigarettes.

Set *short term* goals for yourself during the quit process. Try not smoking until noon, then until the end of the work day, etc. When you reach those goals, reward yourself for working so hard! Use the money you would have spent on cigarettes and treat yourself – you deserve it!

How will I feel when I'm quitting?

You may experience some “recovery symptoms” as your body responds to not having nicotine. These symptoms mean your body is getting healthier and only last until the nicotine leaves your body – anywhere from two days to one week. Here are some tips on how to deal with them:

Cough, dry mouth, sore throat	→	Drink water, chew gum, use lollipops or hard candy
Being cranky or irritable	→	Take a warm shower or bath, exercise, do something fun
Feeling depressed	→	Talk to a friend or family member, keep yourself busy
Lack of energy	→	Go to bed early or take a nap, do something active
Hungry	→	Drink water, eat a healthy snack

Some recovery symptoms I might have

How I plan to cope

Will I gain weight?

Some people gain weight, some people don't. Many people who gain weight when they quit smoking do so because they replace smoking with un-healthy eating and/or they don't exercise. If you are worried about gaining weight, try these things:

- Drink water first when you feel hungry.
- Eat healthy, low calorie snacks such as apples, grapes, carrot sticks, raisins, etc.
- Be active. Activities will also help take your mind off of smoking.

Can I smoke once in a while after I quit?

Smoking “just one” cigarette gets your brain craving nicotine again and you may soon be back to old habits. Don't give in – remind yourself of the reasons you are quitting, do the 4 D's and remember that **the urge will pass whether you smoke or not.**

What happens if I do start smoking again?

Don't give up! Quitting is very hard and many people try several times before they are able to quit for good. Learn from these setbacks. What made you light up? What could you do differently next time? Set a new quit date and keep trying. You **CAN** do this!



Cravings happen

The cravings for cigarettes will probably be with you for a while. Be prepared and keep your guard up. Follow these steps:

- Notice the urge.
- Practice the 4 D's. (deep breathe, drink water, delay, do something else)
- Remind yourself of the reasons why you quit and how far you have come.
- Be aware of the times and places you have strong urges to smoke. Try to change something about these situations or avoid them if possible.
- See yourself as a person who chooses not to smoke anymore.
- Remember that the craving for a cigarette goes away whether you smoke or not!



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Your Tobacco Free Future

Staying Smoke-Free





Benefits of quitting

Positive benefits occur almost immediately after quitting and keep on happening. You may have already experienced some.

1 day: Harmful carbon monoxide leaves your system allowing oxygen in your blood to get back to healthier levels.

2 days: Smell and taste improves.

3 days: Lung capacity increases and breathing gets easier.

2 weeks-3 months: You will have more energy. Your skin looks healthier.

1-9 months: Coughing, sinus problems and shortness of breath decrease. Fewer illnesses.

What are some things you are looking forward to about being tobacco-free?

Congratulations on making it this far! You should feel great about yourself whether you have been smoke-free for one day or one month. Use some of the tips below to stay on track. The hardest part is over and each day will get easier.

Reward yourself

Continue to set goals for yourself – being smoke-free for two days, one week, one month, etc. When you reach these goals reward yourself. Use the money you have saved from not buying cigarettes and go to a movie, buy some new shoes, treat a friend to lunch. You deserve it!

I will not smoke for ____ day(s). When I reach that goal I will reward myself with _____ .

Think positively

Sometimes that craving for a cigarette can make your brain think in negative ways, (for example, “this is unbearable, I don’t think I can do this” or “I feel awful, why am I doing this to myself?”).

The more you engage in negative self-talk, the less likely you will be to quit smoking. Examples of positive self-talk include:

- It will get better in time.
- The craving will pass.
- What I feel is my body getting healthier.
- I only have to deal with one day at a time.

If you slip

Just about everybody slips a few times before they quit for good. Instead of getting upset about the slip, learn from it:

- Don’t blame yourself.
- Figure out which triggers are causing you the most trouble.
- Think of strategies to deal with those triggers and practice them.
- Keep moving ahead and remind yourself that quitting gets easier every day.
- If you have gone back to smoking, set another quit day and begin thinking about what you can do differently next time so that you can quit for good.

If you are having a really hard time quitting and think you may need some extra help, talk to a doctor about nicotine replacement such as the gum or the patch.

Stay positive!

Stick with it!

You can do it!



Stressed?

Take a breath.

A great way to cope when stressful things are happening is to deep breathe. Deep breathing can help you relax and can help make the craving for a cigarette go away. Just follow these steps:

- Relax your shoulders and close your eyes.
- With your mouth closed, breathe in slowly through your nose for the count of five.
- Hold your breath for the count of five.
- Breathe out slowly through your mouth for the count of five. Imagine all of that stress and tension leaving your body!

Keep doing this until you feel more relaxed!



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Your Tobacco Free Future

Dealing with Stress





Smoking and Stress

Many smokers believe that smoking helps them deal with stress. However there are many problems with using cigarettes to cope with stress.

- The relief is short lived. Stress will soon return just as a craving for a cigarette will.
- Smoking only hides the problem—it doesn't solve it.
- Smoking is a very unhealthy way to deal with stress.
- Smoking actually **causes** more stress than it relieves! Studies show stress levels actually go down after quitting smoking.
- When people quit smoking, that first moment of big stress can send them right back to those cigarettes.
 - Prepare for upcoming situations that may be stressful.
 - Devise a plan to deal with that stress.

Everyone experiences stress. Some stress can be a good thing, but stress overload isn't good for anyone. Between work, family issues, a personal life, & crammed schedules, it is easy to let the stress pile up until it seems to control you.

Signs of Stress Overload

Everyone reacts differently to stress. Some of the signs of stress overload can include:

- Feeling anxious or panicky
- Irritability or moodiness
- Problems sleeping
- Sadness or depression
- Overeating, using drugs or alcohol
- Stomach problems, headaches, or even chest pains
- Allergic reactions such as asthma
- Acne breakouts

What causes stress?

Check some of the things that might cause you stress so that you can begin working on a plan to deal with them without smoking.

- | | |
|--|--|
| <input type="checkbox"/> Family | <input type="checkbox"/> Health |
| <input type="checkbox"/> Friends | <input type="checkbox"/> Lack of sleep |
| <input type="checkbox"/> School | <input type="checkbox"/> Recent move |
| <input type="checkbox"/> Work | <input type="checkbox"/> Busy schedule |
| <input type="checkbox"/> Relationships | <input type="checkbox"/> Money |
| <input type="checkbox"/> Others: _____ | |

Nicotine replacement therapy (NRT), such as “the patch” can reduce withdrawal from nicotine dependence, which contributes to increased stress. See attached chart with available forms of NRT and medications.

Dealing with Stress

There are several things you can do that are healthier, cheaper, and work better at dealing with stress than smoking.

- **Exercise.** All kinds of physical activity help relieve stress.
- **Take care of your body.** Eat healthy foods. Get enough sleep.
- **Relax.** Learn how to deep breathe or use other relaxation techniques when feeling stressed.
- **Think positive!** Focus on what you can do instead of what you can't do. Set realistic goals.
- **Do something you enjoy** – listen to music, take a walk, skateboard, draw, write, etc.
- **Talk.** Let people know how you are feeling. Don't be afraid to ask for help/support.
- **Take a time out.** Leave a situation if it becomes too stressful.