Positive & Negative Aspects of Smoking

Q: What are the Positive Aspects of smoking?
A: What you like about smoking.

Q: Why are they important?
A: Knowing what you like about smoking helps you find other activities that make you feel good. You can do these instead of smoking.

Q: What are the Negative Aspects of smoking?
A: Bad things that smoking can do to you.

Q: Why are they important?
A: Remembering the negative ways smoking has affected you can help you remember why you want to quit or reduce your smoking.

Examples of Negative Aspects of Smoking:

- Increases risk of many types of cancers
- Increases risk of many other diseases
- Upsets friends and family
- Can make you feel sick
- You want to use more (Tolerance)
- Makes you smell bad
- Once you start, you can’t stop (Addiction)
- Increases risk of heart attacks
- Cigarettes cost a lot of money
- Can lead to premature babies
- Dries out skin and causes wrinkles
- Second-hand smoke can harm loved-ones
- Shortness of breath
- Decreased senses of smell and taste
- Yellow-stains on teeth
- Other people look down on you
- Can mess up the positive effects of medication
- Yellow-stains on fingers
Positive & Negative Aspects of Smoking

Knowing what you like about smoking helps you find other activities that make you feel good. You can do these instead of smoking.

What do I like about smoking?

<table>
<thead>
<tr>
<th>Helps me feel calm when I am nervous</th>
<th>Helps me feel better when I am sad</th>
</tr>
</thead>
<tbody>
<tr>
<td>alternative: ________________________</td>
<td>alternative: ________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Helps my symptoms get better</th>
<th>Helps my medication side effects get better</th>
</tr>
</thead>
<tbody>
<tr>
<td>alternative: ________________________</td>
<td>alternative: ________________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Is something to do when I’m bored</th>
<th>Is something to do with other people</th>
</tr>
</thead>
<tbody>
<tr>
<td>alternative: ________________________</td>
<td>alternative: ______________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Smells / tastes good</th>
<th>Helps me relax</th>
</tr>
</thead>
<tbody>
<tr>
<td>alternative: ________________________</td>
<td>alternative: ______________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Alternative: __________________________________________</th>
<th>Alternative: __________________________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alternative: ____________________________________________</td>
<td>Alternative: _____________________________________________</td>
</tr>
</tbody>
</table>

Remembering the negative ways smoking has affected you can help you remember why you want to quit or reduce your smoking.

How does smoking affect me?

<table>
<thead>
<tr>
<th>Coughing</th>
<th>Shortness of breath</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarettes cost a lot of money</td>
<td>Can’t stop smoking (addiction)</td>
</tr>
<tr>
<td>Smells bad</td>
<td>Upsets family / friends</td>
</tr>
<tr>
<td>Need to keep smoking more</td>
<td>Second-hand smoke can harm others</td>
</tr>
<tr>
<td>Yellow stains on teeth</td>
<td>Yellow stains on fingers</td>
</tr>
<tr>
<td>Other people look down on me</td>
<td>Smoking interferes with medications</td>
</tr>
<tr>
<td>Dry skin / wrinkles</td>
<td>Can’t smell / taste things as well</td>
</tr>
</tbody>
</table>
**Habits, Cravings, and Triggers**

Q: What is a habit?
   
   A: A routine--or smoking **without thinking about it**.

Q: What can I do if I smoke out of habit?
   
   A: **Notice when** I’m smoking smoke, and **break my routine**.

Q: What is a craving?
   
   A: A **strong physical urge** to smoke.

Q: What can I do if I have a craving?
   
   A: Do a **non-smoking activity**, and **keep my hands and mouth busy**.

Q: What is a trigger?
   
   A: Something that **causes a craving** – a person, place, thing, or feeling, that **makes you want to smoke**.

Q: What can I do about triggers?
   
   A: **Notice** your triggers, and **stay away** or **get away** from them.
Habits, Cravings, and Triggers

If you smoking out of habit, notice when you smoke, and break your routine.

How will I change my routine?

Move my cigarettes to _______________________________________________________.

Move my ashtrays / lighters / matches to ________________________________________.

Change my morning routine by ________________________________________________.

During free time at the program, I can __________________________________________.

____________________________________________________________________________.

If you have a craving, do a non-smoking activity that keeps your hands and mouth busy.

What activity will I try when I have a craving?

- eat a healthy snack
- chew a piece of gum
- play cards
- knit or draw
- talk to someone one of these people: __________________________________________
- go somewhere I can’t smoke: ________________________________________________

Notice your triggers, and stay away or get away from them.

How will I get away from triggers?

- spend time with non-smokers
- leave areas that smell like smoke
- ask friends not to offer me cigarettes
- stay away from the place I buy cigarettes
- go somewhere I don’t smoke: ________________________________________________
Effects of Smoking & Benefits of Quitting

Smoking affects the body in many ways.
It can have negative effects on all these systems:

- Lungs
- Heart
- Liver
- Stomach
- Immune system
- Skin

The Good News on Quitting!

Quitting increases your life expectancy, so you live longer and better.

24 hours after quitting, chances of having a heart attack decrease.

Within a month or two, you can feel your lungs working better. You have more energy and no more cough.

Quitting will lower your chances of having a stroke or getting cancer.

The people you live with will be healthier.
Effects of Smoking & Benefits of Quitting

How has smoking affected my health?

- hard to breathe
- asthma
- lung cancer
- heart attack
- high blood pressure
- low energy
- dry skin
- coughing
- emphysema
- mouth cancer
- stomach or other cancer
- heart beats really fast
- liver problems
- yellow fingers or teeth

The Good News on Quitting!

Quitting increases your life expectancy, so you live longer and better.

24 hours after quitting, chances of having a heart attack decrease.

Within a month or two, you can feel your lungs working better. You have more energy and no more cough.

Quitting will lower your chances of having a stroke or getting cancer.

The people you live with will be healthier.
High Risk Situations

Q: What is a high risk smoking situation (HRS)?

A: It is a situation that always makes a person want to smoke. HRS can be:

1) One BIG trigger (such as meals, coffee, or waking up in the morning)
2) Two or more small triggers (such as smelling smoke and seeing people smoke)

Finding My HRS

What are my triggers?

- feeling stressed or worried
- feeling angry
- smelling smoke
- seeing lighters or matches
- talking about smoking
- spending time with friends
- time around AA or NA
- drinking coffee
- being in a place where I usually smoke
- feeling sad or depressed
- seeing people smoking
- feeling bored
- seeing ashtrays
- waking up in the morning
- eating a meal
- spending time with family
- using drugs or alcohol
High Risk Situations

A high risk smoking situation (HRS) is a situation that makes a person want to smoke because it has:

One BIG trigger (such as a meal or coffee), or

Two or more small triggers (such as smelling smoke and seeing people smoke)

What are my High Risk Situations with one BIG trigger?

1) _________________________________________________________________

2) _________________________________________________________________

What are my High Risk Situations with two or more small triggers?

1) _________________________________________________________________

2) _________________________________________________________________

Group Session 4
Coping with Side Effects of Quitting Smoking

Q: What causes side effects of quitting?
A: Withdrawal symptoms occur when someone stops smoking because the body is used to getting nicotine. These side effects are how the body tells someone that it needs more nicotine. The longer a person goes without smoking, the better the side effects get.

Q: What is NRT?
A: “Nicotine Replacement Therapy” contains nicotine the body craves. It comes in many forms, such as: lozenge, gum, and patch. It helps people who are quitting cigarettes cope with cravings.

Q: What about medications?
A: A person’s doctor may prescribe a certain type of medication (called Bupropion, Wellbutrin, and Zyban) that helps with quitting.

Some options:

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling irritable, cranky, anxious</td>
<td>Take a walk or a hot bath, do relaxation</td>
</tr>
<tr>
<td>Depressed mood</td>
<td>Do something fun, talk to someone</td>
</tr>
<tr>
<td>Feeling restless</td>
<td>Take a walk, do relaxation, do something fun</td>
</tr>
<tr>
<td>Trouble sleeping</td>
<td>Avoid caffeine, do relaxation</td>
</tr>
<tr>
<td>Trouble thinking clearly/concentrating</td>
<td>Plan light workload, ask for help, avoid stress</td>
</tr>
<tr>
<td>Feeling hungry/weight gain</td>
<td>Drink water or low-cal drinks, eat low cal snacks</td>
</tr>
<tr>
<td>Constipation, gas, stomach pain</td>
<td>Drink lots of fluids, eat high-fiber foods (fruits, vegetables, grains)</td>
</tr>
</tbody>
</table>
Coping with Side Effects of Quitting Smoking

Side effects of quitting happen when the body starts recovering repairing itself. The longer a person goes without smoking, the better the side effects get.

How do side effects of quitting and withdrawal symptoms affect me?

- feel sad
- have trouble sleeping
- feel stressed
- feel restless
- have trouble thinking or concentrating
- have gas
- have stomach pain
- feel hungry
- feel constipated
- feel irritable or cranky
- gain weight
- feel cravings for cigarettes – strong physical urges
- smoke (5-10 minutes)

What can I do to cope with side effects of quitting?

- try the nicotine lozenge, gum, or patch
- try a medication, like Zyban, from my doctor
- use a piece of sugar-free gum or candy
- hold a pencil, tennis ball, or stress ball
- play a game or cards
- talk to someone: _____________________________________________
- go somewhere I can’t smoke: __________________________________
Avoiding & Escaping HRS

Q: What can I do about High Risk Situations?

A: Try one of these options:

1. **Avoid** the situation by staying away from it.
2. **Escape** the situation by leaving it.

What can I **do to avoid** HRS?

- get rid of ashtrays, lighters, and matches, which can be triggering
- spend time with non-smokers: _______________________________________
- spend time in non-smoking places: _________________________________
- distract myself with non-smoking activities: ___________________

What can I **do to escape** HRS?

- practice refusing cigarettes and invitations to smoke
- offer to do a non-smoking activity instead of smoking
- tell people when a situation is triggering and leave
- go for a walk and go to a non-smoking place, such as: ________________
  __________________________
**Avoiding & Escaping HRS**

**My Plan** for Avoiding & Escaping HRS:

To stay away from _____________________, I will ______________________________.

(HRS) (way to avoid HRS)

To stay away from _____________________, I will ______________________________.

(HRS) (way to avoid HRS)

To stay away from _____________________, I will ______________________________.

(HRS) (way to avoid HRS)

When I am _____________________, I will ___________________________________.

(HRS) (way to avoid HRS)

When I am _____________________, I will ___________________________________.

(HRS) (way to avoid HRS)

When I am _____________________, I will ___________________________________.

(HRS) (way to avoid HRS)

When I am _____________________, I will ___________________________________.

(HRS) (way to avoid HRS)
Refusal Skills

Q: Being offered cigarettes or asked to smoke with a friend can trigger me to smoke. What can I do about it?

A: Learning to nicely turn down cigarettes and invitations can be helpful.

Q: What if I feel uncomfortable or pressured?

A: Here are a few easy steps to follow. Role-playing these steps with a friend or Peer Mentor may be helpful practice for turning down cigarettes, people who ask you to smoke, or any other situation in which you may feel uncomfortable saying no to someone.

Step 1: Make eye contact.

Step 2: Tell the person that you cannot do what he/she asked you to do.

Step 3: Give a reason why you cannot do it.

Step 4: Offer an alternative.

Who can I practice with?

my Peer Mentor: ___________________________________________
my family member: _________________________________________
my friend: _________________________________________________
someone else: ______________________________________________
Refusal Skills

Step 1: Make **eye contact**.

Step 2: **Tell the person** that you cannot do what he/she asked you to do.

Step 3: **Give a reason** why you cannot do it.

Step 4: Offer an **alternative**.

**What** situation will I practice?

- someone offering me a cigarette
- someone asking me to smoke with him/her
- someone asking me to do something that could trigger me to smoke
  - what activity? ________________________________
- something else: ________________________________
Leaving Stressful Situations

Q: Why are stressful situations important?
A: Stress can trigger someone to smoke, so leaving stressful situations can be helpful to someone trying to quit smoking.

Q: What can I do to deal with stressful situations?
A: Follow these steps:

Step 1: Determine if the situation is stressful.

Step 2: Tell the other person that situation is stressful and that you must leave.

Step 3: If there is a conflict, tell the other person that you will discuss it another time.

Step 4: Leave the situation.

How do I know if a situation is stressful?
I feel:
tense  frustrated  worried  afraid  angry
I do:
shake  sweat  yell  feel my heart racing

Who can I practice with?
my Peer Mentor: ___________________________________________
my family member: _________________________________________
my friend: ________________________________________________
someone else: ___________________________________________

Group Session 8
Leaving Stressful Situations

**Step 1:** Determine if the situation is stressful.

**Step 2:** Tell the other person that situation is stressful and that you must leave.

**Step 3:** If there is a conflict, tell the other person that you will discuss it another time.

**Step 4:** Leave the situation.

**What situations will I practice?**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Asking for Support

Q: Why should I ask other people for support?
A: People who are quitting smoking do better when other people support and help them.

Q: Who should I ask and how can I ask others for support?
A: Follow these steps:

Step 1: Identify an appropriate support person and a time and place to speak with them.

Step 2: Tell your support person that you are planning on quitting smoking and the reasons why.

Step 3: Ask the person if they could be a support person and tell them why you are asking.

Step 4: Tell the person the type of support you need and what you are asking of them.

Step 5: Thank the person.

Who can I ask for support?

- my family member: ______________________________________________________
- my friend: _____________________________________________________________
- someone else: _________________________________________________________

Who can I practice with?

- my Peer Mentor: _______________________________________________________
- my family member: ___________________________________________________
- my friend: ____________________________________________________________
- someone else: _________________________________________________________
Asking for Support

Step 1: **Identify** an appropriate support person and a time and place to speak with them.

Step 2: Tell your support person that you are **planning on quitting** smoking and the reasons why.

Step 3: **Ask** the person if they could be a support person and tell them why you are asking.

Step 4: Tell the person the **type of support** you need and what you are asking of them.

Step 5: **Thank** the person.

**Who can I ask for support?**

- my family member: ____________________________
- my friend: ____________________________
- someone else: ____________________________

**How can someone support me?**

- not offer me cigarettes
- talk to me about my goals quitting/reducing
- talk to me about triggers/problems
- do a non-smoking activity with me
- ____________________________
- ____________________________
Coping with Depression

Q: Why is important to think about coping with depression?

A: Some people smoke more cigarettes to help them cope with feeling sad or depressed.

Q: What can I do if smoking helps me cope with depression?

A: Try any of these things, and plan ahead: talk to someone, do something pleasant, problem-solve, or talk to the doctor.

Who can I talk to if I feel sad?

my family members: ______________________________________________________
my friends: _____________________________________________________________
my Peer Mentor: _________________________________________________________
my doctor: _____________________________________________________________
someone else: _________________________________________________________

What can I do?

watch TV or a movie
eat something, like a healthy snack
play cards
go to an AA or NA meeting
go to a group
go outside or for a walk
read a book
draw, knit, or write
listen to music

How can I get help to problem-solve?

This works best if there is a certain problem that is making you sad.

1. Figure out what the problem is: _____________________________________________

2. Talk to someone (like a counselor) about the problem and possible solutions.
Coping with Depression

Who can I talk to if I feel sad?

my family members: ____________________________

my friends: ____________________________

my Peer Mentor: ____________________________

my doctor: ____________________________

someone else: ____________________________

What can I do?

watch TV or a movie

play cards

go to a group

read a book

listen to music

eat something, like a healthy snack

go to an AA or NA meeting

go outside or for a walk

draw, knit, or write

My Plan for Coping with Depression

When I feel sad/down/depressed, I will: ____________________________

If that does not help, I will: ____________________________

A third thing I will try is: ____________________________
Coping with Anxiety and Stress

Q: Why is it important to think about coping with anxiety and stress?
A: Some people smoke more cigarettes to help them cope with feeling anxious or stressed out.

Q: What can I do if smoking helps me cope with anxiety and stress?
A: Try any of these things, and plan ahead: talk to someone, do something relaxing, problem-solve, or talk to the doctor.

Who can I talk to if I feel anxious or stressed out?

my family members: ______________________________________________________
my friends: ____________________________________________________________
my Peer Mentor: _________________________________________________________
my doctor: _____________________________________________________________
someone else: _________________________________________________________

What can I do?

- listen to calming music
- practice meditation/relaxation
- practice deep breathing
- go outside or for a walk
- read a book
- draw, knit, or write

How can I get help to problem-solve?

This works best if there is a certain problem that is making someone worry.

1. Figure out what the problem is: _____________________________________________
2. Talk to someone (like a counselor) about the problem and possible solutions.
Coping with Anxiety and Stress

Who can I talk to if I feel anxious or stressed out?

my family members: ____________________________________________
my friends: ____________________________________________________
my Peer Mentor: ________________________________________________
my doctor: _____________________________________________________
someone else: _________________________________________________

What can I do?

listen to calming music practice deep breathing
practice meditation/relaxation go outside or for a walk
read a book draw, knit, or write
____________________________________________________________

My Plan for Coping with Anxiety and Stress

When I feel sad/down/depressed, I will: _____________________________.

If that does not help, I will: ________________________________.

A third thing I will try is: ________________________________.
Coping with Low Motivation

Q: Why is important to think about coping with low motivation?

A: Many people experience changes in their feelings about quitting smoking. Preparing for these times can help people stay on track with their goals, even if they are less focused on smoking.

Q: What can I do if I feel less motivated to quit smoking?

A: Try any of these things, and plan ahead.

Who can I talk to if I feel less motivated to work on my smoking goals?

my family members: ________________________________________________
my friends: _________________________________________________________
my Peer Mentor: _____________________________________________________
my doctor: __________________________________________________________
someone else: _______________________________________________________

What can I do?

list the reasons I wanted to quit: _______________________________________
___________________________________________________________________
___________________________________________________________________
think about how life is better with fewer or no cigarettes: _________________
___________________________________________________________________
___________________________________________________________________
do something to reward myself for all my hard work: _____________________
___________________________________________________________________
Coping with Low Motivation

**Who** can I talk to if I feel less motivated to work on my smoking goals?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**What** can I do?

list the reasons I wanted to quit: __________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

think about how life is better with fewer or no cigarettes: ______________________________________________________
________________________________________________________________________
________________________________________________________________________

do something to reward myself for all my hard work: ______________________________________________________
________________________________________________________________________

My Plan for Coping with Low Motivation

When I feel less motivated, I will: ____________________________________________________________.

If that does not help, I will: ____________________________________________________________.
Coping with Boredom

Q: Why is it important to think about coping with boredom when quitting smoking?

A: Many people use smoking as an activity when they feel bored. Boredom can be a trigger.

Q: **What can I do** if boredom is one of my triggers?

A: **Try** doing other, **non-smoking activities**, and **plan ahead!**

**Who can I talk to if I feel bored?**

- my family members: ______________________________________________________
- my friends: ____________________________________________________________
- my Peer Mentor: _________________________________________________________
- my doctor: ____________________________________________________________
- someone else: _________________________________________________________

**What can I do?**

- listen to music
- play cards
- read a book or magazine
- work on a puzzle
- go for a walk
- watch TV or a movie

__________________________________________________________

__________________________________________________________

__________________________________________________________

Group Session 13
Coping with Boredom

Plan for Coping with Boredom

(1) **Think of activities** you like to do that don’t involve smoking.
(2) **Pick an activity** that you like and **try it out**!
(3) **Keep doing** that activity, or **pick another** one to do.

Who can I talk to if I feel bored?

______________________________________________________________

______________________________________________________________

______________________________________________________________

What can I do?

- listen to music
- read a book or magazine
- go for a walk
- play cards
- work on a puzzle
- watch TV or a movie

______________________________________________________________

______________________________________________________________

______________________________________________________________
Making Small Talk

Q: Why is making small talk important when you quit smoking?

A: Lots of people smoke when they socialize. Spending more time with non-smokers will help you avoid being triggered by other people smoking.

Q: How can I practice making small talk?

A: Here are a few easy steps to follow. Using these steps with a friend or Peer Mentor may be helpful practice for making conversation with people you don’t know very well.

Step 1: Make eye contact and say hello.

Step 2: Ask a general question.

Step 3: Make small talk by asking questions about an appropriate topic.

Step 4: Give a reason and say goodbye.

Who can I make small talk with?

my Peer Mentor: ____________________________________________

my family member: _________________________________________

my friend: _________________________________________________

someone else: _____________________________________________
Making Small Talk

Step 1: Make eye contact and say hello.

Step 2: Ask a general question.

Step 3: Make small talk by asking questions about an appropriate topic.

Step 4: Give a reason and say goodbye.

What general questions can I ask?

How are you?

What appropriate topics can I ask about?

Weather

Food

Sports

Movies/TV/Music
Making Plans

Q: Why is making plans with a friend important when you quit smoking?
A: Spending time with other people who are smoking may trigger you to want to smoke, so you may want to spend more time with non-smokers, which could mean making plans with them.

Q: How can I practice making plans?
A: Here are a few easy steps to follow. Using these steps with a friend or Peer Mentor may be helpful practice for making plans with people you don’t know very well.

Step 1: Make eye contact and say hello.
Step 2: Ask a general question.
Step 3: Invite the person to do a fun non-smoking activity with you.
Step 4: Confirm the invitation then give a reason and say goodbye.

Who can I make plans with?

my Peer Mentor: ___________________________________________
my family member: _________________________________________
my friend: _________________________________________________
someone else: ____________________________________________
Making Plans

Step 1: Make **eye contact** and **say hello**.

Step 2: Ask a **general question**.

Step 3: Invite the person to do a fun **non-smoking activity** with you.

Step 4: **Confirm the invitation** then give a reason and **say goodbye**.

Who can I make plans with?

________________________________________
________________________________________

What **non-smoking activities** can we do?

<table>
<thead>
<tr>
<th>Go out to eat</th>
<th>Watch a movie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Play a board game/cards</td>
<td></td>
</tr>
</tbody>
</table>
Coping with Lapses

Q: What is a lapse?

A: A lapse is when someone who quit smoking decides to smoke a cigarette. It can happen if the person is experiencing a high risk situation or dealing with other triggers. The problem with lapses is they can become relapses.

Q: What is a relapse?

A: A relapse is when a person returns to smoking cigarettes. It is easier to stay quit after a lapse than quit smoking again after a relapse. The most important thing to do is plan ahead for lapses.

Planning for a Lapses:

1) Stop! Keep calm!
   Go to a quiet, calm place away from the situation.
   Read your list of reasons you want to quit smoking.

2) Remember your hard work.
   Remember how far you have come and how hard you have worked to get there.

3) Use your plan:
   - Get rid of all cigarettes and other triggers.
   - Escape the high risk situation.
   - Distract yourself with a non-smoking activity.

4) Ask for help.
Coping with Lapses

My Plan:

1) Stop! Keep calm!
   Where can I go that I will not be triggered to smoke?
   ___________________________________________________________
   ___________________________________________________________

2) Remember your hard work.
   What have I accomplished so far? ______________________________
   ___________________________________________________________
   Why do I want to quit smoking? ______________________________
   ___________________________________________________________

3) Use your plan:
   - Get rid of all cigarettes and other triggers.
   - Escape the high risk situation.
   - Distract yourself with a non-smoking activity.
     What activities can I do? ________________________________
     ___________________________________________________________

4) Ask for help.
   Who can I ask? ____________________________________________
   ___________________________________________________________
Other Substances as Triggers for Smoking

Q: Why is it important to think about other substances people use when they are quitting smoking cigarettes?

A: Using other substances can be a high risk smoking situation.

Q: How are other substances high risk situations, and what can I do about them?

A: The lists below explain how other substances can trigger smoking and what to do about those situations.

Using other substances (alcohol, drugs, even coffee) can be a HRS for smoking because:

1. These substances are often strong triggers for smoking (e.g., coffee and cigarettes, beer and cigarettes). That is, you are used to smoking when you drink coffee or alcohol or use drugs.

2. When you are under the influence of drugs or alcohol it is harder to make good decisions about not smoking.

3. Situations in which people use drugs or alcohol are more likely to be situations where people are smoking cigarettes and cigarettes are around.

Skills to use:

1. Avoid or Escape the high risk situation
2. Practice Refusal Skills
Other Substances as Triggers for Smoking

How can using other substances be a high risk smoking situation?

1. These substances are often strong triggers for smoking (e.g., coffee and cigarettes, beer and cigarettes). That is, you are used to smoking when you drink coffee or alcohol or use drugs.

2. When you are under the influence of drugs or alcohol it is harder to make good decisions about not smoking.

3. Situations in which people use drugs or alcohol are more likely to be situations where people are smoking cigarettes and cigarettes are around.

What substances trigger me to smoke?

- Coffee
- Soda
- Alcohol
- Drugs: ________________________

What can I do if using other substances triggers me to smoke?

1. Avoid or Escape the situation by: ____________________________
   ____________________________________________________________________________

2. Practice refusal skills.
Coping with Negative Feelings

**Q:** Why is it important to think about coping with negative feelings?

**A:** Some people smoke more cigarettes to help them cope with feeling anxious, stressed out, sad, depressed, angry, irritable, or frustrated.

**Q:** What can I do if smoking helps me cope with negative feelings?

**A:** Try any of the things listed below, and **plan ahead**:

**General coping strategies:**

1) Talk to someone.
2) Get help. / Solve the problem.
3) Talk to your doctor.

Coping with **Depression**:

Do more pleasant activities, such as: _____________________________

Coping with **Anxiety** and **Nervousness**:

Do relaxation exercises or deep breathing.

Coping with **Irritability, Anger, and Frustration**:

Do relaxation exercises or deep breathing.

Take some time to yourself to calm down.
Coping with Negative Feelings

What can I do when I feel sad or depressed?
- talk to someone
- watch TV or a movie
- read a book
- listen to music
- go to an AA or NA meeting

What can I do when I feel stressed, worried, or anxious?
- listen to relaxing music
- relaxation exercises
- deep breathing
- go for a walk
- distract myself by: ______________________________

What can I do when I feel angry or irritable?
- take some space to myself/walk away from the problem
- talk to someone
- practice relaxation exercises or deep breathing
- go for a walk

My plan for coping with feelings without smoking:

When I feel ____________, I will try _____________________________________.
When I feel ____________, I will try _____________________________________.
When I feel ____________, I will try _____________________________________.
When I feel ____________, I will try _____________________________________.
The Cost of Smoking

How many cigarettes do I smoke each day? ______

How many packs do I smoke each day? ______

(20 cigarettes = 1 pack // 10 cigarettes = ½ pack)

How much do I pay for 1 pack of cigarettes? $______

\[
\begin{align*}
\text{Cost per pack} \times \# \text{ packs per day} &= \text{Cost per day: } $\\
\text{Cost per day} \times 7 &= \text{Cost per week: } $\\
\text{Cost per week} \times 4 &= \text{Cost per month: } $\\
\text{Cost per week} \times 52 &= \text{Cost per year: } $
\end{align*}
\]

What will I do with the money I save by quitting/reducing my smoking?

- save my money
- go out to eat
- buy music to listen to
- save up for a vacation
- go to more fun places: ________________________________________________________

- go to the movies
- buy new clothes
- buy books or magazines to read
- go to the coffee shop

-
Coping with Feelings

What can I do when I feel sad or depressed?

- talk to someone
- eat something, like a healthy snack
- watch TV or a movie
- go to a group
- go to an AA or NA meeting
- read a book
- listen to music
- get help to solve the problem
- talk to my doctor

What can I do when I feel stressed, worried, or anxious?

- talk to someone
- listen to relaxing music
- relaxation exercises
- deep breathing
- get help to solve the problem
- talk to my doctor
- go for a walk
- distract myself by: ______________________________

What can I do when I feel bored?

- talk to someone
- eat something, like a healthy snack
- take a walk
- read a book
- visit a friend or neighbor
- watch TV or a movie
- listen to music
- clean around the house
- play cards
- go somewhere I can’t smoke: ______________________________

What can I do when I feel angry or irritable?

- take some space to myself/walk away from the problem
- talk to someone
- practice relaxation exercises or deep breathing
- go for a walk

My plan for coping with feelings without smoking:

When I feel __________________, I will try _______________________________________.

When I feel __________________, I will try _______________________________________.

When I feel __________________, I will try _______________________________________.

When I feel __________________, I will try _______________________________________.

When I feel __________________, I will try _______________________________________.
Coping with Cravings & Nicotine Withdrawal

What is a craving?

A craving is a very strong physical urge to smoke. It happens when the body wants the nicotine that it usually gets from cigarettes. Cravings can be caused by triggers (people, places, things, times, and feelings that you associate with smoking. The good news? Cravings usually last 5 – 10 minutes, and the body craves less the longer you go without cigarettes.

What are my cravings and nicotine withdrawal symptoms like?

- feel sad
- feel restless
- feel irritable or cranky
- have stomach pain
- have trouble sleeping
- have trouble thinking or concentrating
- feel hungry
- gain weight
- feel constipated

What can I do when I have a craving?

- chew a piece of nicotine gum or use a lozenge
- chew a piece of regular gum or hard candy
- eat a healthy snack
- deep breathing
- do some exercises or go for a walk
- talk to someone
- write, draw, or knit to keep my hands busy
- plays cards
- take a shower
- drink a glass of water
- think about why I want to quit/reduce my smoking:
- reward myself for not smoking by:
- go somewhere I can’t smoke: