Finding New Strength for You and Your Baby: TIPS for Becoming Smoke-Free

A Step-by-Step Guide for Pregnant Women

Tennessee Intervention TIPS for Pregnant Smokers

Improving the Health of Your Child One TIP at a Time

Funding for the TIPS Program Provided By: Tennessee Governor Phil Bredesen's Office of Children's Care Coordination
Tennessee Intervention for Pregnant Smokers

Providing Education And Support To Eliminate Pregnancy Smoking In Northeast Tennessee

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Funding For The TIPS Program Provided By:
Tennessee Governor Phil Bredesen's Office of Children's Care Coordination
“Take control of your destiny.
Believe in yourself.
Ignore those who try to discourage you.
Avoid negative sources, people, places, things and habits.
Don’t give up and don’t give in.”

—Wanda Hope Carter

This manual is not intended to take the place of medical services or advice. Please consult with your health care provider before beginning a new diet or exercise program, for support in changing additional lifestyle factors, or for any other medically-related need, especially while pregnant.
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WELCOME TO TIPS!

TIPS, or the Tennessee Intervention for Pregnant Smokers program, was established in 2007 an effort to help pregnant women in Northeast Tennessee quit smoking and stay smoke-free after the birth of their child. We offer education, support, guidance and referral information to assist you with a range of smoking and health-related concerns. Each smoke-free breath that you take greatly improves your health and that of your child.

_We know that quitting can be hard, but we also know that it can be done!_

_Along with the guidance of your health care providers, TIPS will strive to help you and your baby become the healthiest you can be…_

_One TIP at a time!_

You have the power to transform a life!
Have you ever considered quitting smoking? How has your pregnancy changed your thoughts about quitting? Whether you have thought about or even tried quitting in the past, or have just recently started to consider quitting, this book will give you information and tools to quit and stay smoke-free. Your baby’s health is at stake. Your health is at stake. YOU CAN DO IT, and we are here to help!

**The 5 TIPS To Quitting**

Here are the 5 basic tips to quit smoking. In the next few sections we will discuss these and other tips in great detail and work with you on developing the best plan for you to quit smoking and stay smoke-free.

### The 5 TIPS to Quitting:

**TIP 1.** Get Information

**TIP 2.** Get Ready

**TIP 3.** Learn New Skills and Behaviors

**TIP 4.** Get Support and Encouragement

**TIP 5.** Be Prepared to Handle Slips and Stay Smoke-free

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Finding New Strength 3
Quitting smoking is the most important action a pregnant woman can take to ensure the health of her baby.

—The National Partnership to Help Pregnant Smokers Quit

Get Information

In this section, you will be given some basic information on smoking and the many health risks that smoking poses to you and your baby.

1. The Dangers of Smoking

Have you ever really stopped to consider what is under that thin little cigarette paper? The dangers of smoking are endless and brought on by the more than 4,000 chemicals that are sucked into your body and lungs with each breath of smoke you take. These include dangers to both your physical and psychological health. These dangers are not limited to you alone. Your baby takes in what you breathe. You made the decision to smoke and to risk your health. Your baby, however, never had the opportunity to decide... you made that decision for him or her. Let's take a closer look at what is in a cigarette. You may be surprised by what you are inhaling.

"Quitting smoking is the most important action a pregnant woman can take to ensure the health of her baby."

—The National Partnership to Help Pregnant Smokers Quit

You Have the Ability to Protect Your Child!

You Have the Power to Quit Smoking!

4 Finding New Strength
What Is in a Cigarette?

One cigarette contains over 4,000 chemicals!
The overwhelming majority of these chemicals have been shown to cause cancer!
Here is just a sample!

**SOME OF THE OVER 4,000 CHEMICALS IN A CIGARETTE**

<table>
<thead>
<tr>
<th>Chemical:</th>
<th>Used For / Also Found In:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrolein</td>
<td>Toxic Liquid with Cancerous Vapors</td>
</tr>
<tr>
<td>Acetone</td>
<td>Nail Polish Remover</td>
</tr>
<tr>
<td>Acetic Acid</td>
<td>Vinegar</td>
</tr>
<tr>
<td>Ammonia</td>
<td>Floor/Toilet Cleaner</td>
</tr>
<tr>
<td>Arsenic</td>
<td>Poison Used in Making Insecticides</td>
</tr>
<tr>
<td>Butane</td>
<td>Cigarette Lighter Fluid</td>
</tr>
<tr>
<td>Cadmium</td>
<td>Rechargeable Batteries</td>
</tr>
<tr>
<td>Carbon Monoxide</td>
<td>Car Exhaust Fumes</td>
</tr>
<tr>
<td>DDT/ Dieldrin</td>
<td>Insecticides &amp; Bug Sprays</td>
</tr>
<tr>
<td>Ethanol</td>
<td>Alcohol</td>
</tr>
<tr>
<td>Formaldehyde</td>
<td>Preserver – Body Tissue &amp; Fabric</td>
</tr>
<tr>
<td>Formic Acid</td>
<td>Gas Used in Making Pesticides, Textiles, &amp; Leather</td>
</tr>
<tr>
<td>Hexamine</td>
<td>Barbecue Lighter</td>
</tr>
<tr>
<td>Hydrogen Cyanide</td>
<td>Gas Chamber Poison</td>
</tr>
<tr>
<td>Methanol</td>
<td>Antifreeze &amp; Rocket Fuel</td>
</tr>
<tr>
<td>Napthalene</td>
<td>Mothballs</td>
</tr>
<tr>
<td>Nicotine</td>
<td>Insecticide/Addictive Drug</td>
</tr>
<tr>
<td>Nitrobenzene</td>
<td>Gasoline Additive</td>
</tr>
<tr>
<td>Nitrous Oxide Phenols</td>
<td>Disinfectant</td>
</tr>
<tr>
<td>Propionaldehyde</td>
<td>Chemical Disinfectant, Preservative Plastic, &amp; Rubber</td>
</tr>
<tr>
<td>Pyridyne</td>
<td>Water Repellants, Bactercides, &amp; Herbicides</td>
</tr>
<tr>
<td>Stearic Acid</td>
<td>Candle Wax &amp; Fireworks</td>
</tr>
<tr>
<td>Toluene</td>
<td>Industrial Solvent</td>
</tr>
<tr>
<td>Vinyl Chloride</td>
<td>Makes PVC</td>
</tr>
</tbody>
</table>

*By smoking you are not only subjecting yourself to these chemicals, your baby is being harmed as well!*
2. Benefits of Quitting

There are many reasons to STOP SMOKING – benefits for both mother and child! Here are just a few of some of the wonderful benefits that await the smoke-free you!

**Quitting smoking improves the health of your baby**

If you quit smoking while pregnant, your baby will:
- Get more oxygen.
- Be protected from deadly carbon monoxide and other carcinogens that enter your system and his/her bloodstream when you smoke.
- Have fewer health problems such as asthma, wheezing, colds, ear infections, etc.
- Be more likely to be born at a healthy size and weight.
- Cough and cry less.
- Be less likely to develop chronic lifelong disabilities such as cerebral palsy, mental retardation and learning problems.
- Have fewer doctor visits.
- Likely have fewer behavioral or attention problems later in life.
- Be less likely to die of prenatal complications and SIDS.
- Be more likely to come home from the hospital with you.

| The average premature baby has a health care cost in the first year of life totaling | $41,610 | VS. | A healthy baby has an average cost of | $2,766 |

**Quitting smoking improves your personal health**

If you quit smoking, you will:
- Breathe easier and have more energy.
- Be less likely to have a miscarriage, stillbirth or spontaneous abortion.
- Decrease your chances of having a heart attack, stroke, heart disease, and lung cancer.
- Be a good role model for your child.
- Have fewer wrinkles.
- Have clothes, a car, a home, and breath that smell better.
- Save money that can be spent on other things.
- Enjoy the smell and taste of food again.
- Feel great about quitting.
- Have more time to spend with your healthy child.
3. Your Health Improves in Minutes

After only 20 minutes of not smoking, your health begins to improve. Here is how. What you will experience after only*:

20 minutes:
- Blood pressure and pulse rate drop to normal.
- Body temperature of your hands and feet (circulation) returns to normal.

8 hours:
- Carbon Monoxide levels drop and you begin to get more oxygen with each breath.

24 hours:
- Your risk of having a heart attack decreases.

48 hours:
- Nerve endings start to regenerate.
- Your ability to taste and smell is enhanced.

2 weeks:
- Circulation continues to improve.
- Walking becomes easier.
- Lung function increases 30%.

1 month:
- Coughing, sinus congestion, fatigue, and shortness of breath decrease.
- Cilia are repaired in the lungs, improving the ability to clean the lungs and reducing the chance of infection.
- Body’s overall energy level increases.

1 year:
- Your risk of coronary heart disease is half that of a smoker.

5 years:
- Lung cancer death rate decreases by almost half.
- Stroke risk is reduced to that of a nonsmoker from 5-15 years smoke-free.

*Information provided by the American Cancer Society.
4. The Cost of Smoking

If your health and the health of your baby are not reasons enough…
think of all that money!

If instead of smoking 1 pack a day, you were to put the money you spend on cigarettes into a savings account, in 1 year you could have close to $1,600!

The Cost of Smoking in Tennessee
(Based on an average cost per pack = $4.50)

<table>
<thead>
<tr>
<th></th>
<th>1 Day</th>
<th>1 Week</th>
<th>1 Month</th>
<th>1 Year</th>
<th>10 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ Pack</td>
<td>$2.25</td>
<td>$15.75</td>
<td>$67.50</td>
<td>$819.00</td>
<td>$8,190.00</td>
</tr>
<tr>
<td>1 Pack</td>
<td>$4.50</td>
<td>$31.50</td>
<td>$135.00</td>
<td>$1,638.00</td>
<td>$16,380.00</td>
</tr>
<tr>
<td>1 ½ Packs</td>
<td>$6.75</td>
<td>$47.25</td>
<td>$202.50</td>
<td>$2,457.00</td>
<td>$24,570.00</td>
</tr>
<tr>
<td>2 Packs</td>
<td>$9.00</td>
<td>$63.00</td>
<td>$270.00</td>
<td>$3,276.00</td>
<td>$32,760.00</td>
</tr>
<tr>
<td>2 ½ Packs</td>
<td>$11.25</td>
<td>$78.75</td>
<td>$337.50</td>
<td>$4,095.00</td>
<td>$40,950.00</td>
</tr>
</tbody>
</table>

Make a list of some of the things you would like to do or buy with this money!

__________________________________________
__________________________________________
__________________________________________
__________________________________________

Continue to add to this list.

Make a pledge that every week you are smoke-free, you will

REWARD YOURSELF WITH ONE OF YOUR “WANTS”!
5. Why Is Quitting So Hard?

The short answer is NICOTINE. Nicotine is the chemical that causes you to become addicted to cigarettes. Nicotine is a drug that affects the brain, changes a smoker’s mood, and causes smokers to want to smoke more and more. When a person smokes, the body immediately responds to the nicotine, but this feel-good “high” only lasts about 10 seconds!

As an addictive drug, nicotine also causes unpleasant side effects when a person tries to quit. This is known as nicotine withdrawal. Most of these symptoms, however, don’t last long. They typically begin to disappear in only a few weeks. (In order to quit, it is important to know how you will cope with these symptoms. We will tackle withdrawal a little later ~ see page 22.) Both the perceived pleasurable effects of nicotine as well as the temporary negative reaction to withdrawal often make quitting difficult (but not impossible).

In addition to the chemical addiction, smokers also rely on smoking to fill certain social and physical needs. Can you imagine not having something to do with your hands, or not having something to do with friends, or in the car, or with your morning coffee? Do you feel like smoking is helping you to stay slim, relieve stress, or that smoking gives you something to do when you are bored? All smokers have certain social and physical reasons for smoking that become routine. Often people are left wondering how they can break this routine and what they will do in these situations instead of smoking.

There are many things you can do and it is important for you to find out what will work for you!

(You will have the opportunity to explore these possibilities a little later ~ see page 18.)

Is that 10-second high or that feeling of boredom any reason to continue subjecting you and your baby to the 4,000+ harmful chemicals in cigarettes?

You can beat the withdrawal!

You can quit smoking today!

And here is how…
Get Ready

You will now have a chance to develop a personalized plan to quit smoking! After looking at the role that smoking plays in your life you will go step-by-step to determine how to start living a smoke-free life!

1. Your Life as a Smoker

The first part of getting ready to quit is to understand the role that cigarettes play in your life. Knowing this information will help you determine a best plan of attack for quitting. You will be able to recognize your smoking habits and triggers, and you will be able to plan other behaviors and coping skills that will best help you in fighting against these urges!

Is Smoking “Just a Habit” or Are You Addicted?

As part of your preparation to QUIT, it may be helpful to know how much you depend on nicotine. Although every situation is different, people with a higher level of dependence may experience a more difficult time quitting and/or may experience more intense withdrawal symptoms. As a result, knowing your level of dependence will help you be more prepared for what to expect and how best to handle your situation.

Take this short quiz to find out your dependence rating!

---

**Fagerstrom Test for Nicotine Dependence**

1. How soon after you wake up do you smoke your first cigarette?
   - [ ] After 60 minutes (0)
   - [ ] 31-60 minutes (1)
   - [ ] 6-30 minutes (2)
   - [ ] Within 5 minutes (3)

2. Do you find it difficult to refrain from smoking in places where it is forbidden?
   - [ ] No (0)
   - [ ] Yes (1)

3. Which cigarette would you hate most to give up?
   - [ ] The first in the morning (1)
   - [ ] Any other (0)

4. How many cigarettes per day do you smoke?
   - [ ] 10 or less (0)
   - [ ] 11-20 (1)
   - [ ] 21-30 (2)
   - [ ] 31 or more (3)

5. Do you smoke more frequently during the first hours after awakening than during the rest of the day?
   - [ ] No (0)
   - [ ] Yes (1)

6. Do you smoke even if you are so ill that you are in bed most of the day?
   - [ ] No (0)
   - [ ] Yes (1)

**SCORING:**

- 0-2 Very low dependence
- 3-4 Low dependence
- 6-7 High dependence
- 8-10 Very high dependence

My Score Is: _____________

My level of dependence on nicotine is: _______________

What Are Your Smoking Habits?
Understanding your motivations and behaviors linked to smoking will help you as you find ways to live your life without cigarettes. To get started, take some time to consider and answer the following questions about your smoking habits.

**When do you most often smoke?**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

**Where do you most often smoke?**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

**With whom do you most often smoke?**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

**Why Do You Smoke?**

Now this one may be a little tough, but really take some time to think about it. The questions above may help you in answering this.

What do you feel like you gain from smoking? When is it most gratifying? Sometimes this is more than just saying that you smoke just because you are addicted or because you do not know how to quit.

**So here goes, why do you smoke?**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Now that you have had a chance to think about your motivations for smoking, take a look at your triggers in more detail.
Why Do You Smoke?*

The smoking triggers quiz will help you identify why you smoke and what kind of satisfaction you get from smoking.

Next to each statement, write the number that applies to you:

<table>
<thead>
<tr>
<th>Always</th>
<th>Frequently</th>
<th>Occasionally</th>
<th>Seldom</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>

A. I smoke in order to keep from slowing down

B. Handling a cigarette is a part of the enjoyment of smoking it

C. Smoking cigarettes is pleasant and relaxing

D. I light up when I feel angry about something

E. If I run out of cigarettes, I find it almost unbearable

F. I smoke automatically, without even being aware of it

G. I smoke to stimulate me, to perk myself up

H. Part of the enjoyment of 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. I am very much aware when I am not smoking

L. I light up a cigarette without realizing I still have one burning in the ashtray

M. I smoke to give myself a “lift”

N. I like watching the smoke when I exhale it

O. I want a cigarette most when I feel relaxed

P. When I feel “blue” or want to take my mind off my cares, I smoke a cigarette

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 didn’t remember putting it there

*Adapted from the National Cancer Institute, NIH Publication No. 93-1822
Your Score

Enter the number you have placed for each question in the space below. Place the number for question A over line A, for question B over line B, etc. Add across the three scores on each line to get your totals.

Scores can vary from 3 to 15. Any score 11 or above indicates one of your smoking triggers; any score 7 or below may not be a definite trigger, but still pay attention to your motivations to smoke in these situations.

Your #1 Smoking Trigger is:

Finding New Strength 13
Here is a brief description of each trigger type.*

**STIMULATION**
If you score high in this category, it means that you are a smoker who is stimulated by the cigarette — you feel that it helps wake you, organize your thoughts, and keep you going.

**HANDLING**
You like the simple act of touching or handling cigarettes. It gives you something to do with your hands! Handling things can be satisfying, but there are many ways to keep your hands busy without lighting up or playing with a cigarette.

**PLEASURE RELAXATION**
It is not always easy to find out if you use cigarettes to feel good. About two-thirds of smokers score high or fairly high on pleasure, and about half of those also score as high or higher on tension reduction. Those who do get pleasure out of smoking often find that an honest consideration of the harmful effects of their habit is enough to help them quit.

**CRUTCH: TENSION REDUCTION**
Many smokers use cigarettes as a crutch in moments of stress or discomfort. But the person who tries to handle personal problems by smoking is apt to discover that cigarettes do not help her deal with her problems effectively.

**CRAVING: PSYCHOLOGICAL ADDICTION**
Quitting smoking is difficult for the person who is psychologically addicted. For her, the craving for the next cigarette begins to build up the moment she puts one out.

**HABIT**
This kind of smoker is no longer getting much satisfaction from cigarettes. She lights them frequently without even realizing she is doing so.

*Adapted from the National Cancer Institute, NIH Publication No. 93-1822*
Knowing WHY you smoke will help you develop healthy alternative behaviors that will eventually take the place of smoking in your life. If you smoke for a particular reason, in a particular situation, or to fulfill a particular need, you can focus your attention on developing new behaviors/habits that can take the place of smoking in those circumstances. If you determine that the only reason you smoke is because you are addicted or do not know how to quit, you can use this guide to help you discover and develop specific techniques and helpful hints to best prepare you to quit and fight the addiction!

Think About Past Attempts to Quit

Some people who try to quit smoking have a “slip” along the way. If this has happened to you in the past, don’t think of your slip as a failure or proof that you cannot succeed, think of it as a learning experience. There is no need to let the same thing get in your way this time! If you have tried to quit in the past, even for a day, think about these past attempts for a moment.

What Worked and What Didn’t?

These helped me to stop:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

These triggered me to start again:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
2. Your Life Without Tobacco

Now that you have thought about your smoking habits, the next part of getting ready to quit is to find out why you think it is important to quit. Take a moment to consider the following question:

**Why Do You Want to be a Nonsmoker?**

This is a really important question! What is your motivation to quit? Is it to improve the health of your baby, or improve your own health, or is it to feel like you have accomplished something really great, or to improve your hygiene, maybe to save money, or to be a good role model for your child?

**There are many reasons to quit, but what are your reasons, what is your story?**

Refer back to your answer to this question at any time during or after your journey to becoming a nonsmoker.

**It will help remind you why you wanted to quit and reenergize your motivation to stay smoke-free!**

3. Making a Plan and Preparing to Quit

Now you are ready to act on your reasons for wanting to quit smoking! Commit yourself to quitting by picking a day to quit, signing your personal contract, and deciding on a specific plan for how YOU will quit smoking!
SET A QUIT DATE

Set a date WITHIN THE NEXT 30 DAYS that you will QUIT SMOKING for good!

Some things to consider when setting a date:

☑ If you smoke more during the week, try quitting on the weekend, and if you smoke more on the weekend, try quitting during the week.

☑ Stick to this date and remember, NO SMOKING, not even a puff!

My quit date is:

____________________________
YOUR PERSONAL
SMOKING CESSATION CONTRACT

I, ________________________________,

AGREE TO STOP SMOKING ON

______________________________.

DATE

I understand that stopping smoking is the single best thing
I can do for my health and the health of my unborn baby!
I am committed to staying SMOKE-FREE and I know I can do it!

____________________________           ______________________________
Patient’s Signature                       Professional’s Signature

4. Change Your Routine—Change Your Behaviors

Developing your personalized quit plan.

Every person is different, so every person’s recovery from smoking will also be different. That
is why it is so important for you to determine what will work for you! Here goes…

What will you do instead of smoking?

Think about the smoking habits and triggers that you wrote down earlier. These habits and
triggers may act as barriers that could keep you from staying smoke-free. Does your partner,
best friend or a family member smoke? Do you ALWAYS smoke in the car or after a meal?

Changing Your Habits Associated With Smoking

Humans are creatures of habit. When we try to change a bad habit, sometimes it helps to
change anything in our typical routine- driving a different route to work, sitting at a different
place at the dinner table, changing what you have for breakfast. Changing your overall habits
and routine can sometimes help with that compulsion to just grab a cigarette without thinking
about what you are doing. You can also think of specific changes that you would like to make
that could replace particular smoking habits.

Temptations can be powerful, but they are not unbeatable!

Let’s take a look at how
you will beat your temptations!
As we discussed earlier, sometimes it is helpful to have a list of things you can do instead of smoking, or to handle your temptations. Do you need some suggestions?

**Here Are Some General Examples of Alternative Behaviors:**

- **Do You Smoke Right When You Get Up or Right After a Meal?**
  - Immediately remove yourself from the situation - leave the table, go straight from the bed to the shower, do some stretches or go for a walk.
  - Try brushing your teeth right after eating or right when you get out of bed.
  - Try sipping on some herbal or caffeine-free hot tea after your meal.

- **Do You Always Smoke in the Same Place at Home or in the Office?**
  - For example, sitting in the same chair when you are at home, or by the same ashtray when you are outside at work?
  - At home, try sitting in another location or rearranging the furniture. Another idea is to pick up a new hobby like knitting or crossword puzzles, or find other ways to keep your hands busy while sitting- like squeezing a stress ball. See the following section on Hand Distractors.
    (See page 21.)
  - At work, try taking breaks on the other side of the building or taking a bottle of water with you to sip on instead of a cigarette to smoke.

- **Do You Always Smoke When You Are on the Phone?**
  - Keep a straw or toothpick handy to chew on or talk on another phone in the house.

- **Do You Smoke While Driving?**
  - Clean out your ashtrays, try singing along with the radio, or occupy your hands by fiddling with a pen or pencil in place of the cigarette.
**Remember Your Triggers**

Do you remember your specific triggers that you identified in the “Why Do You Smoke?” quiz? Let us take a look at some approaches that may help you determine the best smoking alternatives and temptations busters for you!*

**STIMULATION**
If you try to give up smoking, you may want to try a safe substitute: a brisk walk or moderate exercise, for example, whenever you feel the urge to smoke.

**HANDLING**
It is important to find ways to keep busy without smoking. Why not try one of the hand or mouth distractors on the next page?

**PLEASURE RELAXATION**
You could substitute healthy personal, social and physical activities to take the place of the relaxation that you get from smoking and in doing so may even realize that you do not miss cigarettes at all. The stress reduction and relaxation exercises listed on page 25 may help you in determining alternative ways that you can relax!

**CRUTCH: TENSION REDUCTION**
It is important to find alternative ways to handle stress. See the following section about Stress Reduction and Coping Skills for some ideas. (See page 24.)

**CRAVING: PSYCHOLOGICAL ADDICTION**
It is important to know your withdrawal symptoms and find effective ways to cope with each. See the following section on Withdrawal for some ideas. (See page 22.)

**HABIT**
The key to success is becoming aware of each cigarette you smoke. This can be done by asking yourself, “Do I really want this cigarette?” You may be surprised at how many you do not actually want. You may also find it easy to quit and stay smoke-free if you can break your habits associated with smoking and develop new nonsmoking habits to take their place!

*Adapted from the National Cancer Institute, NIH Publication No. 93-1822
Ways to Handle “Fidgeting” Triggers

HAND and MOUTH DISTRACTERs: As indicated previously, sometimes smokers smoke simply because they become used to having something in their hand or mouth. Without a cigarette, they are not sure what they should be doing to keep their hand or mouth occupied. If this is the case with you, here are some ideas:

**Hand Distractors:**
- Squeeze a stress ball
- Play with a rubber band
- Doodle
- Write out ideas of things you want to do with your new baby
- Start a journal
- Pick up a new hobby that requires your hands (you could knit some booties for your new baby)
- Play with a pen or pencil
- Play with a yo-yo or other hand-held toy

**Mouth Distractors:**
- Drink water
- Use mints, hard candy, or gum
- Chew on toothpicks
- Snack on healthy snacks- carrots, fruit, celery, etc.
- Chew on a straw

Your Personal Temptation Busters and Smoking Alternatives

Now, it is time to make your list!

Consider some of the smoking habits and triggers you have identified. What could you do in these situations instead of smoking?

<table>
<thead>
<tr>
<th>SMOKING HABIT</th>
<th>SMOKING ALTERNATIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td></td>
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<tr>
<td>2)</td>
<td></td>
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<tr>
<td>3)</td>
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<td>4)</td>
<td></td>
</tr>
<tr>
<td>5)</td>
<td></td>
</tr>
</tbody>
</table>

Now think about some of the situations that may tempt you to smoke. What will be the most difficult situations for you after you quit? How will you plan to handle them and overcome these temptations?

<table>
<thead>
<tr>
<th>SMOKING TEMPTATION</th>
<th>TEMPTATION BUSTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td></td>
</tr>
<tr>
<td>2)</td>
<td></td>
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<tr>
<td>3)</td>
<td></td>
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<td>4)</td>
<td></td>
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<tr>
<td>5)</td>
<td></td>
</tr>
</tbody>
</table>
5. Be Prepared to Manage Withdrawal

What should you expect?
Many people find it helpful to know that they are not alone, that they are not “crazy,” and that the symptoms they face during nicotine withdrawal are common and TEMPORARY!!!

What are these symptoms and how can you manage them?
There are both physical and emotional elements to nicotine withdrawal. We will first discuss the physical withdrawal symptoms and then talk about ways to relieve stress and cope with unpleasant emotions.

Physical Symptoms
The chart that follows is a list of potential withdrawal symptoms. Not everyone will have the same symptoms or experience them for the same amount of time, nor will the same coping strategy work for everyone. That is why it is important to find what works for you. Please remember, these are just some of the things that you may experience. If you begin to experience extreme symptoms or become concerned about the severity of a particular symptom, speak with your health care provider! Furthermore, always use caution and consult with your health care provider about safe exercises for pregnant women!
# Physical Symptoms of Nicotine Withdrawal & Potential Ways to Cope

<table>
<thead>
<tr>
<th>What You May Experience</th>
<th>Why You May Feel It</th>
<th>How Long It Might Last</th>
<th>Ways You Can Handle It</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling: Grumpy,</td>
<td>This Is The Nicotine Leaving Your System</td>
<td>A Few Weeks</td>
<td>Take Deep Breaths; Count To 10; Practice Relaxation; Exercise/Go For A Walk; Get</td>
</tr>
<tr>
<td>Irritable, Anxious,</td>
<td></td>
<td></td>
<td>Plenty Of Rest; Avoid Caffeine; Be Easy On Yourself; Be Patient With Others; Tell/Warn</td>
</tr>
<tr>
<td>Nervous, Restless,</td>
<td></td>
<td></td>
<td>Others It Is A Withdrawal Symptom; Keep Your Hands Busy</td>
</tr>
<tr>
<td>Tense, Shaky</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increased Cough,</td>
<td>The Excess Tar, Mucus Are Being Cleared From Your Lungs</td>
<td>A Few Days</td>
<td>Drink More Fluids; Use Hard Candy/Cough Drops; Focus On Having Clean Lungs</td>
</tr>
<tr>
<td>Dry/Sore Throat, Nasal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drip</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inability To Concentrate/ Pay Attention/Focus; Feeling Spaced Out Or In A Fog</td>
<td>You Are Not Getting The Stimulation From The Nicotine That You Once Did; The Carbon Monoxide Is Leaving Your System</td>
<td>A Few Weeks (Worst In The First 3 Days)</td>
<td>Breathe Deeply; Plan Ahead; Make Notes/Reminders; Get Plenty Of Sleep; Take Breaks; Work For Short Intervals; Use Caution When Driving/Using Equipment</td>
</tr>
<tr>
<td>Fatigue; Feeling Weak; No Energy</td>
<td>No Longer Having A Stimulant Drug Like Nicotine In Your System</td>
<td>A Few Weeks</td>
<td>Use Deep Breaths And Exercise To Energize; Get Extra Rest</td>
</tr>
<tr>
<td>Feeling Light-Headed/Dizzy; Headaches</td>
<td>More Oxygen Is Reaching Your Brain As It Replaces The Carbon Monoxide</td>
<td>A Couple Of Weeks</td>
<td>Get Fresh Air; Drink Plenty Of Water; Sit Down When Feeling Dizzy; Rest</td>
</tr>
<tr>
<td>Trouble Sleeping/Insomnia</td>
<td>Nicotine Alters The Brain And Affects Sleep Pattern</td>
<td>A Few Weeks</td>
<td>Avoid Caffeine After Noon; Get More Exercise/Take A Walk (Several Hours Before Bed Is Best); Do Relaxation Exercises Before Bed; If You Can’t Fall Asleep -Don’t Just Lie In Bed- Get Up &amp; Do Something Until You Feel Drowsy</td>
</tr>
<tr>
<td>Constipation; Gas; Stomach Pains</td>
<td>Decreased Intestinal Activity</td>
<td>A Couple Of Weeks</td>
<td>Increase Fiber {Fruit, Veggies &amp; Bran/Whole Grains} In Your Diet; Drink Lots Of Water</td>
</tr>
<tr>
<td>Increased Hunger</td>
<td>Nicotine Is A Synthetic Appetite Suppressant; The Urge To Smoke Sometimes Mimics Hunger</td>
<td>Up To Several Weeks</td>
<td>Learn Healthy Eating Habits; Snack On Healthy Foods; Distract Yourself; Recognize That These Feelings May Not Be Due To Hunger, Exercise, Drink Water</td>
</tr>
<tr>
<td>Cigarette Cravings</td>
<td>You Just Want Another Cigarette- Earlier On It May Be An Urge To Curb Withdrawal Symptoms; At Any Time During Recovery It May Be Out Of Habit-Or- Be Triggered By A Specific Situation/Circumstance In Which You Used To Smoke</td>
<td>Each Craving Only Lasts ~3 To 5 Minutes; Cravings In General May Occasionally Surface For Months Or More ~ But- They Are Much More Frequent In The First Few Days</td>
<td>Take Deep Breaths; Distract Yourself; Know That These Cravings Will Pass Quickly</td>
</tr>
</tbody>
</table>

You can breathe a sigh of relief.

*The typical craving only lasts about 3-5 minutes!*

〜 AND REMEMBER 〜

The urges pass whether you smoke or not!

**Planning for a Successful Withdrawal**

Take a moment to think about these withdrawal symptoms. Which symptoms are you most anxious about having to experience? What are some ways that you think you will best be able to handle these feelings? Remember, preparing to succeed is the best way to win your fight against nicotine and cigarettes!

<table>
<thead>
<tr>
<th>WITHDRAWAL SYMPTOM</th>
<th>COPING STRATEGY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td></td>
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<td>2)</td>
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<td>3)</td>
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</tbody>
</table>

“When you come to the end of your rope, tie a knot and hang on.”

— Franklin D. Roosevelt

6. **Relieving Stress and Coping With Unpleasant Emotions**

For many people, smoking serves as a way to relieve stress or deal with unpleasant emotions such as anger, boredom,loneliness, sadness or anxiety. It becomes a way that people cope with stressors in their lives. Sometimes people become reliant on cigarettes because they believe that smoking is the ONLY way to relieve stress. But, this is simply not true.

*There are many other extremely effective and healthy ways to relieve stress and cope with negative emotions!*
Below is a short list of some of these:

- Practice Relaxation Exercises, Such As:
  - Deep Breathing, Stretching, Progressive Relaxation, Meditation, Guided Imagery
- Make Time For YOU:
  - Pamper yourself. Make yourself a priority in your own life.
  - Do things for yourself that make you happy.
- Start Journaling:
  - Writing down your feelings and experiences is a very helpful way to work through anger, anxiety, sadness, and a number of other emotions.
- Take A Walk Or Exercise
- Talk To A Friend Or Others In Your Support Network
- Read A Book
- Listen To Music
- Take A Bath
- Squeeze A Stress Ball
- Make Lists And Practice Time Management:
  - When you are feeling stressed or anxious, write down the things that you need to do or that are making you stressed. Decide what things need immediate attention and prioritize this list. This approach can help make things feel more manageable. Don’t let worrying about the small stuff overwhelm you or your schedule!
- Laugh:
  - It releases “feel good” chemicals in your brain!
- Boost Your Self-Confidence And Practice Being Assertive:
  - Feel good about who you are and do NOT be self-critical! Honoring what you feel and think and clearly communicating this to others can often promote a greater sense of well-being and control in your life. Repeating affirmations such as, “I am strong, and my baby and I are worth it!” can also help strengthen your self-confidence and your confidence in your ability to quit smoking.
- Get Plenty Of Sleep
- Practice Good Nutrition:
  - The food we put in our bodies can often affect how we feel. Eat a balanced diet full of fresh fruits and vegetables, whole grains, lean meats and dairy, and drink plenty of water.
- Focus On The Present Moment:
  - The present moment is the only thing you can influence in your life. Worrying about the future or the past does nothing to change it, but it does do something to change the present - it makes it unpleasant!
- Plan Something Enjoyable To Do EVERY DAY!
- REMEMBER YOUR REWARDS!

Make a list of some of the Stress Busters above or think of some on your own that you believe will work for you!
7. **QUIT Smoking and Stay Smoke-Free**  
   ...One Day at a Time!

Sometimes thinking about never smoking a cigarette again can feel very overwhelming. You may be asking yourself, “How can I ever do that?”

*Your goal is to get through just one day
   ~ TODAY ~
   without smoking!*

Your goal tomorrow will then be to get through that one day without smoking! Take one day at a time! If one day feels overwhelming at first, focus on getting through each hour or each minute! It will get easier with each passing day! YOU CAN DO IT!

“When you feel like giving up, remember why you held on for so long in the first place.”

—Unknown

8. **What to Do about Others Smoking Around You**

A big barrier that some smokers face when they try to quit is being around other smokers, especially if those smokers are friends or family members. This is a good time to practice your assertiveness and decide ways that you will handle these situations when they arise!

**Here are some suggestions:**

- Ask Friends and Family Who Smoke To Quit With You!
- Ask Others Not To Smoke Around You!
- Lay Down Ground Rules and Create SMOKE-FREE ZONES!
- Make Your Home, Car, and Other Personal Spaces SMOKE-FREE ZONES!  
  **TIP:** If others who smoke in your home are unwilling to let you declare the whole house smoke-free, try designating one room as the smoking room and ask that the rest of the house be smoke-free.
- Leave The Room/Situation/Space When Others Begin To Smoke.
- Distract Yourself With Some Of Your New Behaviors and Coping Skills.

**REMEMBER YOUR HAND AND MOUTH DISTRACTORS!**

- Ask Them Not To Tempt You!

*How will you handle situations in which you are around people who smoke?*
Secondhand Smoke

Aside from being a potential barrier to your quitting…

Secondhand Smoke Can Pose Many of the Same Risks to You & Your Unborn Child As If You Were the One Smoking!

Don’t let others harm you or your baby!

Did you ever wonder about the smoke that comes out of your lungs when you exhale, clings to your clothes after you smoke, or comes from the burning tip of your cigarette? All of this is secondhand smoke. Did you know that this smoke can be just as dangerous as the smoke you are inhaling when you smoke? It is extremely dangerous to your unborn baby as well! Let’s take a closer look at secondhand smoke and why it is so important to protect yourself and your baby from this danger!

1. What Is Secondhand Smoke?

Secondhand smoke is a combination of the smoke that is exhaled from a smoker, the smoke coming from the tip of the smoker’s cigarette, and the smoke that lingers in clothes, the carpet, furniture, etc. after someone has smoked. The majority of smoke that comes from a burning cigarette is not inhaled by the smoker but drifts into the air for others to breathe. The smoke that is inhaled still contains the same dangerous chemicals when it is exhaled. The exhaled smoke again drifts into the air for others to breathe. When you breathe in this secondhand smoke, you and your baby are being exposed to many of the same dangers as when you actually smoke!
2. The Dangers Of Secondhand Smoke

Secondhand smoke can be just as harmful as smoking. Just like the smoke inhaled when you smoke a cigarette, secondhand smoke contains over 4,000 hazardous chemicals and poisons and has been proven to cause cancer. Secondhand smoke has been linked to, either directly or indirectly, over 53,000 deaths in the United States each year in nonsmoking adults. Nonsmokers who live with someone who smokes have a 30 percent greater chance of getting lung cancer than people who live in smoke-free homes. As you can see, even for adults, secondhand smoke can be deadly!

Secondhand smoke has also been proven to be especially dangerous for babies and children. Exposure to secondhand smoke has been shown to cause the following health problems in unborn babies, newborn babies, and children:

- Miscarriages and stillbirths
- Impaired growth and development of major organs as well as the digestive and central nervous systems
- Congenital malformation
- Infant death (including SIDS)
- Cognitive and behavioral disorders
- Asthma
- Inner-ear infections
- Frequent lower respiratory tract problems, such as coughs, pneumonia, bronchitis and croup
- Childhood cancer
- Decreased immune functioning

This is just a sample of some of the harmful effects of secondhand smoke. Just think, if you yourself smoke AND you are around other smokers, you are subjecting yourself and your baby to double the smoke and double the toxic chemicals!


3. Reducing Your Secondhand Smoke Exposure

Remember the ways that you chose to handle situations in which people smoke around you? These are great ways to reduce your secondhand smoke exposure and further protect you and your baby. The number one defense in reducing the secondhand smoke that you and your baby will breathe is to get other smokers in your home to quit with you. Having someone to quit with will give you a “buddy system,” and you will be able to offer each other some really wonderful support. (See “Get Support” on page 30.)

4. Options for Family and Friends Who Want to Quit Smoking with You

A lot of the same information and exercises covered in this manual will be helpful for your friends and family members who want to quit smoking too. Of course, they might not be pregnant themselves, but they are around you and you are pregnant, so their cigarette smoke is also affecting your baby! An additional option your friends and family may want to consider in their attempt to quit smoking is Nicotine Replacement Therapy (patches, gum, nasal spray) or prescription medications that can be discussed with and provided by their health care provider. Since you are pregnant, these medications may not be a safe option for you as some have been shown to be very harmful to your baby (especially the over-the-counter nasal sprays and inhalants). Whether or not your friends and family choose to use these options, encouraging others around you who smoke to quit with you is a great way to gain support and reduce the amount of smoke that you and your baby will have to endure.

Secondhand smoke is just one more reason why it is so important to keep others from smoking around you and your baby & for you to quit smoking yourself!
1. The Importance of a Support Network

Getting support from friends, family members, your health care providers, other support persons, and smoking cessation resources can be very beneficial during your process of becoming smoke-free. Tell the important people in your life that you are going to quit! Ask for their support. Talk to them about how they can best help you quit and what you will need from them along the way. Each person may play a different role in your recovery, or you may want them all to be there for more general support. Talk to each person about the specific ways s/he can help.

Are you curious about some of the many ways your support people can help? They can remind you of why you wanted to quit, hold you accountable for the nonsmoking commitment that you made to yourself, help talk you through urges, remind you of your healthy behaviors and alternatives to smoking, reassure you that you can do it and that it is important, comfort you when you are feeling anxious, reassure you that the grumpy person in withdrawal is not the “real you”, or can simply join you in your new alternatives to smoking! You may even ask those in your network who smoke to not smoke around you, or you could ask them to quit with you! They can help in many ways, but take some time to think about how they can BEST help YOU!

Here Is a List of Some of the Many Sources of Support Available to You as You Become SMOKE-FREE!

- Family & Friends
- Health Care Providers
- Support Groups
- Personal Counselors
- Internet Resources
- Telephone Quit Lines
- Regional Resources
2. **Internet Resources**

- Tennessee Intervention for Pregnant Smokers (TIPS) Web site - www.etsu.edu/tips
- Smoke Free - www.smokefree.gov
- March of Dimes - www.marchofdimes.com
- QUITNET - Quit All Together www.quitnet.com/
- Smoke-Free Families www.smokefreefamilies.org/
- National Partnership to Help Pregnant Smokers Quit - www.helppregnancysmokersquit.org/
- New Interactive Prenatal Smoking Cessation Clinic - Learn proven strategies to help pregnant patients quit smoking and stay smoke-free. View or download this easy-to-use, interactive Virtual Clinic from Dartmouth Interactive Media Laboratory http://iml.dartmouth.edu/education/cme/Smoking/
- SMART MOMS - www.smartmomstennessee.com/index.asp
- First Breath - www.wwhf.org/pg_firstbreath.asp
- Centers For Disease Control - www.cdc.gov/tobacco/index.htm
- Quit Smoking News - www.quitsmokingnews.com
- WAY 2 QUIT - www.way2quit.com
- BECOME AN EX- Learn to Quit Smoking - www.becomeanex.org

3. **Telephone Quit Lines**

**Tennessee’s Free Tobacco Quit Line**

1-800-QUIT-NOW (1-800-784-8669)
{For Hearing Impaired: 1-877-559-3816}

*In the program, you can:*
- Receive a FREE tobacco quit kit.
- Work with a FREE quit coach.
- Learn to deal with tobacco cravings & other challenges.

**National Cancer Institute’s Smoking Quit Line**

1-877-44U-QUIT (1-877-448-7848)

*Information specialists will provide suggestions and support to help you break the habit.*

**American Cancer Society & American Legacy Foundation’s Great Start Quit Line**

1-866—66-START (1-866-66-78278)
- Available 24 hours a day.
- The counselors will give you information and support to help you quit smoking.
4. Regional Resources

Here are some of the smoking cessation programs and health resources in the Northeast Tennessee Region that are here to help you quit smoking and stay smoke-free!

**Northeast Tennessee Smoking Cessation Programs and Health Resources**

<table>
<thead>
<tr>
<th>Program Name:</th>
<th>“Beat the Habit” Smoking Cessation Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sponsoring Organization:</td>
<td>Health Resources Center/</td>
</tr>
<tr>
<td>Address:</td>
<td>The Mall at Johnson City</td>
</tr>
<tr>
<td>Phone:</td>
<td>423-915-5200</td>
</tr>
<tr>
<td>Program Fees: Orientation</td>
<td>Free Introductory $80 for series (1 introductory session, 4 quit sessions and 3 maintenance sessions)</td>
</tr>
<tr>
<td>Program Description:</td>
<td>Program to support those in need of assistance with cessation of tobacco use, smoking, and nicotine addiction.</td>
</tr>
<tr>
<td>Meeting Information:</td>
<td>Please call for orientation meeting times. Participants will determine best time to meet.</td>
</tr>
<tr>
<td>Health Resource Name:</td>
<td>Sullivan County Health Department</td>
</tr>
<tr>
<td>----------------------</td>
<td>-----------------------------------</td>
</tr>
<tr>
<td><strong>Address:</strong></td>
<td><strong>Kingsport Office</strong>&lt;br&gt;1041 East Sullivan Street&lt;br&gt;Kingsport, Tennessee 37660</td>
</tr>
<tr>
<td></td>
<td><strong>Blountville Office</strong>&lt;br&gt;154 Blountville Bypass&lt;br&gt;Blountville, Tennessee 37617</td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td><strong>Kingsport Office</strong>&lt;br&gt;423-224-1600</td>
</tr>
<tr>
<td></td>
<td><strong>Blountville Office</strong>&lt;br&gt;423-279-2777</td>
</tr>
<tr>
<td><strong>Program Fees:</strong></td>
<td>8:00 a.m. - 4:00 p.m.&lt;br&gt;Monday-Friday&lt;br&gt;All services are by appointment only.&lt;br&gt;Please call to schedule an appointment.</td>
</tr>
<tr>
<td><strong>Program Description:</strong></td>
<td>A number of programs and services are available for expectant mothers, new mothers, children and their families. Call for additional information.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Health Resource Name:</th>
<th>Washington County Health Department</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong></td>
<td>415 State of Franklin Road&lt;br&gt;Johnson City, TN 37601</td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>423-975-2200</td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
<td>8:00 a.m. - 4:30 p.m.&lt;br&gt;Monday-Friday&lt;br&gt;All services are by appointment only.&lt;br&gt;Please call to schedule an appointment.</td>
</tr>
<tr>
<td><strong>Program Fees:</strong></td>
<td>Many of the programs are free, require only a minimal fee, or are offered on a sliding fee scale. Call for additional information.</td>
</tr>
<tr>
<td><strong>Program Description:</strong></td>
<td>A number of programs and services are available for expectant mothers, new mothers, children and their families. Call for additional information.</td>
</tr>
</tbody>
</table>
5. Your Sources of Support
List your top 3 sources of support:

List your top 3 support people:

---

If You Slip, Remember Your TIPS

You may be asking yourself, “What if I slip?” Remember, SLIPS ARE NOT FAILURES AND THEY ARE NOT NECESSARILY A RELAPSE... THEY ARE LEARNING EXPERIENCES! Learn from your slip: Why did you slip? How can you avoid such a slip in the future? Whatever you do if you slip, DON’T GIVE UP and DON’T GIVE IN!

**Don’t Set Out To Slip, But If You Do:**

- Pick Up the Pieces
- Remind Yourself Why You Wanted to Quit
- Remind Yourself That You Can Quit
- Review Your Quit Plan
- Add This Slip to Your List of Triggers and Decide How You Will Stay Smoke-Free if You Encounter This Trigger Again!
- Destroy Any Other Cigarettes and All Smoking Paraphernalia Around You
- Set a New Quit Date
- QUIT AGAIN!
“If you have made mistakes, there is always another chance for you. You may have a fresh start any moment you choose, for this thing we call ‘failure’ is not the falling down, but the staying down.”

—Mary Pickford

Don’t Let Slips Decrease Your Confidence In Your Ability To Quit!

YOU CAN DO IT!

STAY SMOKE-FREE...
AFTER YOUR BABY IS BORN!

“When you feel like giving up, remember why you held on for so long in the first place.”

—Unknown

Just because you give birth does not mean that you should start smoking again. Think of how hard you worked to get to where you are!! Do you really want to throw that all away? Think of how much you have improved your health by not smoking! Do you really want to jeopardize your health like that again?

Not to mention…

If you smoke after giving birth, you will still be putting your baby’s health at great risk!

If you smoke around your baby or smell like smoke when you are around her/him, you are exposing your baby to secondhand smoke and subjecting her/him to the cancer-causing and other chemicals in cigarette smoke. (REMEMBER THE DANGERS OF SECONDHAND SMOKE!) Not to mention, if you smoke while you are breastfeeding the chemicals in the cigarette smoke may also get into your breast milk. Subjecting your newborn baby to the chemicals in cigarettes has many of the same terrible consequences to your baby’s health as smoking while you are pregnant!!
Finding New Strength

REMEMBER

Asthma, sudden infant death syndrome, more trips to the doctor, more money spent on medical care, developmental, learning and behavior problems, the list goes on and on!

Keep in mind, secondhand smoke includes the smoke that comes from other people smoking in your home or around your baby! Remember your smoke-free zones and ask others not to smoke around you OR your baby!

How Do You Stay Smoke-Free?

Be prepared for the additional stressors of having a new baby in the home. Practice your new coping techniques and stress relievers. Remind yourself and others of your commitment to quit and why you want to stay smoke-free!

Don’t Just Plan to Quit…

Plan to Stay Quit!

Giving Your Baby a Healthy Start Doesn’t End at Birth!
You have now taken your first step to living a life without cigarettes!

In front of you, you have a list of reasons HOW and WHY you CAN quit smoking! Now let’s take a look at what you can do in the days leading up to your quit date.

**REMEMBER**

**R**emove all ashtrays and cigarettes

**R**evieW your quit plan

**R**ehearse your smoking alternatives

**R**eCall your triggers and new coping skills

**R**eward yourself regularly for all of your successes

(remember your “wants”!)
Take It Day By Day:

The 5-Day Countdown To Quitting*


5 Days Before Your Quit Date:
✓ Think about your reasons for quitting.
✓ Tell your friends and family you are planning to quit.
✓ Stop buying cigarettes.

4 Days Before Your Quit Date:
✓ Pay attention to when and why you smoke.
✓ Think of other things to hold in your hand instead of a cigarette.
✓ Think of habits or routines to change.

3 Days Before Your Quit Date:
✓ Think about what you will do with the extra money when you stop buying cigarettes.
✓ Think of whom to reach out to when you need help.

2 Days Before Your Quit Date:
✓ Think of how you will reward yourself.
✓ Remember your ways to relieve stress and cope.

1 Day Before Your Quit Date:
✓ Throw away lighters and ashtrays.
✓ Throw away ALL cigarettes and matches.
✓ Clean your clothes to get rid of the cigarette smoke.
Congratulations
Welcome to a Smoke-Free Life!

✓ Keep very busy.
✓ Remind family and friends that this is your quit day.
✓ Stay away from alcohol.
✓ Give yourself a treat.
IF YOU ARE NOT YET READY TO QUIT

You may be saying to yourself, “YEAH, YEAH… I’ve heard it all before, but I just don’t want to quit!”

There may be many reasons why you just don’t feel like quitting, so let’s take a look at some of these.

Maybe you:

- Tried to quit in the past and feel like you were unsuccessful then, so why would this time be any different?
- Think it will be too hard.
- Think smoking doesn’t harm you or your baby.
- Think it helps you concentrate, cope with stress, or relax.
- Think it helps you lose weight or keeps you slim.
- Smoked through one pregnancy and believe that it didn’t affect your child.
- See everyone around you smoking and don’t know how to be around others without smoking too.
- Feel like you wouldn’t get any support in your attempt to quit.
- Have been smoking so long, you think that it’s too late to quit or that it won’t make a difference now.

If any of these reasons ring true for you, keep reading!
You may just learn a little something new about your ability to successfully quit smoking and stay smoke-free!

You tried to quit in the past and feel like if you weren’t successful then, how will this time be any different?

So, you think this time will be like all the others? Well, did you know that most smokers attempt to quit several times before they ultimately succeed! Each time you attempt to quit, you are learning more and more about how you can eventually succeed at quitting down the road. You learn what stands in your way and how you can prevent letting those same barriers stand in your way next time! Think of it this way—each attempt you are becoming an expert quitter. You will eventually smoke your very last cigarette as that final quit attempt leads you to a smoke-free life!
You think it will be too hard

No one said it would be easy! Yes, it may be quite difficult, but you and your baby are worth it! There are many other healthy habits (and many that are much less expensive) that can substitute the role that cigarettes play in your life. Knowing what to expect and preparing for difficulties are half the battle. You are stronger than you may think and you are definitely strong enough to conquer the addiction!

Are you afraid of the withdrawal symptoms?

If you are like the majority of former smokers, you will have withdrawal symptoms and cravings when you give up cigarettes, but keep in mind these 3 facts:

1. Withdrawal symptoms are usually most intense only during the first 5-7 days and after that they diminish over a few weeks.
2. Most cravings only last around 2 minutes.
3. The craving will pass whether you smoke or not.

If you learn ways to cope with the withdrawal symptoms and find effective ways to handle these stressful days, you will be able to stay strong and smoke-free even during the toughest times! See page 23 for a list of possible withdrawal symptoms, why they are occurring, how long they may last, and what you can do to help lessen the negative effects!
You don’t think that smoking harms you or your baby

It does!!!

A list of all the health problems associated with the more than 4,000 cancer-causing and other toxic chemicals you breathe in while smoking or when you are around secondhand smoke would fill this entire manual! Look on page 4 to see a description of some of the many chemicals in cigarettes. Many people refer to smoking as a slow form of suicide!

A single cigarette can take 7 minutes off your life!

Smoking is deadly!

When you are pregnant, the smoke that you inhale either through the cigarette or in the air around you actually gets absorbed into the placenta and affects your baby in much the same way that it affects you. But your baby is in the process of developing both mentally and physically. So, it can actually be more harmful to the baby and have long-lasting effects. A baby that has been exposed to cigarette smoke either before and/or after being born can experience many physical, mental, behavioral or attention problems even later in life. In addition, your doctor’s bills may be higher due to your infant being more prone to a number of illnesses and even chronic infections such as asthma.

The good news, however, is that the damage is reversible. You can see the benefits of not smoking within hours of quitting, and the benefits keep getting better and better the longer you stay smoke-free. Quitting smoking is the single MOST beneficial thing you can do to improve the health of your baby. Contrary to the mistaken belief that some women have, there is absolutely NO evidence that quitting smoking while you are pregnant will cause harm to your baby. See page 6 for a list of some of the many benefits that both you and your baby will experience if you quit smoking.
You smoked through an earlier pregnancy and didn’t have any problems

There are many harmful outcomes associated with smoking while you are pregnant, and you must remember that every pregnancy is different! There are a number of factors that can influence not only how, but also how severely the chemicals that you inhale while smoking will harm your baby. Stress, nutrition, increased age, environmental factors and overall health, all of which may be very different during your current pregnancy than during your last, can change how much your baby will be harmed by cigarette smoking. You are gambling with your baby’s health and well-being when you choose to smoke during pregnancy.

You think it helps you concentrate, cope with stress, relax

Your belief that you are better able to concentrate, cope, relax, etc. when you smoke is common, but let’s take a closer look at what is really happening. The “high” that you get from smoking only lasts around 10 seconds. What you are actually experiencing is the addictive effects of the nicotine. Some of the withdrawal symptoms include possibly feeling anxious, jittery and foggy-headed, so when you start to feel these and immediately pick up a cigarette to smoke, you are not really relieving the underlying stress, you are merely satisfying your addiction. Those side effects will naturally go away. These withdrawal symptoms however do not last long. If you can make it though those early stages and find new and better ways to relax and cope, you will not only feel better but be much healthier!! See pages 24-25 for suggestions on how to cope with negative emotions, decrease stress, and manage your withdrawal symptoms.
You think that it helps you lose weight or keeps you slim

This is a big concern for most women wanting to quit smoking. It is true that smoking is an appetite suppressant. It also damages your taste buds, so your food actually doesn’t taste as good either. So it is only natural that when you quit smoking you may notice that you are a little more hungry or that your food starts to smell and taste better (and so you may want to eat more of it simply for the sake of enjoying food again). This does not mean, however, that you will necessarily gain weight.

Only 1/3 of people who stop smoking gain weight, and the average weight gain is less than 10 pounds!

If you eat a healthy diet and get regular exercise (check with your doctor about safe exercises during pregnancy), then you can maintain your weight and become healthier overall!!

Everyone around you smokes

This is a biggie! It is hard enough to quit when you are the only one around you who smokes, but when you are surrounded by other smokers, the pressure to slip and smoke may feel overwhelming! Not to mention, the effects of secondhand smoke can be as dangerous to you and your baby as you actually smoking.

But it is possible to succeed even when confronted with such barriers!

There are many ways to manage these situations and make it easier for you to quit. See pages 27-29 on secondhand smoke and handling others who smoke around you.
You feel like you wouldn’t get any support in your attempt to quit

There are many different kinds of support out there to help you quit smoking and stay smoke-free: telephone quit lines, your health care provider, smoking cessation support groups, web sites, counselors, smoking cessation coaches, self-help books, etc. Many people feel like they are all alone in their attempt to give up cigarettes, but you are not alone! There are many people out there who are very eager to help you quit smoking! See pages 32-33 for a list of resources!

You have been smoking so long, you think that it’s too late to quit or that it won’t make a difference now

It is never too late to quit smoking! If you look at the smoking cessation health timeline on page 7, you will see that even after a few hours your health will begin to improve! Over the course of a year your health will improve substantially, and after a few more years of being smoke-free your chances of developing certain life-threatening illnesses can even return to that of a nonsmoker! As for the health of your baby, even hours after you quit smoking, your baby is getting more oxygen and is being exposed to many fewer toxins.

Quitting now is best, but quitting any time is beneficial—
For both you and your baby!
1. Adopt healthier eating habits. Eat a balanced diet, paying special attention to eating more fruits, vegetables, whole grains and lean protein.

2. Pay attention to the role that smoking plays in your life.

3. Observe the ways nonsmokers respond to situations to which you respond by smoking.*

4. Carefully observe other smokers, paying special attention to the negative aspects of the habit.*

5. Increase your physical activity (again, always consult a physician before exercising while pregnant).

6. Become aware of times when you find yourself smoking more or less than usual.

7. Smoke in front of a mirror, watching yourself closely from the first puff to the last.*

8. Become more self-confident. Write down what qualities you like about yourself and are important to you. Are your smoking habits connected to these qualities in any way?

9. Seek out people who have recently quit smoking and find out how and why they quit.*

10. Try new ways of reducing stress and find out what works for you: schedule quiet time, learn relaxation techniques, go for a walk, take a warm bath. (See pages 24-25 for a full list of some stress-reducing behaviors.)
11. Several times a day, think of yourself as a nonsmoker. How would your life be different? What would be more difficult? What would be easier?

12. Ask yourself if there are any ways quitting smoking would improve your life.

13. Tell close friends and family that you are considering healthy lifestyle changes, including healthy alternatives to smoking.

14. Reward yourself for becoming more aware of your smoking patterns or choosing to improve your health. Reward yourself for any step you take to live a healthier life for you and your baby! You are worth not only the reward, but also living a full, long, healthy life! *


“Instead of giving yourself reasons why you can’t, give yourself reasons why you can.”

—Unknown
MY QUIT DATE IS:
YOUR PERSONAL SMOKING CESSION CONTRACT

I, _________________________________

AGREE TO STOP SMOKING ON ________________________________.

DATE

I understand that stopping smoking is the single best thing I can do for my health and the health of my unborn baby! I am committed to staying SMOKE-FREE and I know I can do it!

_________________________________           ______________________________
Patient’s Signature                       Professional’s Signature
Your Smoking Habits
(See pages 10-13)

I smoke most often when…


Where I smoke the most…


I most often smoke with these people…


Your Reasons For Smoking
(See pages 11-13)

I smoke because…


Your #1 Smoking Trigger is:


Finding New Strength  53
Past Attempts to Quit: What Worked and What Didn’t?  
(See page 15)

These helped me to stop:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

These triggered me to start again:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Life Without Tobacco  
(See page 16)

I want to be a nonsmoker because:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Temptation Busters and Smoking Alternatives
(See page 21)

My smoking habit:


My smoking alternative:
Planning for a Successful Withdrawal
(See pages 22-24)

Top 3 withdrawal symptoms I am most concerned about and ways I will prepare to handle these:

Withdrawal symptom:


Coping strategy:


Relieving Stress and Coping with Unpleasant Emotions
(See pages 24-25)

The ways I will relieve stress are...

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Others Smoking Around You
(See pages 26-29)

I will handle people smoking around me by...
Sources of Support
(See pages 30-34)

My top 3 sources of support are:

My top 3 support people are:

Reward Yourself Regularly
(See page 8)

Things I want to do or buy with the money I save from NOT smoking:

Other Ways I Plan to Reward Myself for Committing to a Smoke-Free Life:
“Take control of your destiny.
Believe in yourself.
Ignore those who try
to discourage you.
Avoid negative sources,
people, places, things and habits.

Don’t give up
and don’t give in.”

—Wanda Hope Carter
ADDITIONAL REFERENCES


Smoke Free. Available at: http://www.smokefree.gov.


