



Tennessee Tobacco
QUITLINE

1-800-QUIT-NOW

1-800-784-8669

 **800-969-1393**

www.tnquitline.org

Getting ready to quit

Find out why you use tobacco and why you want to quit.

Why do you use tobacco?

- It makes me feel better when I'm stressed and worried.
- I'm addicted to the nicotine in tobacco.
- I use tobacco out of habit.
- Using tobacco helps me feel at ease in social situations.
- I use tobacco as a reward for getting through a tough situation.
- I use tobacco because I have cravings.

Why do you want to quit?

- I want to be a healthier person. If I quit smoking, I will lower my risk of heart disease, cancer, and many other smoking-related health problems.
- I want those around me to be healthier, and I want to set a good example for them.
- I am pregnant.
- I want to have more energy.
- I want to have more money to save or spend.
- My doctor recommended that I quit.

Now ask yourself:

- Do my reasons for quitting matter more than my reasons for smoking?
- Do these reasons seem important enough to make me want to quit soon?

I'm ready to quit, now what?

When you quit using tobacco, it is important to see where, when and what triggers cause you to light up or dip.

Studies have shown that these steps will help you quit for good. You have the best chance of quitting if you use them together:

1. GET READY! *Set a quit date.*

My quit date:

Change your environment.

- Get rid of ALL tobacco products and ashtrays in your home, car and work.
- Don't let people smoke in your home or your car.

Review your past attempts to quit. Think about what worked and what did not.

From now until you quit, buy one pack at a time and change brands every time you buy tobacco.

2. GET SUPPORT!

List two people you can call.

Name: _____

Number: _____

Name: _____

Number: _____

3. LEARN NEW SKILLS AND BEHAVIOR

- Try to distract yourself from urges to use tobacco. Talk to someone, go for a walk, or get busy with a task.
- When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

4. CHOOSE YOUR METHOD OF QUITTING

Discuss options with a counselor or healthcare provider.

- Cold Turkey
- Nicotine Patch
- Nicotine Gum or Lozenge
- Medication
- Cutting Down
- Telephone or Online Counseling
- Class
- Buddy System

What if you use tobacco again?

If you slip, it's OK! Ask yourself, "Why am I using tobacco right now?"

- Is it withdrawal? *Look for a better way to handle the discomfort.*
- Is it stress or anger? *Remember the Four D's (Deep breathing, Drink water, Do something else, Delay for 10 minutes). Take a walk or call your support person.²⁰*
- Did someone offer you tobacco and you took it? *Try to stay away from people with tobacco for a while.*

Don't let this slip set you back, just pick up where you were and continue being tobacco-free!

Call **1-800-QUIT-NOW** or
1-800-784-8669

to speak to a counselor to help you get back on track and become tobacco-free!

HOURS OF OPERATION

Monday - Friday: 7 a.m. - 10:00 p.m. CST

Saturday: 8:00 a.m. - 5:00 p.m. CST

Sunday: 10:00 a.m. - 4:00 p.m. CST



<http://health.tn.gov/tobaccoquitline.htm>

