

Thinking About Quitting?

MaineHealth
Center for Tobacco
Independence

Why Are You Thinking About Quitting?

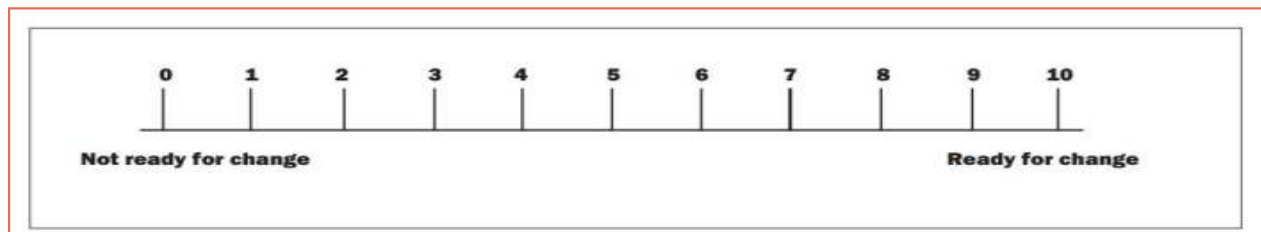
If you are thinking about quitting, you are not alone. Almost 70% of smokers want to quit, acknowledging the health benefits, cost savings, and improved lifestyles that will follow. But, tobacco dependence is a very real, complex condition that affects both the mental and physical parts of the body.

It is important to think about why you are interested in quitting:

- ◆ What would motivate you to quit?
- ◆ What needs to happen for you to try to quit?

Better understanding your personal reasons for quitting can help increase your motivation.

How ready are you to change your tobacco use? What would help you move along the scale?



Don't be discouraged if you have tried before. It takes practice to quit for good. Each time you try, you learn more about what it takes to meet your goal, so you are stronger with every new quit. Remember that there are more former smokers than current smokers. When you are ready to make a quit attempt, there are resources and supports available to help!

Throughout this booklet, you will be provided with exercises and information that can provide support for being tobacco-free. For quit support, call the Maine Tobacco HelpLine at **1-800-207-1230** or visit www.theQuitLink.com/Ready-To-Quit to enroll online.

What Happens When You Quit?

No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. It will be one of the best decisions you make for your health.



Learn more:

<https://thequitlink.com/thinking-about-quitting/health-benefits/>

Think About Your Reasons for Quitting

Reasons To Quit Worksheet

Everyone has their own reasons for quitting smoking. Remind yourself of them every day. They can inspire you to stop smoking for good. Whatever your reasons, you will be amazed at all the ways your life will improve when you become smoke-free.

Use this worksheet to help inspire your healthier lifestyle.

The reasons I want to quit are:

My Health and Appearance:

- My chances of having cancer, heart attacks, heart disease, stroke, cataracts and other diseases will go down.
- I will be less likely to get sick.
- I will breathe easier and cough less.
- My blood pressure will go down.
- My skin will look healthier, and I will look more youthful.
- My teeth and fingernails will not be stained.

My Lifestyle:

- I will have more money to spend.
- I can spend more time with family, catch up on work, or dive into my favorite hobby.
- I won't have to worry about when I can smoke next or where I can or can't smoke.
- My food will taste better.
- My clothes will smell better.
- My car, home and kids won't smell like smoke.
- I will be able to smell food, flowers and other things better.

My Loved Ones:

- I will set a great example for my kids; it takes a lot of strength to quit.
- My friends, family, coworkers and other loved ones will be proud of me.
- I will protect my friends and family from the dangers of secondhand smoke.
- My children will be healthier.
- I will have more energy to do the things I love with friends and family.
- I will get healthy to make sure I am around to share in my family's special moments.

Use this space below to make a list of all the reasons you want to be smoke-free. Cut it out, and keep it in a place where you'll see it often. When you feel the need to smoke, take a look at this list to remind yourself why you want to quit.

THEQUITLINK

Download resource at:

<https://thequitlink.com/tools-to-quit/before-you-quit/>

Understanding Addictions and Cravings

Successful quitting isn't just about willpower. There is a reason it is really tough!

If you use tobacco regularly, you probably have an addiction to nicotine. Addiction is caused by the nicotine in tobacco products. When you are addicted to nicotine, your body wants more and more tobacco. Addiction is complex, impacted by 3 major components:



Understanding the three components:

- ◆ **Biological:** The physical addiction to nicotine including experiences of withdrawal and craving when you stop using tobacco.
- ◆ **Psychological:** The psychological addiction to tobacco use including patterns of use when you do certain things (i.e., drink coffee, drive, visit friends) or feel certain things (i.e., stress, sadness, anger, anxiety, frustration).
- ◆ **Social Context:** Life factors that support continued use (i.e., community culture, distance to care, financial, personal relationships) .

Quitting tobacco is hard and it is possible to succeed. The right tools can really help!

Tools for Quitting: Maine Tobacco HelpLine

1-800-207-1230

MAINE TOBACCO HELPLINE

The Maine Tobacco HelpLine answers your questions and offers friendly support to people thinking about quitting or ready to quit smoking, or those who want to help a friend or family member quit. The HelpLine also provides free Nicotine Replacement Therapy through their Medication Program to those eligible.

Why You Should Call the Maine Tobacco HelpLine:

- ◆ It's free and totally confidential.
- ◆ The HelpLine offers positive, supportive assistance and won't pressure you or put you down.
- ◆ There is personal support geared to your life.
- ◆ It is all by phone, on your schedule.
- ◆ You are 2-3 times more likely to quit with the HelpLine than when you try to quit on your own.

What Happens When you Call the Maine Tobacco HelpLine:

- ◆ You'll be asked questions to see what kind of help you need.
- ◆ If you are ready to quit, a Quit Coach will help you set a quit date and make a plan just for you.
- ◆ The Quit Coach will help you think of ideas and ways to cope with urges to smoke.
- ◆ Discuss using nicotine replacement therapies and let you know if you qualify for the Medication Program.
- ◆ Your Quit Coach will help you feel comfortable talking about smoking.
- ◆ With your ok, the HelpLine will set follow-up calls for ongoing support.

Enroll for HelpLine services online at:
<https://thequitlink.com/ready-to-quit>

Tools for Quitting: Identify Your Keys for Success

Quitting smoking is hard, but it's not impossible. Here are some keys to success:

1. GET READY

- ◆ Set a quit date and stick to it.
- ◆ Get rid of all tobacco products in your home and car.
- ◆ Think about past quit attempts. What worked and what didn't.

2. GET SUPPORT AND ENCOURAGEMENT

- ◆ Tell your family, friends and coworkers that you are quitting.
- ◆ Talk to your doctor or other health care provider.
- ◆ Get group or individual counseling. It doubles your chance of success.
- ◆ Get free support by calling 1-800-207-1230.

3. LEARN NEW SKILLS AND BEHAVIORS

- ◆ When you first try to quit, change your routine.
- ◆ Reduce stress.
- ◆ Distract yourself from urges to smoke or use tobacco.
- ◆ Plan something enjoyable to do every day.
- ◆ Drink a lot of water and other fluids.

4. GET MEDICATION AND USE IT CORRECTLY

- ◆ Talk to your health care provider or the Maine Tobacco HelpLine about which medication will work best for you.

5. BE PREPARED FOR RELAPSE AND DIFFICULT SITUATIONS

- ◆ Avoid alcohol.
- ◆ Be careful around other smokers.
- ◆ Manage stress and mood with new strategies.



My Quit Date:



Who I Will Reach Out To:



Behaviors I Will Focus On:



My Medication Plan:



How I Will Prepare:

Download resource at:

<https://thequitlink.com/tools-to-quit/before-you-quit/>

Tools for Quitting: Understand your Triggers

Know Your Triggers Worksheet

If you are a regular smoker, smoking has become linked with nearly everything you do. Before you quit, know your triggers.

Here are some common triggers and solutions to help you fight the urge when it occurs.

Trigger

Stress. For years you have used tobacco as a way of dealing with stressful situations. This can include happy celebrations too.

A Solution



Begin thinking about ways to cope with stress—and ways to reward yourself—without tobacco use. Fun activities, talking with a trusted friend, saving up money for special rewards, exercise. These are some of the ways to cope that others have discovered. Having trouble thinking of ideas on your own? Speak with your health care provider or call The Maine Tobacco HelpLine.

Trigger

Smelling tobacco smoke. For some people, the smell of tobacco—or even just being around others when they are smoking—can be too tempting.

A Solution



Try to avoid smoking situations for the first few weeks. It may be hard to avoid entirely, but the more you can, the easier it becomes. When it can't be avoided, think in advance about who else might be present that doesn't smoke. Try hanging out with him or her.

Trigger

Consuming alcohol. Many people have found that drinking even small amounts of alcohol can trigger a return to smoking.

A Solution



Unless alcohol is also a problem for you, most people don't need to give it up for good but many find that they need to stay away from drinking for the first couple of weeks.

Trigger

Not enough medication or coming off of it too soon. It happens that people using nicotine gum, lozenge, inhaler or nasal spray, may not use enough. Also, with almost all tobacco treatment medication, people often come off it too soon.

A Solution



Don't wait for a craving to hit. It may be too late. With the gum, lozenge, inhaler and nasal spray, try taking it as directed periodically throughout the day. This will keep a steady supply of medicine in your body to help with any cravings. For all tobacco treatment medicines, take the medication for at least 8 weeks.

Trigger

Too much caffeine. When people quit smoking, caffeine can begin to affect the person more strongly than when still smoking. This can add to feelings of anxiety, restlessness and difficulty sleeping.

A Solution



Cut back on the amount of coffee, tea or soft drinks containing caffeine that you consume. With coffee, try mixing in some decaf with every cup you drink.

Trigger

After you quit, you believe that you can have "just one." This usually leads to another one after that, and then another.

A Solution



Remind yourself that cravings to smoke are like an itch: the more you scratch, the worse the itch. You don't have to worry about quitting for a lifetime, just take it one step at a time.

Download resource at:

<https://thequitlink.com/tools-to-quit/before-you-quit/>

Taking the Next Step: Remember Your Reasons for Wanting to Quit

Thinking about quitting is the first step!

You can succeed at quitting even if you have mixed feelings about giving up tobacco use. This guide provided information to enhance your understanding of addiction and tools to build your personal skills and strengths for quitting. And remember, there are resources to help you.

You are 2-3 times more likely to quit with the Maine Tobacco HelpLine than when you try to quit on your own.



Get support by contacting the HelpLine at **1-800-207-1230**, you can also register for HelpLine services online by visiting www.theQuitLink.com/ready-to-quit.

Stay connected and get quit tips by connecting with the QuitLink through the website and social media channels:

- ◆ theQuitLink.com
- ◆ [Facebook.com/QuitLink](https://www.facebook.com/QuitLink)
- ◆ Twitter: [@QuitLink](https://twitter.com/QuitLink)
- ◆ Instagram: [@theQuitLink](https://www.instagram.com/theQuitLink)



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It's free, It's Confidential and It Really Works.

1-800-207-1230

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The work on behalf of the QuitLink and Maine Tobacco HelpLine is administered by MaineHealth Center for Tobacco Independence. The QuitLink is funded through the Maine Center for Disease Control and Prevention.