

Break free  
from smoking.  
We can help.

#### OUR MISSION

As people of Providence,  
we reveal God's love for all,  
especially the poor and vulnerable,  
through our compassionate service.

#### OUR CORE VALUES

Respect, Compassion, Justice,  
Excellence, Stewardship

#### Providence Smoking Cessation Services

503-574-6595  
1-800-562-8964

[www.providence.org/stopsmoking](http://www.providence.org/stopsmoking)



## Resources to help you break free

- **Tobacco Quit Line**  
**1-800-QUIT-NOW (800-784-8669)**  
**[www.quitnow.net/oregon](http://www.quitnow.net/oregon)**  
 Get free phone advice, support and referrals from expert quit coaches.
- **Providence classes, counseling and support**  
**503-574-6595 | 800-562-8964**  
 Connect with help through the Providence Resource Line.
- **Providence online resources**  
**[www.providence.org/stopsmoking](http://www.providence.org/stopsmoking)**  
 Link to Providence articles, information and resources to help you quit.
- **Quit for Life®**  
**1-866-QUIT-4-LIFE (1-866-784-8454)**  
**[www.quitnow.net](http://www.quitnow.net)**  
 Receive 12 months of phone support and advice from a quit counselor.
- **Become An Ex**  
**[www.becomeanex.org](http://www.becomeanex.org)**  
 Take three steps to become an ex-smoker with this free online program.
- **Freedom From Smoking**  
**[www.ffsonline.org](http://www.ffsonline.org)**  
 Get online information and support from the American Lung Association.
- **Your doctor**  
 Make an appointment with your doctor to talk about nicotine patches, medications and other tools that can help you break free.

## Ready to quit?

Breaking free from smoking is one of the best choices you'll ever make. No matter what your age or how long you've been smoking, it's never too late to quit, and you'll never regret it. You'll feel better, get sick less often, gain better control over your health, save money – and probably live a longer life.

Breaking free from smoking may not be easy, but the most important things in life rarely are. This is an effort well worth making, both for yourself and for the people who care about you.

You don't have to do this alone. Studies show that getting support – from a stop-smoking class, an online program, a phone-based quit program or your doctor – will increase your chances of quitting for good.

### **We can help you succeed.**

Providence has helped thousands of people quit. We want to help you, too. In this booklet, we've laid out our best tips to help you:

- Tap into your motivation
- Plan for success
- Line up support
- Take the next step
- Commit to quit
- Stay smoke-free

You've taken the first step by opening this booklet. We encourage you to keep going.

***Can't you just taste the freedom?***

## It's never too late to quit for your health.

Some people think that after they've reached a certain age or a certain stage in their health, it's too late to quit. But it's never too late. Breaking free from tobacco improves your health within minutes, and it keeps improving your health every hour, every week, every month and every year.

Smoking cuts an average of eight years off of people's lives. Smokers are twice as likely to have a heart attack, five times more likely to die suddenly from a heart attack, and 15 to 30 times more likely to develop lung cancer or to die from it. People who smoke show signs of aging sooner, get sick more often and stay sick longer.

As soon as you quit, you start to turn your odds around. If you're already living with a health condition, such as diabetes, heart disease or chronic bronchitis, quitting is one of the best things you can do to improve it.

### Good for you – good for the people you love

Quitting doesn't just benefit you – it also benefits the people you care about most. The smoke that comes from your burning cigarettes is even more toxic than the smoke you inhale directly. It harms people who breathe the smoke in the air around you – especially children and the elderly. It can increase their heart rate and blood pressure, and it puts them at higher risk of having health problems in the future. The sooner you quit, the better it is for them.

### Health benefits of quitting

- **Within 20 MINUTES of quitting:**  
Your heart rate and blood pressure go down.

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- **8 HOURS after quitting:**  
The oxygen level in your blood goes back up to normal.

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- **1 DAY after quitting:**  
Your risk of having a heart attack drops.

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- **2 DAYS after quitting:**  
You start to taste and smell things better.

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- **2 WEEKS TO 3 MONTHS after quitting:**  
Your lungs work better, coughing goes away and your blood flow improves.

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- **1 YEAR after quitting:**  
Your risk of a heart attack drops sharply, and your risk of heart disease drops to half the risk of a smoker.

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- **5 TO 15 YEARS after quitting:**  
Your risk of a stroke goes back to that of a nonsmoker.

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- **10 YEARS after quitting:**  
Your risk of lung cancer falls to half the risk of a person who is still smoking, and your risk of ulcers and many other cancers also drops.

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- **15 YEARS after quitting:**  
Your risk of heart disease goes back to the same as a nonsmoker's, and your risk of dying returns to the same as a person who never smoked.

## Tap into your motivation.

Your health can be a powerful motivator to quit smoking. There are many other excellent reasons, too: the money you'll save, the good example you'll set for your children, the health and well-being of your family. What motivates you?

Check the reasons on the next page that mean the most to you, and add your own reasons. Then make a list of your top reasons to quit.

Keep a copy of your reasons in your wallet, in your car, on your mirror, on your desk – anywhere you'll see it often. Make sure you can't get through the day without seeing this reminder of why you want to quit smoking.

### Why I want to quit:

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### Reasons to quit

- I will be far less likely to get lung cancer.
- I will be far less likely to have heart problems.
- I will be far less likely to get emphysema.
- It will help lower my blood pressure.
- I will have less trouble with asthma and bronchitis.
- My heartburn will improve.
- I will get sick less often and recover faster.
- My health in general will improve.
- I want to be around longer for my family.
- I will be more likely to have a healthy baby.
- I will have more energy.
- I will be more productive at work and home.
- I'll be setting a good example for my children.
- My children will be less likely to smoke.
- I'll breathe better.
- My coughing and throat-clearing will go away.
- I'll be able to taste and smell food better.
- My clothes, body, hair and breath won't smell like cigarettes anymore.
- I won't have to go out in the cold for smoke breaks.
- I will save \$2,256 a year on a pack-a-day habit.\*
- I will feel more free and in control of my life.
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- \_\_\_\_\_
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\*Based on the \$6.18 average price of a pack of cigarettes in the United States in 2014.



## What can you gain from quitting?

Remembering all the ways your smoke-free life will be better can motivate you to quit and to stay smoke-free. Ask yourself:

### If I woke up tomorrow as a nonsmoker...

What would I like about that?

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How would my life be better?

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What would my friends and family say?

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### If I decided to keep smoking...

What would I not like about that?

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What health problems would keep bothering me?

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What would my friends and family think?

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## Learn from the past.

If you've quit before but started smoking again, it doesn't mean you won't succeed this time. In fact, you are one step closer to breaking free for good.

Now you know what your biggest temptations are. Use your past experience to help you plan better ways to steer clear of temptation this time.

### Think about when you've tried to quit before:

What went well?

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What got in the way?

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What will you do differently this time?

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## Disarm your smoking triggers.

Smoking often goes hand in hand with certain moods, feelings, activities and routine events in your day. You have a cup of coffee, for example, and that triggers you to reach for a cigarette without even thinking about it.

One of the keys to quitting is to understand your triggers. Once you understand them, you can make changes that will help you avoid or resist those triggers.

### What are your triggers?

#### I smoke when I'm feeling...

- Stressed
- Nervous
- Depressed
- \_\_\_\_\_
- \_\_\_\_\_

#### I smoke when I am...

- Around people who smoke
- Drinking alcohol
- Having coffee
- Finishing a meal
- Talking on the phone
- Driving
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- \_\_\_\_\_

Putting new routines in place can help you break the links with your old smoking habits. Here are some strategies that have worked for other ex-smokers. Which ones might help you disarm your triggers?

### To break the link with my triggers, I will try:

- Switching from coffee to tea in the morning
- Leaving the table right after I eat
- Taking walking breaks instead of smoking breaks
- Reaching for a glass of water instead of a cigarette
- Having cut-up veggies ready to snack on
- Re-reading my reasons for quitting
- Talking to a supportive friend or a quit coach
- Using nicotine patches or gum
- Replacing smoking with a new activity, such as knitting or doing crossword puzzles
- Taking 10 slow, deep breaths and relaxing my body when I feel the urge to smoke
- Squeezing a stress ball instead of lighting up
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## Line up support.

Our most important advice is to get help. Don't try to quit alone. Today's stop-smoking medications are proven to *double* the success rate for quitting. Joining a stop-smoking class or program ups your chances of success *even more*.

### Medications

Check with your health plan or your employer; many offer stop-smoking medications free or at a discount. Some classes – including Quit for Life – also may entitle you to free or discounted medications.

#### ■ Varenicline (Chantix)

This prescription medication greatly reduces cravings. It may be the most effective stop-smoking therapy available. Talk to your doctor about whether it's right for you.

#### ■ Bupropion (Zyban)

This prescription medication reduces tobacco withdrawal and cravings. It also may prevent some weight gain that can happen when some people quit smoking.

#### ■ Nicotine-replacement therapy

Nicotine replacement can reduce withdrawal and cravings by easing you off of nicotine slowly. You can buy nicotine patches, lozenges and gum over the counter. Inhalers and sprays are available by prescription. If you are pregnant or you have heart disease, talk to your doctor before using any form of nicotine replacement.



### Classes and online/phone support programs

We recommend programs that cover the physical, mental and social aspects of smoking and quitting. Without addressing all three of these, a smoking habit can be very hard to break.

Many programs are free. Others charge a small fee, which some insurance plans or employers may cover. Keep in mind: *Joining a class or program costs much less than a smoking habit.*

#### ■ Providence Smoking Cessation Program 503-574-6595 | 800-562-8964

[www.providence.org/stopsmoking](http://www.providence.org/stopsmoking)

This award-winning series offers excellent support and takes you through the quitting process step-by-step. You will:

- Learn about behavior change and coping skills
- Plan a quit date
- Prepare for life before and after quitting
- Receive support from peers and counselors
- Get help with weight and stress management

#### ■ Tobacco Quit Line 1-800-QUIT-NOW (800-784-8669)

[www.quitnow.net/oregon](http://www.quitnow.net/oregon)

We highly recommend this free service. It pairs you with a trained counselor who can help you make a quit plan, consider medications and connect with local classes and programs.

#### ■ Quit for Life® 1-866-QUIT-4-LIFE (1-866-784-8454)

[www.quitnow.net](http://www.quitnow.net)

Too busy for a class? Quit for Life offers 12 months of phone-based support. Depending on your insurance, it also may include free or discounted nicotine replacement therapy.

### Support from friends and family

In addition to classes, programs and medications, look at the support that you have all around you. Knowing that your friends, family members and co-workers are rooting for you can be more powerful than you realize.

- **Ask for their support.**

Tell them that you plan to quit. Let them know how much their support and encouragement will help you.

- **Name one key support person.**

Consider asking one person – maybe a friend who has already quit and has stayed smoke-free – to be your key support person. This is the first person you'll call when you're struggling with cravings or withdrawal.

- **Buddy up.**

If you know someone who wants to quit, buddy up and quit together. It will increase both of your chances for success.



### Take action.

You've started to picture your life as a nonsmoker. You've written down the most important reasons why you want to quit. You've put together a plan for resisting your smoking triggers. And you've learned about classes, medications and other resources that can boost your chances of success.

So – are you ready to take the next step toward breaking free?

Choose a date when you would like to become smoke-free. Write down your quit date, your quit plan and the rewards you'll give yourself for succeeding. Then sign the Quit Contract in the back of this booklet, and have your key support person and/or your doctor witness it.

**Congratulations!** You're on your way to breaking free from smoking.





## My quit plan

My top reasons for quitting:

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My top strategies for dealing with triggers:

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My top support people:

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My next steps:

- Make an appointment with my doctor
- Enroll in a class
- Sign up for an online/phone program
- \_\_\_\_\_
- \_\_\_\_\_

My rewards for success:

- After **one** smoke-free **day**:  
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- After **one** smoke-free **week**:  
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- After **one** smoke-free **month**:  
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- After **one** smoke-free **year**:  
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## Stay smoke-free.

Your class or program will support you through the process of quitting as you reduce the number of cigarettes you smoke over a period of weeks until, on your quit day, you break free from smoking.

### On your quit day

- Congratulate yourself!
- Tell your friends, family members and co-workers that you quit smoking today. Ask for their continued support to help you remain smoke-free.
- Get rid of all of your cigarettes, lighters and ashtrays. Make sure to check your car and workspace, too.
- Make a clean break by freshening up your home and car to make them smoke-free. Vacuum or clean the carpets to remove tobacco smells. Wash any clothes and coats that still smell like cigarettes. Clean your bedding and furniture.
- Read and re-read your reasons for quitting.
- Do something special for yourself.



## One day at a time

Staying smoke-free is hard at first, but it gets easier day by day. If you experience side effects from withdrawal, remind yourself that they are only temporary. Things will get better.

If you feel angry, anxious, tired or depressed, understand that these feelings are completely normal. Try going for a walk, taking deep breaths, talking to a friend or connecting with your quit coach or support person.

If you crave a cigarette, practice the four Ds: deep breaths, drink water, do something else, and delay. Remind yourself that cravings pass within 10 minutes. If you need more help with cravings, ask your doctor about medications that reduce the urge to smoke.

If you slip up and smoke, don't let it end your quit effort. Recommit, get back on track and keep trying. Remind yourself, every day, how good it's going to feel to look back on a week...a month...and a year of freedom from smoking.

*Success happens one day at a time.  
Today is a great day to start.*



## MY QUIT CONTRACT

FOR THE SAKE OF MY HEALTH, MY FAMILY, MY SELF-ESTEEM AND MY BUDGET, I HAVE DECIDED TO STOP SMOKING CIGARETTES ON:

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
*Month Day Year*

TO CELEBRATE, I PLAN TO TAKE SPECIAL CARE OF MYSELF AND TO REWARD MYSELF BY:

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SIGNED:

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\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
*Month Day Year*

WITNESSES (*my key support person and/or doctor*)

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