



Staying Tobacco Free

A guide to help you
stay tobacco free

1-866-NY-QUITS (1-866-697-8487)

Managing Your Weight



You can stop smoking AND control your weight

- ▶ Do not substitute food for cigarettes.
- ▶ Drink a lot of water and non-sugary drinks.
- ▶ Get active: take the stairs, exercise, take walks after meals.
- ▶ Have low-calorie snacks available.

Reward yourself! You deserve it.

- ▶ Rewarding yourself is another way of keeping your vow to be a non-smoker.
- ▶ Stopping smoking is not easy. You deserve a reward!
- ▶ Save thousands of dollars in one year!
- ▶ Think about all the ways you can reward yourself now that you are not spending all that money on cigarettes:
New TV , Travel, Dinners, Movies...



Slips & Relapses

Remember the **5D's**

1. **D**elay
2. **D**rink water
3. **D**o something else
4. **D**eep breathe
5. **D**iscuss

If you slip and have a cigarette...

Don't feel bad about yourself and don't give up.

- ▶ Get right back on track and don't smoke another cigarette. You can make it through hard times without smoking.
- ▶ Think about what else you can do if this happens again, so you'll be ready next time.

What is a relapse?

- ▶ When you have gone back to smoking close to the amount you were smoking before your quit attempt. Slips and relapses, like mistakes, can be great learning tools.

To get back on track

- ▶ Remember your reasons for quitting in the first place.
- ▶ Know what made you start to smoke again and have a plan ready for the future.
- ▶ Try stop smoking medications to help you take the edge off of nicotine withdrawal.

Stop-Smoking Medications

With a prescription, Medicaid will cover costs for most of these medications.

Over the counter	Need prescription
Nicotine Patch	Chantix®
Nicotine Gum	Nicotine Nasal Spray
Nicotine Lozenge	Nicotine Inhaler
	Zyban®

Final Tip: Get off the List!

If you are receiving information and offers from a tobacco company, this is a great time to contact them to remove your name from their mailing list. Refusing their mail is one more positive step you can take as a non-smoker!



Think Positive

Keep
in mind
the **3S's**

1. **Stay positive**
2. **Start a new plan**
3. **Satisfaction**

Keep in mind the 3 S's:

1. **STAY POSITIVE** - You are doing a great thing for your body and your life. Repeat to yourself "Quitting is the best thing I have done for my health."
2. **START A NEW PLAN** - Smoking while drinking coffee, driving in the car, etc, are habits you can break. Start a new plan. Drink coffee standing up, grab a toothpick while driving or try taking up a new hobby.
3. **SATISFACTION** - You stopped smoking. THIS IS SOMETHING TO BE PROUD OF!



- ▶ **Enjoy the satisfaction of having worked hard to break your dependence to nicotine!**
- ▶ **You did it and should feel good about what you have done!**



Being Around Other Smokers



**Thank you for
not smoking!**

Another smoker in the house can be hard

- ▶ It is hard to stay quit while living with other smokers.

Ask the smokers in your life to:

- ▶ Respect that you have stopped smoking.
- ▶ Not to smoke around you.
- ▶ Not leave packs lying around and empty their ashtrays.
- ▶ Take their cigarettes with them when they leave.
- ▶ Smoke outside only.

What you can do around other smokers:

Always remember your reasons for stopping smoking. Your reasons will help you through many tough times.


- ▶ Do not buy, carry, light, or hold cigarettes for others.
- ▶ Have something to keep your hands and/or mouth busy.
- ▶ When others light up, leave. Don't return until they are done.
- ▶ Remind yourself that you are a non-smoker and practice turning down an offer of a cigarette.

"No thanks, I've stopped smoking" usually works.

Dealing with alcohol as a non-smoker

Drinking alcohol makes it harder to control what you do. To help you remain a non-smoker around alcohol, try these things:

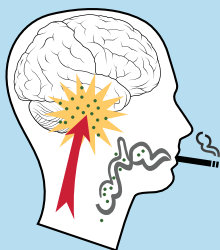
- ▶ Switch to non-alcoholic drinks.
- ▶ Temporarily avoid going to places where you know there will be alcohol.



**"NO THANKS...
I've stopped
smoking."**



Stress and Smoking



**False feeling
of relaxation**



“Smoking calms my nerves” NOT TRUE!

- ▶ Nicotine speeds up your heart rate and raises your blood pressure.

Why do some smokers feel that smoking relaxes them?

Nicotine causes a reaction in the brains that can feel pleasurable. That pleasure doesn't last long. Smokers begin to want more nicotine within about 20 minutes.

When smokers go without nicotine they begin to feel tense and stressed out. Another puff of nicotine gives the addicted brain another pleasure reaction. This gives the smoker the false feeling of calm.

You can deal with stress without reaching for a cigarette...

- ▶ Deep Breathe – breathe in and out ten times.
- ▶ Spend more time doing things you enjoy.
- ▶ Take long, hot baths.
- ▶ Stretch out – it feels good.
- ▶ Get active – even a little activity will help.
- ▶ Talk to someone you trust.
- ▶ Eat well and get enough rest.

Call or click to quit!



Free personalized online quit coach
www.nysmokefree.com

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