

Stop Choking on Smoking or Quit the Spit

Prepare

1. Make an honest assessment of your tobacco use and what situations trigger your desire for tobacco.
2. Learn how nicotine makes you think you "like" tobacco.
3. Review all of tobacco's negative effects on health, family, friends, finances, and job opportunities.
4. List the negative consequences of tobacco use that you personally experience.
5. Create a carrying card that lists "Reasons for Me to Break Free".

Acquire Your "Freedom Tools"

1. Learn to use the 5 D's: **D**eep breaths, **D**rink water, **D**o something else, **D**elay, and **D**iscuss (instead of use).
2. List strategies/activities to counter each trigger to **D**o something else.
3. Develop a positive support network from family, friends, others who are trying to break free, counselors, or other supportive adults to **D**iscuss how you feel rather than use tobacco..
4. Consult with doctor about various medical supports as a possible option.



Teens:

Break free from "the drags"
& "nicotine nags"!

Action

1. Set a quit date.
2. Begin to use your "freedom" tools.
3. Plan low-stress activities for your quit days.
4. Keep in regular contact with your support network.
5. Decide what rewards you will give yourself and when (maybe at 24 hours, then after each week)..
6. Take it one day (even an hour) at a time.
7. Keep "Reasons for Me to Break Free" card handy to review.

Enhance Motivation

1. List your strengths and talents. Know you are a capable person!
2. List your life goals, short and long term to see how tobacco does not fit.

This brochure is provided by:
Hudson Valley Student Support Services Center
at Ulster BOCES
Checko Miller, Tobacco Prevention Specialist
175 Route 32 North
New Paltz, NY 12561

Phone: 845-255-8989 Fax: 845-255-3836 E-mail: cmiller@ulsterboces.org
<http://cshw.ucboces.org>

Did you know....

Tobacco smoke contains 4000+ chemicals, 200+ poisons, and 60+ cancer causers (28 in chewing tobacco). Some of the chemicals found in tobacco are:

- Arsenic (rat poison)
- Ammonia (toilet cleaner)
- Cyanide (gas chamber)
- Formaldehyde (preserves dead tissue)
- Uranium 235 (nuclear waste)
- Acetone (nail polish remover)
- Lead, Nickel, Cadmium and list goes on

Cigarettes might better be called *Toxins-in-a-Tube*, and Chewing Tobacco called *Wad of Whacko*

Did you know....

- 1 out of 5 deaths in the United States are caused by tobacco.
- *Lights, Ultra Lights* or *Natural* cigarettes do not reduce the risk of disease.
- Smoking may lead to anxiety and depressive disorders.
- Tobacco's affect on brain chemistry increases the likelihood that a user will also abuse other drugs and alcohol.
- Using both tobacco and alcohol multiplies the risk of cancer by 36 times.
- Lung cancer is the #1 killer of women.
- Smoking can cause painful menstruation.
- Tobacco causes impotence.
- Cigarettes are the #1 cause of deaths from structural fires.
- Tobacco companies spend \$15 billion/year on ads that lure kids to use.



Remember

1. With a good plan, goals can be achieved.
2. If you slip, "Try, try again" is a motto for success.
3. If needed, change the plan, but not the goal.
4. Using even a little tobacco does not help you get through; it just keeps you stuck in the cycle of craving.
5. If you think you can't, act as if you can.
6. Nicotine withdrawal may feel lousy, but it is temporary.
7. Nicotine "memories" may arise once withdrawal ends. Acknowledge them, but choose not to respond.
8. If you never have that "next one," you can avoid thousands.
9. Freedom and health feels GREAT in body, mind, and spirit.
10. Whatever it takes-it's worth it!