

## I've quit using commercial tobacco, and now I'm feeling...

### Depressed

- » Call or visit with friends and family
- » Go to a movie, concert, or show with someone
- » Use prayer or meditation

### Trouble Sleeping (Insomnia)

- » Avoid caffeine (coffee, soda, etc.) after 6 pm
- » Read before bed, preferably a book not on your phone
- » Allow 10–15 minutes of quiet time before bedtime
- » Try calming stretches before bedtime

### Irritable, Frustrated, or Angry

- » Take a walk or exercise
- » Talk to a friend or relative about how you feel
- » STOP, and practice deep breathing to stay calm

### Difficulty Concentrating

- » Take breaks
- » Do important tasks when you are most alert
- » Avoid sitting in the same position for too long

### Restless

- » Chew sugarless gum or candy, a carrot, or a toothpick
- » Work on a hobby
- » Take one day at a time
- » Change your routine

### Increased Appetite or Weight Gain

- » Eat snacks like bagels, pretzels, or popcorn
- » Eat at least 5 servings of fruits and vegetables every day
- » Eat lean cuts of meat and low-fat dairy products
- » Avoid “fast foods,” convenience foods, and fried foods
- » Walk whenever possible, aiming for 20 to 30 minutes a day
- » Keep your Survival Bag with you at all times
- » Drink lots of water



“There is but one secret to success: **never give up.**”

◆ Ben Nighthorse Campbell

## Negative Consequences of Commercial Tobacco Use

### Short-Term Risks:

- » Stained teeth and fingers
- » Smelly breath, clothes & hair
- » Expense of commercial tobacco
- » Shortness of breath
- » Asthma attacks
- » Infertility and Impotence

### Long-Term Risks:

- » Heart attacks and strokes
- » Cancers of the larynx, oral cavity, pharynx, esophagus, pancreas, bladder, cervix, and leukemia
- » Heart & Lung Disease
- » Wrinkled skin, weak bones, ulcers, dental problems

### Risks to My Family:

- » Newborns have higher risk for Sudden Infant Death Syndrome (SIDS)
- » Increased risk of lung cancer in spouse and children
- » Increased risk of asthma, middle ear disease, and respiratory infections in children of people who smoke
- » 7,000 chemicals in cigarette smoke, including carbon monoxide, cyanide, acetone, ammonia, formaldehyde, and other poisons



Smoking will take years off your life. But more importantly, *it will reduce the quality of your life.*

Tips and Tools to Help You Quit Commercial Tobacco  
**Stay Healthy—Life Matters**

## Benefits of Quitting Commercial Tobacco Use

- » Improved health for you and your family
- » Improved sense of smell and taste
- » Home, car, and breath will smell better
- » Save money
- » More energy and stamina
- » Feel better about yourself
- » Set a good example for family and friends
- » Can stop worrying about quitting
- » Healthier heart and lungs
- » Normal blood pressure
- » Fewer colds and coughs
- » Improved circulation

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**Respect your culture  
Keep tobacco sacred**



# My Quit Plan

**Congratulations** on your choice to quit using commercial tobacco. There is no perfect time to quit, but setting a quit date is the first step to being commercial tobacco-free. You should choose a date that is meaningful to you at a time that will not be too stressful.

Follow the steps below to make your personal quit plan.

## 1. My Quit Date:

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

## 2. My Support Persons:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 3. Problem-Solving Skills:

- » Practice some suggestions from “Before Quitting”
- » Keep “After Quitting” handy after your quit date
- » Always carry your survival bag with you

## 4. Medication Information:

Talk to your doctor or pharmacist about medication to help you quit.

## 5. Self-Help Materials:

- » Review the *Strength to Quit* pocket guide.
- » Use other material available in your area.

## 6. Referrals to Intensive Services:

For information:

- » National Quitline: **1-800-QUIT-NOW**
- » American Indian Commercial Tobacco Program (AICTP): **855-5AI-QUIT**
- » SmokefreeNATIVE: Text **NATIVE** to **47848**
- » Other cessation services:

**Quitting is a process.** Whether this is your **first time** to quit or **fifth**, give yourself permission to go back to your doctor, pharmacist, or counselor if you need to try and quit again.

# Before Quitting

**Before quitting commercial tobacco, the best thing you can do is plan ahead for your quit day.**

## Tips:

- » Remember that tobacco is sacred and should be used for prayer or ceremonial uses
- » Tell your family, friends, and coworkers that you are quitting commercial tobacco
- » Find an elder or mentor who can guide you during this process
- » Clean your house, car, and place of work of any commercial tobacco products or accessories (lighters, ashtrays)
- » Wait an extra five to ten minutes before your first commercial tobacco product of the day
- » Ask your doctor about starting an exercise plan
- » Use prayer and meditation through ceremony to find inner strength and courage
- » Spend more time with nonsmoking friends and family who don't use commercial tobacco/nicotine products
- » Prepare yourself for times that you may be tempted to use commercial tobacco and ways you might handle them
- » Make a money jar to collect the money you will save
- » Review your self-help materials and make personal notes
- » Consider using medication that may help you quit commercial tobacco

**Prepare a Survival Bag and carry it with you at all times.**

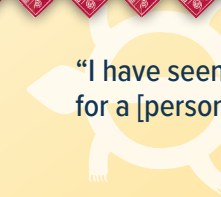
## Contents can include:

- » 3x5 cards with top reasons for being commercial tobacco-free
- » A picture of your loved ones
- » The phone number of someone you trust
- » Your self-help materials such as your *Strength to Quit* Pocket Guide and this Quit Plan
- » National Quitline: **1-800-QUIT-NOW**
- » American Indian Commercial Tobacco Program (AICTP): **855-5AI-QUIT**
- » SmokefreeNATIVE: Text **NATIVE** to **47848**
- » Sugarless gum or candy, cinnamon sticks, fruit, carrot sticks, straws, and toothpicks

**“I see *strength*, not to be greater than my brother, but to fight my greatest enemy—*myself*. So when life fades, as the fading sunset, my spirits may come to you (Great Spirit) without shame.”**

» Anonymous

# After Quitting



**“I have seen that in *any great undertaking* it is not enough for a [person] to depend simply upon [themselves].”**

» Lone Man (Isna-la-wica), Teton Sioux

**After quitting commercial tobacco, the best thing you can do is plan ahead for tough times. You want to give yourself the best chance of success.**

## Triggers

- » After meals
- » Drinking coffee
- » Talking on the telephone
- » Boredom
- » Driving
- » After waking up
- » Stressful situations
- » Work or lunch breaks
- » Enjoying time with friends
- » Seeing or smelling commercial tobacco smoke

**Other times that may be difficult for you:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Positive Coping Strategies

- » Keep busy and try new things:
  - » Write a letter or work on a hobby
  - » Use prayer or meditation
  - » Find a support group
  - » Visit nonsmoking places
  - » Avoid caffeine and alcohol
  - » Exercise, if your doctor allows
  - » Eat crunchy foods like fruit, vegetables, and popcorn
  - » Wash dishes by hand after meals
  - » Take a nap
- » Practice stress reducers such as the Four D's:
  - » Delay
  - » Deep breathe
  - » Drink lots of water
  - » Do something else
- » Call or visit a friend or family member to support you
- » Do one thing at a time
- » Don't put yourself down: if you make a mistake, forgive yourself and learn from it
- » Do something special to celebrate your life

