

**I QUIT commercial
tobacco, but now I feel . . .**

- » Nervous
- » Irritable
- » Frustrated
- » Angry
- » Hungry
- » Depressed
- » Unable to sleep
- » Unable to concentrate
- » An urgent need to smoke,
chew, or vape

*Normally, these symptoms
disappear in two or three weeks.*

**What do I do when I
need HELP?**

- » Practice saying – “No thank
you, I don’t smoke”
- » Snack on fruit, chew
sugarless gum & drink water
- » Take a walk or do some
other exercise or hobby
- » Talk with a family member
or friend
- » Call or text, we can help

**National Quitline
800-QUIT-NOW**

**American Indian Commercial
Tobacco Program (AICTP)
855-5AI-QUIT**

**SmokefreeNATIVE:
Text NATIVE to 47848**

*“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**

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THE
STRENGTH



TO QUIT

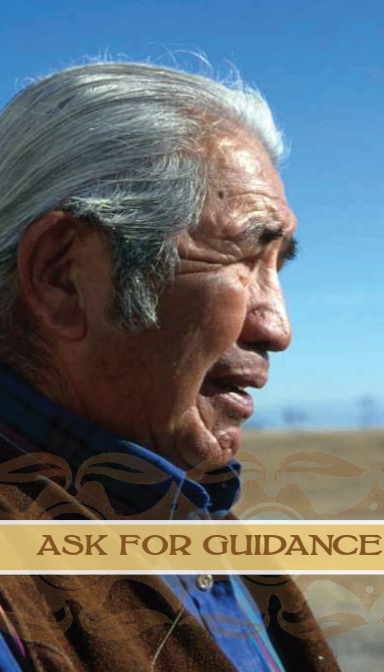
THE
STRENGTH



TO QUIT



POCKET GUIDE



Why do I USE commercial tobacco?

- » Being around others who smoke, chew, or vape
- » Feeling sad or frustrated
- » Feeling stressed
- » Drinking alcoholic beverages
- » Getting into conflicts
- » Fear of weight gain
- » Because I think it looks cool

Why is using commercial tobacco considered MISUSE?

- » Cigarettes, chew and dip are not natural products and do not reflect the traditional ways to use tobacco
- » Commercial tobacco contains many chemicals that can lead to cancer, heart disease and emphysema
- » The secondhand smoke from cigarettes can hurt the lungs and hearts of those around me, not just me

My reasons to QUIT using commercial tobacco:

- » Respecting the sacred use of tobacco as a gift from the Creator
- » Honoring my ancestors and those I love
- » Honoring my life through healthy living
- » Other reasons:

When should I QUIT using commercial tobacco?

- » Decide to quit on a date that has significant meaning
- » Take time to clean your home, car or workplace of any lighters, ashtrays, etc
- » Establish a support network
- » Develop a new routine that will help you avoid triggers to use commercial tobacco

My Quit Date Is:

_____ / _____ / _____

ASK FOR GUIDANCE WITHOUT FEAR