

- ⌘ Avoid high-risk situations: if you know that a cup of coffee is a big trigger for you, then not having a cup of coffee will reduce your urge for a cigarette.
- ⌘ Alter the trigger situation: if you always drink that cup of coffee in the same place, using the same cup and at the same time of the day, change any or all of the parts of the routine.
- ⌘ Substitute something else for the cigarette when you encounter the trigger: instead of a cup of coffee, drink a glass of orange juice, chew gum or go for a walk.
- ⌘ Remember that it often takes several tries before quitting permanently. If you smoke, forgive yourself and learn from the experience (what triggered you to smoke?). You will not fail as long as you keep trying.

*Respect your culture,
keep tobacco sacred.*

You can call the Arizona Smokers' Helpline for additional information and support. The toll free phone number is:

1-800-55-66-222

You can also call

at _____

for advice and support in quitting commercial tobacco products.



**Staying
Free**

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**THE UNIVERSITY
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 Arizona's First University.



The first few days after quitting commercial tobacco you may feel sad, nervous and irritable. You might feel hungry, and may have difficulty sleeping and concentrating. What you are feeling are called nicotine withdrawal symptoms. Here are some tips to help you if you feel:

SAD OR DEPRESSED

- ⌘ Talk to a relative or friend.
- ⌘ Pray or meditate.
- ⌘ Go for a walk, play basketball.

NERVOUS, ANXIOUS

- ⌘ Do nothing for ten minutes.
- ⌘ Do some stretching exercises.
- ⌘ Avoid alcohol and caffeine.

ANGRY, FRUSTRATED OR IRRITABLE

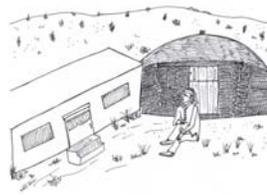
- ⌘ Take a walk or exercise
- ⌘ Talk to a friend or relative about how you feel.
- ⌘ STOP, close your eyes, breathe in deeply through your nose and breathe out through your mouth. Repeat this a few times.

DIFFICULTY SLEEPING

- ⌘ Avoid caffeine after noon.
- ⌘ Use your bed only for sleeping. Don't eat, watch TV or read in bed.
- ⌘ Get up at the same time every day, no matter how sleepy you are.

DIFFICULTY CONCENTRATING

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



RESTLESS

- ⌘ Work on a house or car project.
- ⌘ Try squeezing a rubber ball or a "stress reliever".
- ⌘ Chew sugarless gum or a toothpick.

MORE APPETITE

- ⌘ Eat lots of fruit and vegetables.
- ⌘ Eat healthy snack products like pretzels, popcorn and sunflower seeds.
- ⌘ Avoid "fast foods".

WHAT ARE HIGH-RISK SITUATIONS?

The situations or moods that cause you to feel the urge to smoke or chew before you quit are your high-risk situations. Identifying these situations or "triggers" is the first step to prevent you from smoking and chewing again. The three most common high-risk situations are

- ⌘ Negative moods (stress, frustration, boredom, loneliness).
- ⌘ Positive moods (excitement, happiness, wanting to celebrate).
- ⌘ Social situations where others are smoking and drinking.

Have a plan in mind to confront high-risk situations without smoking or chewing again. Here are some things that you can do:

- ⌘ Keep your guard up. Don't feel overconfident after making it through a few days or weeks.
- ⌘ Practice what to say when someone offers you tobacco: "No thank you! I quit smoking."