

Inova TobaccoNET

Chat & Stats Session 1

Welcome

- Congratulations for making the decision to stop using tobacco
- Trust the process and your Coach....we are here for you!
- The following slides will provide tobacco and quitting facts

Tobacco Facts

- It doesn't matter if you smoke, chew or breathe second-hand smoke, the results are the same
 - Tobacco products contain nicotine, which is an addictive drug
 - Nicotine affects your nervous, respiratory and cardiovascular systems
 - Nicotine changes your mood ~ It is a stimulant for some people and a relaxant for others

Before You Know It

Eventually it takes more and more nicotine to get the same effect



Then you are hooked!

The Toll of Tobacco

- More than 12 million deaths have been caused by smoking since the first Surgeon General's Report in 1964
- Around 440,000 deaths each year are caused by cigarette smoking
 - That is more than 1,200 people dying each day due to smoking!



There Is Another Way!

- You might be feeling a little overwhelmed from these facts
- Use this knowledge to increase your motivation to quit using tobacco for good!
- And by participating in this program, you've taken the first step
 - Your Quit Coach will be there to help and support you throughout this process

Prepare For Reality

- Your body is addicted to nicotine so you may have some discomfort as you stop feeding that addiction
- You will be learning some new behaviors to help you

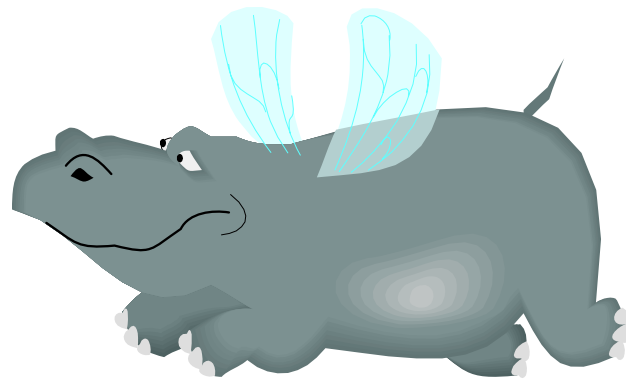


Quitting Is Hard

- Your tobacco use has become intertwined with every aspect of your life
- Patience and perseverance are required
 - Your Quit Coach is there to help you!
- During your transition from smoker to ex-smoker, the uncomfortable feelings **will pass**

You Can Do It!

- You are capable of letting go of tobacco
- Your desire to smoke and cravings are an annoyance that will make you feel out-of-sorts.
- They will go away!



Do It For You

- You must want to quit for your own health and well-being
- Quitting tobacco is too hard a change to make for someone else's approval
- When you quit for yourself, any discomfort becomes a small price to pay for the many benefits of being tobacco-free

Obstacles In The Road

After you quit, rationalizing the need to go back to your tobacco is a common phenomenon



Your Quit Coach will help you prepare for avoiding relapse

Tools To Help You

- After quitting, you'll probably be tempted to use tobacco again.
- The addiction doesn't go away, it just goes into remission
- Throughout the program you will be getting tools and learning new skills to help you quit tobacco for good
- You don't have to give in to your cravings!

Next Steps

- Return to Session 1
- Read the Tipsheet – *Getting Ready to Quit*
- Work on your Personal Activity for the week

