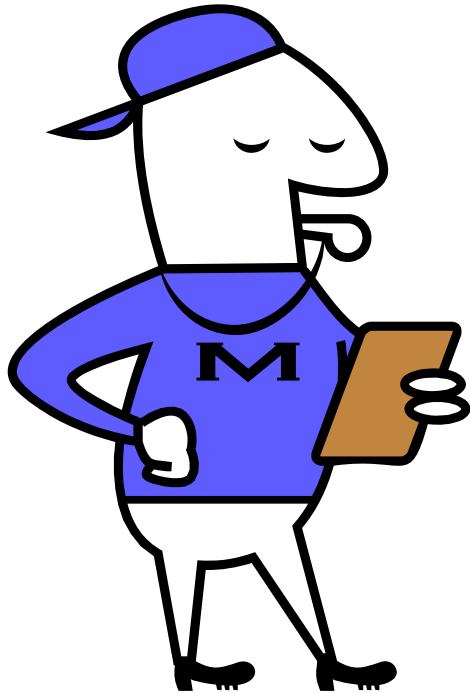


Inova TobaccoNET

Chat & Stats Session 3

Planning For Success



- Strategy and an individualized quit plan will help you be successful
- You and your Quit Coach will work together to develop an effective plan for you

Quit Date

- To begin your plan, pick a quit date
- This is a special date you choose to stop using all tobacco products
- There are several ways to approach your quit date
 - We'll review the most common methods used



Cold Turkey



- One method for quitting is called cold turkey
- You abruptly stop using all tobacco products on your quit day

Tapering

- Another method for quitting is tapering
- You gradually lessen the amount of tobacco product consumed until you are tobacco-free
 - Start a few days before your quit date
 - Record your normal tobacco usage
 - Predetermine how much tobacco you will smoke or use each day
 - Lessen that amount each day until your quit date

Postponing

- A third method involves delaying your first tobacco usage of the day
 - Start a few days before your quit date
 - Determine a planned time delay for your first cigarette or dip of the day, e.g. one hour
 - Once you begin using tobacco for that day, follow your normal pattern
 - Every day the timing of your first usage is delayed longer, until timing alone eliminates your tobacco

Quit Day Is It!

Regardless of the method you choose
On your quit day ~ YOU QUIT!
No more tobacco



What Are Your Triggers?

- For many people, nicotine addiction is based on one cigarette or dip
- It is called your trigger
 - It is your favorite time for tobacco and the backbone of your habit
- Your completed Tobacco Journal will help you determine your triggers

Plan For Alternatives

- Once you know your triggers, plan for alternatives that will help you break that behavior pattern
- These alternatives become part of your quit plan



Wake-Up Call

- Some people feel a strong need for nicotine right after waking up
- If this is you, try these alternatives
 - Drink a glass of orange juice immediately after waking
 - Jump right into the shower
 - Brush your teeth right away

Coffee

- For many people, coffee and a cigarette always go together
- Here are some options
 - Drink tea or some other beverage
 - Change the way you flavor your coffee
 - Stop using sugar or try it black
 - Drink decaffeinated coffee
 - Don't drink coffee at all



In Your Car

- Some can't imagine driving without nicotine
- These tips can be helpful
 - Remove your car lighter
 - Fill your ashtray with baking soda
 - Suck on sugarless cough drops
 - Only use the cough drops while in the car

Take A Break

- This is the nicotine that comes during a break from work
- It can be a tough association to beat because the cigarette or dip has become a reward for a job well done
- Try these alternatives
 - Use your break time to make phone calls
 - Take a brisk walk outside
 - Drink a glass of water and take several deep breaths

On The Phone

- Talking on the phone with a cigarette in hand is another common association
- If this is you, think about these options
 - Doodle on a pad or bend paper clips
 - Wear an elastic band on your wrist and tug at it to keep your hands busy
 - Stand up while on the phone
 - Change the hand you use to hold the receiver
 - Keep your conversations brief



The Party

- At social events, like parties, nicotine and alcohol often go together
- You may smoke more at a party because alcohol diminishes your self-control
- Try these
 - Change your drink of preference - if you drink beer, change brands
 - Drink water with lots of ice ~ flavor with a slice of lemon or lime
 - Don't drink alcohol at all

Points To Remember

- To break these associations, **change your routine!**
- Think ahead and have alternatives ready
- Your Quit Coach will work with you to identify your trigger and help you come up with healthier alternatives

Next Steps

- Return to Session 3
- Read the Tipsheets
- Work on your Personal Activity for the week which will help you identify your triggers and alternative coping mechanisms