

# Inova TobaccoNET

## Session 4: Personal Activity

### You are So Close to Quit Day!

These simple behavior modification exercises will help you change your behavior gradually. The new behaviors will take the place of your old tobacco behaviors. You want tobacco out, healthy choices in!

### Your Activities for the Week:

#### 1. Pick a Supportive Person to be Your Share Buddy—not your Quit Coach

You are going to have a daily phone contact with this person starting in quit week. This week you are going to think about the qualities that will make the individual you choose an effective share buddy. Some qualities we suggest you look for are:

- Supportive, positive, caring person
- Non-judgmental; not a nagger
- A successful ex-tobacco user with the above qualities is ideal
- The individual can take daily quick check-in phone calls and during Quit Week, take two phone calls per day

Discuss the program and the commitment you need with the person you choose as your share buddy and be ready at the next session to begin daily calls.

#### 2. Complete the “Checklist for Quit Day” Worksheet

This will better prepare you with the coping tool you’ve chosen to use.

#### 3. Get your Tobacco Cessation Aids

If you have chosen to use them, fill medication prescription and/or purchase over-the-counter nicotine replacement therapy (patch, lozenges, gum, etc.) this week.

#### 4 Practice Breathing Exercises

Use ‘*The Relaxing Sigh and Breathe*’ tipsheet. Do these in the morning and again in the evening or at bedtime. Track your practice times using the checklist below.

	Sunday	Monday	Tuesday	Wednes- day	Thurs- day	Friday	Satur- day
Morning							
After- noon							
Evening							
Bedtime							