

The four D's to ease cravings:

1. **Delay** - Wait out the urge to smoke. It will pass in a few minutes.
2. **Deep Breathing** - Breathe in slowly and as deeply as you can, and then breathe out slowly. Repeat this 5 times.
3. **Drink Water** - Sip the water slowly and hold it in your mouth a little while.
4. **Distract** - Do something that takes your mind off of smoking for a few minutes.



Quitting smoking will:

- Improve the quality of your life
- Make climbing stairs easier
- Lower your risk of diabetes
- Help wounds to heal more quickly
- Reduce the amount needed of some medications
- Improve the health of your family and friends
- Set a good example for your children
- Save you money
- Provide more employment options

Make a quit plan:

A Tobacco Treatment Specialists can help you develop your quit plan.

1. **Pick a quit date** - This is the day you will stop smoking completely.
2. **Use your past experience** - Think about the times you tried to quit in the past.
 - ☐ What helped you?
 - ☐ What caused you to start smoking again?
 - ☐ What could you do differently?
3. **Know your triggers** - Triggers are certain times, places, people, or feelings that make you want to smoke.
 - ☐ What triggers you to smoke?
 - ☐ How will you beat the trigger?
4. **Plan for cravings** – Withdrawal symptoms are strongest the first 3 or 4 weeks after you quit.
 - ☐ Talk to your providers about taking medicines to help you with these symptoms.
 - ☐ Get your medicines before your quit date and learn how to use them.
5. **Be ready for challenges** – Think ahead about how you will handle challenges such as, stress, negative thoughts, and being around other smokers in your life.

Set your plan in motion!

Worcester Community Smoking Cessation Resource Guide



Become tobacco-free
today!

Quitting smoking can be hard,
but there are ways to make it easier.

Using quit-smoking medicines and
counseling support can make you
more than twice as likely
to quit for good!

March 2016

*This brochure was developed by:
City of Worcester Division of Public Health & the
Department of Psychiatry, UMass Medical School /
UMass Memorial Health Care.*



How do I talk with my doctor about becoming tobacco-free?

Many people don't know what to ask or where to start. Here are some tips to make the conversation a little bit easier.

- Write down questions you have for your doctor regarding quitting smoking.
- Think about your past quit attempts and why you think they did not work.
- Tell your doctor you are ready to quit and why.
- Pick a quit date and share that date with your doctor.
- Talk to your doctor about a quit plan, including which FDA approved quit smoking medicine or medicine combinations may be right for you.

FDA approved quit smoking medicines:

Medication	Availability
Nicotine Patch	Over-the-Counter
Nicotine Gum	Over-the-Counter
Nicotine Lozenge	Over-the-Counter
Nicotine Inhaler	Prescription
Nicotine Nasal Spray	Prescription
Zyban	Prescription
Chantix	Prescription

E-Cigarettes, Vape and Hookah Pens, are not FDA approved cessation devices and can keep you hooked on tobacco.

How do I find out what kind of benefits I have?

To find out what kind of benefits you have, call the member services number listed on the back of your health plan card.

Quit smoking apps:

Visit the below websites for more information and to sign up.

- Text2Quit
www.text2quit.com
- Craving to Quit
www.cravingtoquit.com
- Smokefree TXT
www.smokefree.gov/smokefreetxt/
- MyQuit Coach
www.livestrong.com/mobile-app/



Websites with helpful quit smoking information:

- Make Smoking History
www.makesmokinghistory.org
- Quit Net
<http://meyouhealth.com/quitnet>
- Become An Ex
www.becomeanex.org

Call these resources to help you become tobacco-free today!

Free Phone Counseling and Support
Services are available to all MA residents.
1-800-Quit-Now (1-800-784-8669)
TTY: 1-800-833-1477
Quit Tips Line: 1-800-943-8284

Group and Individual Counseling

Call for more information.

Edward M. Kennedy Community Health Center Patients
Contact your medical provider for a referral.

Fallon Health Plan Members
Call 508-368-9540

Family Health Center of Worcester Patients
Contact your medical provider for a referral.

St. Vincent Hospital Patients
Contact your medical provider for a referral.

UMASS Memorial Medical Center*
Call 508-334-5393 or 508-334-3452
*Most health insurance plans accepted.

Veterans Affairs Patients
Call 508-856-0104 or medical provider

Education and Support Meetings

Genesis Club
508-831-0100
Services are available to club members.

Nicotine Anonymous
www.nicotine-anonymous.org
Internet, telephone and in-person meetings are open to all.