

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
- Support your recovery from alcohol and other drugs
- 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:

Pick a quit date - This is the day you will stop smoking completely.

1. **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?
2. **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?
3. **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.
4. **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!

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<https://ux.stackexchange.com/questions/72070/which-symbol-is-best-interpreted-as-describing-a-social-interaction>

UMass Psychiatry Wellness Initiative

Ambulatory Psychiatry Smoking Cessation Resource Guide



Become tobacco-free today!

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

People who use coaching and quit-smoking medicines together are *three times as likely* to quit for good.

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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-apps/



Websites with helpful quit smoking information:

- Make Smoking History
www.makesmokinghistory.org
- QuitNet
<https://support.quitnet.com/hc/en-us>
- Become An Ex
www.becomeanex.org

Resources to help you become tobacco-free today!

Free Coaching and Support:

The Massachusetts Smokers' Helpline now has three ways to access support to quit tobacco. Services are available to all MA residents.

1. Call **1-800-Quit-Now** (1-800-784-8669) to speak to a quit coach.
2. Enroll online to receive **combined phone and internet services**, through <http://KeepTryingMA.org>.
3. Those who prefer **online-only support** can receive all of the same services- free coaching, help with planning to quit and help tracking progress using a variety of online tools through <http://KeepTryingMA.org>.

Education and Support Meetings:

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

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

