CALIFORNIA
SMOKERS' HELPLINE
1-800-NO-BUTTS

Top 10 Tips to Quit Smoking

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The Center for Tobacco Cessation

The Center for Tobacco Cessation helps tobacco control professionals and organizations throughout California increase their capacity in tobacco cessation through:

- In-person trainings
- Webinars
- Materials
- Technical assistance

center for TOBACCO CESSATION

Quitting smoking can feel like an overwhelming task.

If you break it down into smaller steps, it starts to seem more doable.

Top 10 Tips

1. Find a reason to quit
2. Make a plan
3. Call 1-800-NO-BUTTS
4. Get support
5. Use a quitting aid
6. Make home & car smoke-free
7. Set a quit date
8. Quit on the quit date
9. Picture being a nonsmoker
10. Keep trying

#1 Find a Reason to Quit

- You might ask:
  - What are your main reasons to quit smoking?
  - Was there something that triggered your decision to quit now? What was it?
  - What do you like about smoking?
    - What will you miss?
  - What don't you like about smoking?

Additional Questions

- What worries you about your tobacco use?
- What has smoking stopped you from doing?
- What do you think will happen if you don't quit?
- What would it take for you to feel ready to quit?

#2 Make a Plan

Identify at least 3 “trigger” situations

Common Triggers	
First thing in the morning	Coffee, soda, or alcohol
Before bed	On a break
As a reward	After meals
Driving	Stress
Boredom	Watching TV
Highly emotional situations (accident, death, divorce, etc.)	Being around smokers
To curb appetite	Cravings

Behavioral & Cognitive Strategies

- Change what you do
  - Eat or drink something
  - Keep busy
  - Break the association & change routine
  - Use an approved quitting aid
- Change how you think
  - Consider what is gained by becoming a non-smoker
  - Normalize thoughts (fears, concerns, reactions to withdrawals)
  - Repeat positive self-affirmations
  - Think positively

#3 Call 1-800-NO-BUTTS

- ***FREE*** statewide tobacco cessation program
- In operation since 1992
- Funded by tobacco taxes
- All services confidential and available by telephone
- Multiple languages
- Adults, teens, pregnant smokers and proxy
- A trained coach will help with a tailored plan and offer support along the way
- Scientifically proven to be effective

Free Helpline Materials

Download **free** materials at www.nobutts.org

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#4 Get Support

- Discuss the plan with trusted people
  - Friends, family, professionals
- Spend time with nonsmokers
- Volunteer or take a class
- Connect with support groups, church, 12-step program, co-workers, etc.
- Visit www.nobutts.org

#5 Use a Quitting Aid

Nicotine Replacement Therapy	Medication
Patches (OTC)	Bupropion SR (Zyban)
Gum (OTC)	Varenicline (Chantix)
Lozenges (OTC)	
Inhaler	
Spray	

#6 Make Home & Car Smoke-free

- Seeing others smoke and having ashtrays and lighters around can be a trigger
- Secondhand smoke is not safe

- Since January 1, 2008 it has been illegal to smoke in a car with anyone under 18.
- Stand up for your right to a healthy environment

#7 Set a Quit Date

- Capitalizes on current motivation
- Establishes a commitment
- Sets a tangible goal - date to work toward
- Provides a way to be active in the quitting process
- Creates personal accountability

❖ **Set a quit date within 2 weeks**

#8 Quit on the Quit Date

- Sounds obvious, but giving it a try is critical
- Planning is good… doing is even better
- Important – Give it a try!

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
X	X	X	X	X	X	X
X	X	MY QUIT DAY!!				

#9 Picture Being a Nonsmoker

- After quitting people can think of themselves in one of two ways:
  1. As a smoker who's just not smoking
  2. As a nonsmoker, where smoking is no longer an option in any situation

#10 Keep Trying

- How many tries does it take to quit for good?
  - 10 to 12 attempts on average*
- What does this mean?
  - It's hard to quit, but it is possible

* Zhu (Sept., 2007) Oceania Tobacco Control Conference, Auckland, NZ.

Understanding Slips & Relapse

- **Slips & relapse are normal:**
  - It is not a reason to feel like a failure
  - The quitting process is NOT perfect; think of past changes (e.g., first job, quitting drugs, changing eating/exercise habits)
  - Remember that quitting is a PROCESS

You haven't failed until you stop trying.

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Thank You!

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