

BJACH TOBACCO CESSATION SESSION 2 COUNSELING SESSION



Hello!
May I help you?
Monday - Friday
8:00 am - 6:30 pm CST
CLICK FOR
LIVE CHAT »
or call 1-800-227-2345



1-800-QUIT-NOW
We can help you draw the line.



smokefreeTXT

American Cancer Society Help Line



Get live, online assistance from the NCI's LiveHelp service

Tobacco Cessation Web Support and Information



QUIT TOBACCO.
make everyone proud
www.ucanquit2.org



smokefree.gov



FIND FACTS, TOOLS
& HELP QUITTING AT
BeTobaccoFree.gov

Tobacco Cessation APPS for Android and Apple tablets and smart phones



BJACH Tobacco Cessation Counseling Session (1:1)

Handouts for this session

1. Tobacco Diary
2. Group and On-line Program Schedule of Sessions

Session Objectives

1. Understanding triggers
2. Developing a quit plan

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Participant leaves knowing when to return for NRT

No Homework

Avoid Triggers

You've just quit tobacco, but there are certain times of the day or certain events that make you want to go running for a smoke or chew. It may be after a meal, when you're bored or stressed, or at a party. These events are called triggers—people, places, or things you associate with smoking—and they happen to most people who try to quit. But with practice, you can overcome smoking triggers and be successful in your quit plan. Follow the advice below for dealing with some triggers and you'll be well on your way.

In the Morning: Get moving! Don't just lounge in the bed. Get up. Take a shower, jog to the mess hall, or spit shine those boots. If you absolutely must stay in bed, keep gum, mints, straws, cinnamon or flavored toothpicks by the bed to help curb the cigarette craving.

With Coffee: Trade that joe! If you've been eyeing that French silk coffee for the past few weeks in the commissary and were afraid to try it, take the plunge. Switching up with flavored coffees or decaf can help you prevent smoking triggers. Or try some teas. And now's the time to trade in your cracked cup for that personalized stainless steel travel mug.

After a Meal: Freshen up! Leave the table after a meal and brush your teeth. Use some baking soda or mouthwash for that extra clean feeling. Also, try eating meals in different areas of the mess hall to help break the link between meals and smoking or chewing tobacco. Or eat out at places that don't allow smoking. Eating several small meals instead of one or two large ones will help keep your energy in balance and help prevent the urge to smoke a cigarette or chew tobacco. Avoid sugary or spicy foods.

Due to Stress: Overworked? Overwhelmed? Get your game on! Go play basketball, swim, or strap on a rock-filled backpack for a 10-mile run for stress release. If there's a deck of cards nearby, play alone or ask a friend. Hobbies help, too. Put together that 1,000-piece puzzle in your locker. If you can't get away, try deep breathing.

Due to Boredom: Reach out! Talk to someone who will support you in your efforts to quit smoking and chewing. You can engage in a live chat with our tobacco cessation coaches, read our stop smoking stories, or interact with other ex-smokers. Do other activities that will engage you in some way. Change your surroundings by getting up and walking around. Or start researching a new hobby you've always wanted to try.

After a Date: Veg out! Your date went better than expected. Instead of grabbing a cigarette, grab a plate of grapes, celery sticks, and cheddar. In a recent study, smokers found that cigarettes tasted worse after they drank water or juice and after they ate fruit, vegetables or dairy products.

At a Party: Get busy! Keep your mind occupied by helping the host or hostess. Offer to hang up coats, refill platters, or introduce guests. Be sure to bring along friends who don't smoke, dip, or chew so you'll have someone to talk to when you get the urge. Stay away from alcohol by sticking with soda or punch and munching on low-calorie snacks. If you need something in your hand, try a long straw or lollipop stick.

Before Bedtime: Chill! If the sight of your pillow makes you want to puff, take five. Light incense or a candle and breathe in the soothing aroma. Put on your favorite songs. Allow yourself to relax and visualize yourself as a successful non-tobacco user. You've come too far to quit now—you can do it!

Whatever you do, do something different than tobacco.
All urges for tobacco WILL pass whether you smoke or dip, or not.

My Personal Quit Plan

Support

Involve a close friend, spouse or quit buddy. Let everyone know you are firmly quitting!

Call a quit line: 1-800-QUIT NOW Tricare Quitline
1-800-227-2345 American Cancer Society
1-877-44U-QUIT NCI's Smoking Cessation Quitline

Visit a chat room at (click here) <https://livehelp.cancer.gov> (click here)



Visit a website by clicking any of the following: www.betobaccofree.gov
www.ucanquit2.org
www.smokefree.gov

Download support apps to your smart phone. Click on any one of these icons for Apple users, Google Play OR Droids:



TOBACCO CESSATION: quitguide quitstart quitpal quitforlife




Weight Management and Stress: [My Fitness Pal](http://MyFitnessPal) [Army H.E.A.L.T.H.](http://ArmyH.E.A.L.T.H.) [Breath 2 Relax](http://Breath2Relax) <https://armyfit.army.mil>

Local Information and classes follow [BJACH on Facebook](https://www.facebook.com/BJACH)  <https://www.facebook.com/BayneJoneACH>

Sign up for support TEXT MESSAGES at <http://smokefree.gov/smokefreetxt>  or Text "MIL" to 47848

For information on weight loss, nutrition and healthy eating call [BJACH Nutrition Care](http://BJACHNutritionCare) @ 337-531-3129

Meal planning: visit My Plate.com  @ <http://www.choosemyplate.gov/> or USDA meal planning [SuperTracker](https://www.supertracker.usda.gov/) @ <https://www.supertracker.usda.gov/>



800-342-9647 Stress & anger management issues, PTSD, pain management call [BJACH Behavioral Health](http://BJACHBehavioralHealth) @ 337-531-3272
OR www.militaryonesource.com or www.tricare.mil/mentalhealth



Visit [Fort Polk MWR website](http://fortpolkmwr.com) to help you become more active or start a hobby at <http://fortpolkmwr.com>



For information on money and budgeting visit the [Army Community Service](http://www.jrtc-polk.army.mil/ACS/index.htm) website @ <http://www.jrtc-polk.army.mil/ACS/index.htm>

BJACH Health Promotion Tobacco Cessation Program

Planning For Success, Breaking Habits and Changing Patterns

Planning for Success

Quitting tobacco use is like any other military mission and it requires planning. You are trying to get from point A to point B and there is a logical progression of steps you must take to do so:

- First you need to map out your route- you need to talk about where you are, where you want to be and how to get there.
- Next you need to identify potential hazards and obstacles along your route and assess both their likelihood and severity.
- Next you develop and implement controls that either minimize the likelihood or reduce the effect of potential hazards that you may encounter.
- Finally, you evaluate your controls to see how effective they have been- if necessary, you modify your controls or even create new ones.

If you do this, then you will get where you're going safely- even if your vehicle breaks down along the way. Why? Because you planned for it, you anticipated problems, and you were ready to respond.

Breaking Habits and Changing Patterns

Quitting tobacco will involve a conscious effort to break habits and change your pattern of behavior. The following are ways to break some common tobacco-use habits:

- Avoid places where tobacco is being used.
- Avoid bars and other places people smoke at least until you have completely quit and feel you can be around these places without a problem
- Get all tobacco out of the house.
- Get rid of ashtrays, cigarette butts, spit bottles and spittoons from the house, car, and garage.
- Do some spring cleaning to remove tobacco from your floors, walls, carpeting and upholstery in your house and car.
- Don't hang around with people who are using tobacco
- Have a plan in place in case you have problems

What are some habits you may need to change and what steps will you take to change the behavior:

BJACH Health Promotion Tobacco Cessation Program

Planning for Triggers

A trigger is a situation or every day experience you associate with tobacco use.

Think about your typical day. What time do you usually use tobacco? Where do you usually use tobacco? What kinds of situations results in tobacco use?

Now that you've thought about your tobacco use triggers, you can start planning for them. There are two ways to handle *avoidance and substitution or delay*.

First avoid the trigger that is causing you to use tobacco. Then replace it with something that will serve the same purpose but isn't associated with tobacco. What you need to get out of this is: don't take something away without replacing it with a more healthy alternative.

When triggers cannot be avoided, such as eating or driving, a good strategy for dealing with those triggers is to delay them. Commit not to use for 15 minutes. At the end of 15 minutes if you still want to use tobacco delay again. By waiting 15 minutes, the urge will have weakened or passed altogether. Don't sit around waiting on the clock to tick by though, get busy!

List you triggers below and decide what healthy alternative can be a substitute or which ones need to be delayed.

Trigger to avoid	List a Substitution or delay

BJACH Health Promotion Tobacco Cessation Program

My Personal Quit Plan

Goals/Reasons

Step 1: Consider the reason you are quitting. You may select as many that apply to you personally.

- To feel better about myself
- I am pregnant
- For my children, spouse or family member
- To save money
- To do better on my PT test
- I have cancer
- To reduce my health risks
- I have high blood pressure or a heart condition
- I have diabetes or asthma
- To be healthier
- To smell better
- I am embarrassed I use tobacco
- It conflicts with my core values or religious convictions
- I have mouth sores/gum disease/dental issues
- To set a good example

Write a Scripture or motivational quote that you find personal in your desire to quit tobacco: It may simply be the name of your child. You may use the back side if more room is needed.

My Cost of tobacco use every day
Use the number from previous worksheet

\$

BJACH Health Promotion Tobacco Cessation Program

Triggers

Step 3 Select as many boxes as apply that describe your smoking urges.

- Smoke/Dip first thing in the morning
- Smoke/dip just before bed
- Smoke/dip after I eat or snack
- Smoke dip when I drive
- Smoke/dip when I talk on the phone
- Smoke/dip when I drink coffee
- Smoke/dip when I have caffeinated drinks
- Smoke/dip when I drink alcohol
- Smoke/dip in social settings or parties
- Smoke/dip between tasks
- Smoke/dip during my work breaks
- Smoke/dip at the end of the workday
- Smoke/dip when I get angry
- Smoke/dip when I get frustrated
- Smoke/dip when I am happy or get good news
- Smoke/dip when I face a crisis or get bad news
- Smoke/dip when I see or smell cigarettes or dip
- Smoke/dip after sex
- Smoke/dip when I am bored
- Smoke dip when I am waiting on someone/something
- Smoke/dip to get away
- Smoke/dip automatically without thinking
- Smoke/dip during TV commercial breaks

Beginning immediately: **Try delaying** the first time you smoke or dip- especially after waking up, or eating.

Separate the association between caffeine and tobacco beginning today. Avoid or limit caffeine intake and tobacco at the same time.

Refrain from the use of tobacco while driving or talking on the phone by using delay techniques.

Switch to another drink like de-caffeinated tea or Coke. Limit caffeine intake as much as possible.

Take short walks during breaks, commercials, and intermissions but do NOT use tobacco!

Avoid social settings where you know **alcohol** will be served for a while until you are stronger and can avoid the urge

Keep something on hand that you can occupy your hands with. You can download some fun game apps on your smartphone. Keep a Kindle loaded with good books or carry a paperback.

Try doodling while you are on the phone. Talk on the phone in a different place than you usually do now.

Drink water. Water will flush out those tobacco chemicals and also satisfies the need to bring your hand to your mouth.

Breathe Deeply. Try deep breathing exercises at your desk or during TV commercials

Keep your mouth busy with gum or candy- choose sugar free if you can. Chew plastic straws or toothpicks.

Talk to someone.

Interrupt your urge to smoke or dip- walk, jog, play a game, pet a dog, play with a child.

Whatever you do, do something different than tobacco.
All urges for tobacco WILL pass whether you smoke or dip, or not.