

BJACH TOBACCO CESSATION SESSION 3 QUIT DAY (GROUP)

STAGES OF GRIEF

DENIAL STATEMENTS:

- I know I should quit but I'm not sure I want to.
- Tobacco don't affect my health like they do others
- This quitting thing is easy; I can do it anytime.
- I'm not addicted
- I'll switch to a light cigarette or weaker dip
- Tobacco hasn't been proven harmful

ANGER FEELINGS/STATEMENTS:

- Angry about everything...
- Why me? I'm mad I started, I'm mad I quit...
- Anger at Facilitator and other nonsmokers
- Anger at company

Accept it, safely vent it
and take some time to feel it

DEPRESSION STATEMENTS:

- I feel so emotional
 - I feel so deprived
 - Why can't I have this one little habit?
 - Life without cigarettes is awful
 - I feel lonely
- Accept it, Vent it. Take some time to just feel sad.
Then move on

BARGAINING STATEMENTS:

- I think I have the worst licked. If I just have one cigarette, I'll get right back on track afterward and I won't do it again
- I'll just smoke on vacation
- I'll just light your cigarette
- I'll quit as long as my weight stays down
- I'll try, but I'm not making any promises.

Everyone is tempted to bargain. "Don't give in to the "child" inside of you". Use the statement
Nothing or no one controls me.

ACCEPTANCE STATEMENTS:

- I think I'm going to do this.
- I'd still like to smoke sometimes, but I choose not to.
- I am going to teach myself to like my new nonsmoking lifestyle.

The key to moving through the psychological recovery is your attitude toward quitting.

Reject the feeling that you have given something up – Instead you have gained something

This is not an exercise in self-denial, but self-determination.

You are giving a gift to yourself and to those near you.



BJACH Tobacco Cessation Program Quit Day Session

Session Objectives

- Understand stages of Grief
- Understand symptoms of withdrawal
- Quitting tips
- Quitting Tobacco and Exercise

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Stages of Grief

The psychological recovery cycle follows a grief cycle. Elizabeth Kubler-Ross did a lot of research on death and dying. She found that anytime we experience a major change in our life, we grieve for the old in order to make room for the new. Let's look at how that relates to tobacco:

Denial: The mind's first way of protecting us from a sudden change or loss as a defense mechanism. All mentally healthy people experience denial.

Anger: Begins that process of acceptance. Tobacco users may experience anger about changing. You may also feel testy or angry about anything and everything. Accept it, safely vent it and take some time to feel it. It will subside.

Depression: When we acknowledge and accept the changes it is natural to feel sadness. You can either feel a deep sense of sadness or a deep sense of deprivation. Accept it, vent it and take some time to feel sad. Then move on.

Bargaining: This is the stage where you want to postpone the inevitable. You may want to swap brands or only use tobacco at work. You may try to make a "deal". Everyone is tempted to bargain. Laugh it off and have a talk with the child inside of you. Make a strong commitment to stay tobacco free. Nothing will control you.

Acceptance: Eventually you will move on and accept your reality and move on. In this stage, you will realize your former smoking lifestyle is over and your healthier lifestyle begins. In order to get here you must reject the feeling that you gave something up and realize that you really, truly gained so much more.

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Symptoms of Withdrawal

If you use nicotine regularly you are a drug addict. Yes, nicotine has been shown to be as addictive as heroine. Your body expects the nicotine it gets every day, so you may feel pretty rocky during the time it takes to withdraw. Knowing what to expect and what to do about it can help you cope. Here are some common symptoms of withdrawal and tips to help deal with them.

Irritability: You may feel grouchy, nervous or touchy. Often take a few deep breaths and letting them out slowly can get you through an attack of the “grouchies.” Try not to take your feelings out on those around you or you may feel guilty later. Consider downloading an APP on your smart phone on deep breathing.

Fatigue: Nicotine is a stimulant. When you give it up you may feel tired, bored or listless. You may also feel “fuzzy” headed as your body releases the toxins and adjusts to a lack of nicotine. Drink plenty of water to flush these toxins out of your system.

Insomnia: You may have trouble getting sleep from depression, anxiety, or the stress of quitting. You may dream about tobacco and wake up often during the night. Try ending the day with a hot bath, a cup of hot milk, and some muscle relaxation exercises. Remember, this will pass.

Hunger: Tobacco is an appetite suppressant. Giving up tobacco will make you feel hungry for a time. Furthermore, your mouth has been conditioned to want something in it at all times. Chew on hard candy, gum, carrots or other raw vegetables. Suck on lollipops and breath mints. Drink lots of water, diet drinks or non-caffeinated beverages.

Depression: You may feel as though you lost a friend. Remember those feelings will pass soon. Go ahead and have a good cry. Call a trusted friend and talk about your feelings.

Coughing: When you stop smoking, your body attempts to clear the mucous that has been clogging your lungs. Your body will also produce less mucous so your mouth and chest may feel dry. The best thing to do is drink plenty of water to loosen the mucous and get it out.

Planning For Recovery

Take a closer look at the feelings that make you want tobacco and those that you have after you have used. Understanding these feelings will put you in charge when you are ready to stop tobacco.

You are more likely to be successful in accomplishing your goals when you have a plan. Planning includes identifying the process, the hurdles, the resources and the time to accomplish your goals. The goal is recovery from nicotine dependence. Consider the following time line as a basis for your planning process.

2 to 3 Days after you quit:	Major physical withdrawal symptoms and major routine changes (i.e. irritability, sleep pattern disturbances, inability to concentrate and stay on task.)
2 to 3 weeks after you quit	Physical and emotional fatigue, feelings of sadness, boredom and loneliness.
2 to 3 months after you quit	Overconfidence: feeling that you now have control of your habit and can now have “just one” or you may feel that you deserve to have one as a reward for doing so well.

Tips Immediately After Quitting

Develop a clean, fresh, nonsmoking environment around yourself - at work and at home.

Buy yourself flowers - you may be surprised how much you can enjoy their scent now.

The first few days after you quit, spend as much free time as possible in places where smoking isn't allowed, such as libraries, museums, theaters, department stores, and churches. This is the most important time to stay focused. You don't want to be around smokers if possible.

Drink large quantities of water and fruit juice (but avoid sodas that contain caffeine).

Try to avoid alcohol, coffee, and other beverages that you associate with cigarette smoking.

Strike up a conversation instead of a match for a cigarette.

If you miss the sensation of having a cigarette in your hand, play with something else- a pencil, a paper clip, a marble.

If you do miss having something in your mouth, Try picking up a bag of lollipops at the store. Try toothpicks or a fake cigarette. You could be amazed how much of your addiction is based on the habit form of hand-to-mouth.

Instead of smoking after meals, get up from the table and brush your teeth or go for a walk.

If you always smoke while driving, get rid of the cigarette lighter and ashtray, bring some juice to sip on, listen to a particularly interesting radio program or your favorite music, or take public transportation for a while, if you can.

For the first 1-3 weeks, avoid situations you strongly associate with the pleasurable aspects of smoking, such as watching your favorite TV program, sitting in your favorite chair, or having a cocktail before dinner.

Until you're confident of your ability to stay off cigarettes, limit your socializing to healthful, outdoor activities or situations where smoking isn't allowed.

If you must be in a situation where you'll be tempted to smoke (such as a cocktail or dinner party), try to associate with the nonsmokers there. You're not going to want to be socializing with a group of people that are going to go outside for a cigarette break.

For example, it's hard to smoke when you're swimming, jogging, or playing tennis or handball. When your desire for a cigarette is intense, wash your hands or the dishes, or try new recipes.

Do things that require you to use your hands. Try crossword puzzles, needlework, gardening, or household chores. Go bike riding; take the dog for a walk; give yourself a manicure; write letters.

Enjoy having a clean-mouth taste and maintain it by brushing your teeth frequently and using mouthwash.

Enjoy the fact that you and/or your home will no-longer smell like smoke.

Stretch often. Get plenty of rest.

When you Get the “Crazies”

Keep oral substitutes handy - try carrots, pickles, sunflower seeds, apples, celery, raisins, or sugarless gum instead of a cigarette.

Eat sunflower seeds - I have never seen any hard studies on this, but it is believed that sunflower seeds have a similar effect on the nervous system as nicotine. Supposedly, there is a chemical in the brain that triggers your body to act on its need for a cigarette. This enzyme or chemical is in some way relaxed by a substance in sunflower seeds. Many people used these seeds as an aid to help quit. If nothing else, it will help replace the oral craving associated with smoking while keeping your hands busy if you are getting a bit fidgety.

Take 10 deep breaths and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it's a cigarette and crush it out in an ashtray.

Take a shower or bath if possible.

Learn to relax quickly and deeply. Make yourself limp, visualize a soothing, pleasing situation, and get away from it all for a moment. Concentrate on that peaceful image and nothing else.

Light incense or a candle instead of a cigarette.

Never allow yourself to think that "one won't hurt" - it will.

Boredom Busters

Yeah, we know. You use tobacco when you're bored. So, at those times it can be really hard to quit smoking or chewing tobacco and stay quit. This might be when you miss tobacco the most. While there is no cure for boredom, our boredom busters will certainly make life easier for you.

Here is a list of ideas to do when bored:

- ❖ Keep candy, gum, licorice, or lollipops handy to keep your mouth busy and give you a quick kick (everything in moderation, right?). Flavored toothpicks can work, too.
- ❖ Get moving. Go for a walk, a run, a swim, play basketball, or take a walk around the building. Just keep moving.
- ❖ Have magazines, catalogs, or books with you so you can have something to do during down time.
- ❖ Find a hobby to occupy some time, like a puzzle, model airplane kit, Sudoku, or even just some paper and pencils so you can draw or write.
- ❖ Call a buddy who's trying to quit or who has quit and ask for his or her advice.
- ❖ Listen to music or books on a portable audio player; it can help keep your mind off being bored.
- ❖ Carry a deck of cards and play alone or with a friend. It'll help keep your mind distracted.
- ❖ Play an APP on your I pad, tablet or smart phone

Hang tough and you will bust boredom to reach your goal of being tobacco free.

Coping with the Cravings

Active responses: Things you can do

Are you Hungry? Do you need a low-cal snack?

Drink water

Engage in activity or exercise

Engage in play

Take several slow deep breaths

Find something to occupy your mind

Call a friend

Take a warm bath or shower

Write a letter or journal your experience

Occupy your hands with something

Internal Responses you can think

Think about the positive benefits

Think about the negative effects

Give yourself the command "stop"

Praise your effort of quitting

Distract yourself with pleasant thoughts

Imagine the immediate harmful effects

Acknowledge the pain of quitting

Remind yourself how hard it was to get this far

Reward Yourself! Reduce Your Stress!

Go to the movies Buy new golf balls Take a nature walk Call a friend and have a chat

Get a massage Take pictures Get carry out for dinner Go on a picnic Get a haircut

Get a new can of tennis balls Treat yourself with your favorite drink- cappuccino/milkshake

Take a nap Go bowling Get materials for a hobby Buy a magazine Go out for breakfast

Go to an arcade Buy a new book Get a manicure Buy a new power tool Rent a movie

Take a long scented bath Start a puzzle Get concert tickets go to a ball game Play a game

Relaxation Techniques

Introduction:

This tool introduces three useful physical relaxation techniques that can help you reduce muscle tension and manage the effects of the fight-or-flight response on your body. This is particularly important if you need to think clearly and perform precisely when you are under pressure.

Deep Breathing:

Deep breathing is a simple but very effective method of relaxation. It is a core component of everything from the "take ten deep breaths" approach to calming someone down. It works well in conjunction with other relaxation techniques such as Progressive Muscular Relaxation, relaxation imagery and meditation to reduce stress.

To use the technique, take a number of deep breaths and relax your body further with each breath.

Exhale slowly through your mouth, letting all the air out of your lungs. Feel your tensions and anxieties go out with every breath. Pause. Then inhale slowly through your nose using the muscles in your abdomen to pull your air in. Do this 4 – 1- times. Keep your chest muscles relaxed and let your chest expand by itself as you inhale. Pause, then exhale deeply. Do this 4 – 10 times but don't get dizzy or out of breath.

Variation: Try this simulation. Pretend you are smoking as though you are taking a drag off of a cigarette.

Progressive Muscular Relaxation (PMR):

Progressive Muscular Relaxation is useful for relaxing your body when your muscles are tense.

The idea behind PMR is that you tense up a group of muscles so that they are as tightly contracted as possible. Hold them in a state of extreme tension for a few seconds. Then, relax the muscles to their previous state. Finally, consciously relax the muscles even further so that you are as relaxed as possible. By tensing your muscles first, you will probably find that you are able to relax your muscles more than would be the case if you tried to relax your muscles directly.

Experiment with PMR by forming a fist, and clenching your hand as tight as you can for a few seconds. Then relax your hand to its previous tension, and then consciously relax it again so that it is as loose as possible. You should feel deep relaxation in your hand muscles.

For total body PMR lie flat and comfortably on your back. Close your eyes.

- ✓ Start by taking a few slow deep breaths letting all the air out.
- ✓ Focus on your feet. Begin by tensing your feet and curling your toes. Hold the tension for a few seconds and notice how your feet feel when they are tense.
- ✓ Now release the tension and focus on relaxing them. Notice how your feet feel when they are relaxed. There may be warmth, heaviness or tingling.
- ✓ You can do this exercise one foot at a time or both together.
- ✓ Then move up to the ankles, calves, thighs, abdomen, arms and shoulders. You may need to do each muscle group more than once to achieve relaxation.
- ✓ Tighten and relax your jaw muscles
- ✓ Press your tongue against the roof of your mouth
- ✓ Grimace your face to tighten and relax your face and scalp.
- ✓ When you are finished lie still and quit for 5 minutes noticing the sensation of your completely relaxed body.

Relaxing Specific Areas

Progressive muscle relaxation helps you become more aware of the tension on your body. For a quick relaxation, tense and release those muscles where you feel tension. Most often these muscles are in the neck, shoulders, lower back and scalp. Feel the tension flowing out as you relax.

Visualization

Sitting in a comfortable chair, close your eyes and visualize yourself in a peaceful setting. This could be a meadow with birds singing. It could also be your childhood home. Maybe, you can see yourself lying on the beach or seashore with the waves coming in. Feel the peace descending and enfolding as you notice the sights and sounds. Do this for 5 – 15 minutes.

The Quieting Response

1. Smile inwardly
2. Open hands and relax your jaw
3. Breathe in relaxation and breathe out tension
4. Repeat deep breathing 2 – 4 times.

Relaxation audiotapes

There are a wide variety of audiotapes and CD's available for purchase that can guide you through deep breathing exercises, muscle relaxation exercises and other relaxation techniques.

MWR

Check out Fort Polk's Wheelock gym and other facilities for yoga classes that will help you relax and become fit and the same time: <http://fortpolkmwr.com>



Breath 2 Relax APP

There are a variety of APPs for tablets and smart phones that available instantly for no cost. Visit your APP store or website to explore your options. You can use Breath 2 Relax on either Android, Google, Microsoft or Apple products. Download it for free at <http://t2health.dcoe.mil/apps/breathe2relax>



Exercise and Addiction Recovery

There is one type of “drug” the body produces naturally when you exercise- endorphins. Endorphins are tranquilizing and pain-killing hormones secreted by the brain in response to the vigorous activity of exercise. They help relieve anxiety and increase positive feelings, thus partially replacing a dependency on foreign substances such as tobacco. Yet endorphins do not have the dangerous side effects of alcohol, nicotine or other drugs.

Nicotine interferes with sleep patterns and it may be difficult for you to get a good night’s sleep. Exercise helps rid the body of stress. Many people who are withdrawing from nicotine can feel wired or edgy or aggressive or depressed or a host of any negative feelings. Exercise is an excellent stress reliever and can provide a safe “handle” to grab while dealing with the ill-effects of withdrawals.

Set your goals.

- ✓ Pick an activity, and prepare for it.
- ✓ Think about your barriers.
- ✓ Get support-from others and from yourself.
- ✓ Set your goals

When you are clear about your reasons for wanting to get active, it’s time to set your goals. What is your long-term goal? A long-term goal is something you want to reach in 6 to 12 months. For example, someone who isn’t active at all right now may have a goal of entering an organized 5-kilometer walk in 6 months. Whatever you choose for your goal, experts recommend doing either of these things to get and stay healthy:

Moderate activity for at least 2 hours a week: Moderate activity means things like brisk walking, brisk cycling, or shooting baskets. But any activities-including daily chores-that raise your heart rate can be included.

Vigorous activity for at least 1 hour a week: Vigorous activity means things like jogging, cycling fast, cross-country skiing, or playing a basketball game. You breathe faster and your heart beats much faster with this kind of activity.

It’s fine to be active in several blocks of 10 minutes or more throughout your day and week. And you can choose to do one or both types of activity.

If you decide to aim for these recommendations, what are the short-term goals that will help you get there? Short-term goals are things you want to do tomorrow and the day after.

For example, if you want to build up to walking 30 minutes every day, you might start by walking just 10 minutes a day, a few days a week. After a week, you can set a new goal by adding just a few minutes every day or adding another day to your schedule.

Read more about setting goals.

Here are some quick tips about activity goals:

Stretch, breathe, and lift. Think about doing things in three areas:

- ✓ Stretching, for flexibility. Do all stretches gradually. Don’t push or bounce the stretch. You should feel a stretch, not pain.
- ✓ Aerobic exercise like walking, for your heart, lungs, and muscle tone.
- ✓ Muscle strength and endurance, for strong bones and muscles
- ✓ Talk, don’t sing. If you can talk while you’re being active, you’re moving at a good pace. If you can sing, you might want to pick up the pace a bit.

- ✓ Don't forget-any activity counts, as long as it makes you breathe harder and gets your heart pumping.
- ✓ Pick an activity and prepare for it.
- ✓ Ask yourself questions to find out what your physical activity preferences and attitudes are.

Fitness: Choosing Activities That Are Right for You

Pick an activity that you enjoy or think you might enjoy. You're more likely to keep doing something you like. Walk the dog. Use the stairs. Do some gardening.
Be sure to have the correct clothing and gear.
Learn about fitness machines you may use, like a treadmill or stair-climber, and how to buy fitness equipment.
Learn the proper way to do your activity, and be aware of any safety concerns.

Homework

1. Download the "Breath 2 Relax" App for your smart phone, tablet or laptop- if you have one.
<http://www.t2.health.mil/mediakit/breath2relax-mobile-application>



2. Complete the Exercise plan and bring to your next session
3. Complete the Eating Triggers worksheet and bring to next session
4. Work your plan. Be prepared to make adjustments to your quit plan. Remember each craving will pass whether you smoke or not. What you feel right now is now how you will feel forever. Your body is recovering. Let it heal.

BJACH Health Promotion Tobacco Cessation Program

Find Your Eating Triggers

Rate each of the statements below using the following table

3=Always 2=Sometimes 1=Never

Use these ratings to total the numbers for each letter at the bottom of the page

Even when I am not hungry, I want to eat when:

I am with others who are eating (P)

I am on vacation or it is a holiday (E)

I pass a restaurant, snack bar or vending machine (S)

I am reading or watching TV (A)\I am feeling tired (F)

I am celebrating or entertaining (E)

I first get home (T)

I see food at home or work (S)

I am traveling (A)

I am feeling lonely or bored or sad (F)

I am with friends (P)

I am ready to go to bed (T)

Total the numbers circles for each letter:

A= _____Activities P= _____People F= _____Feelings

E= _____Events S= _____Senses T= _____Time of Day

When we stop to evaluate why we eat, more often than not it is for reasons other than the physical need for food (hunger). Tobacco is a significant “comfort” product for users. As the tobacco is removed, food can easily become the comfort product. It is a good time to evaluate why you eat and to prepare a sensible nutrition plan so the process of tobacco cessation does not lead to significant weight gain.

The higher your score is for each trigger, the more likely you are to use food when this trigger occurs. Many times we eat or snack without an awareness of the calories we are consuming when we are not physically hungry. Once you have identified the triggers that promote eating when you are NOT hungry, you can make a conscious effort to be aware and to substitute healthy, low calorie snacks, or other comfort activities.

BJACH Health Promotion Tobacco Cessation Program

My Exercise Plan

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Track your body measurements, resting heart rate and recovery time. This will give you a better picture of your fitness that will weight gains or losses. Remember, as muscle tones you may gain 3 – 5 pounds before you lose.

Your exercise plan should include both aerobic toning and muscle fitness. Aerobic activities are such like running, walking, treadmills, elliptical, bicycling, stair climbers, row machines and others. Muscle fitness includes weight training, yoga, exercise balls and resistance training. Activities such as step and water aerobics can do both. To maintain your current weight and fitness level, an exercise plan of 20 – 45 minutes of sustained aerobic exercise is recommended 3 – 4 days per week. If you have not been exercising for a while it is wise to consult with your healthcare provider before starting. Also, gradually build your endurance and resistance to meet your target goal.

My Exercise plan:

I will have an aerobic phase (AKA cardiac workout) of _____ minutes for _____ times per day or week.
(Begin slowly and build up to a goal gradually over time)

My resting heart rate is _____ beats per minute. (Find your pulse and count how many times it beats in one minute)

My target range for exercise is _____ to _____ $220 - \text{your age} \times 60\%$ and $220 - \text{your age} \times 80\%$

*Example: $220 - 40 = 180 \times 0.60 = 108$
 $220 - 40 = 180 \times 0.80 = 144$*

Target Range is 108-144 heart beats per minute

My Goals for exercise are:

- Fitness
- Improved muscle tone
- Weight maintenance
- Burn fat stores
- Better endurance
- Stress management
- Other