

BJACH TOBACCO CESSATION PROGRAM SESSION 4 (GROUP)

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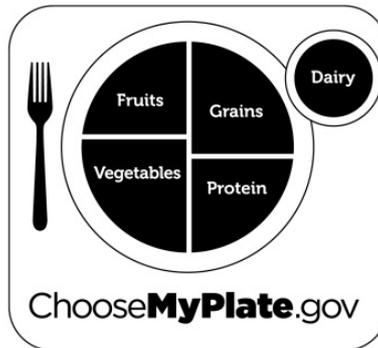
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www.myfitnesspal.com to plan and track food, nutrition, portions, exercise and daily activities



Stress & Anger Management, PTSD, Finance, Budgeting, Exercise and Activities APPS/Web Information/Help Line



BJACH Tobacco Cessation Program Session 4

Examining the Hurdles

Session Objectives:

- Understand food triggers and causes of weight gain associated with quitting tobacco
- Learn ways to cope with stressful situations without tobacco

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d. Breathing and Relation (may use relaxation CD)	Optional

Blood pressures must be screened (next session) in order to receive refills on NRT Medications

No Homework

Overcome Weight Gain

Food can be your friend or foe on the path towards staying tobacco-free. The fear of weight gain is one of the most common barricades to quitting, and you might worry that since you're not smoking or chewing anymore, you're going to gain weight. But you don't have to pack on the pounds just because you put down those cowboy killers. Studies show that three out of four people do not gain weight after they stop smoking.

Those who do gain weight only add 5 pounds on average. And some people actually lose weight after quitting. Many people who stop smoking have more energy and exercise more—a great way to keep extra weight at bay. Since you've given up nicotine, you might find yourself drawn to grabbing a snack instead of going outside for a smoke break. For example:

- You may have an increased desire for sweets.
- You may feel like you are slowing down during withdrawal from nicotine.
- You may snack more between meals.
- You may feel like you need to do things with your hands and mouth.
- You may feel bored.

Food for Thought

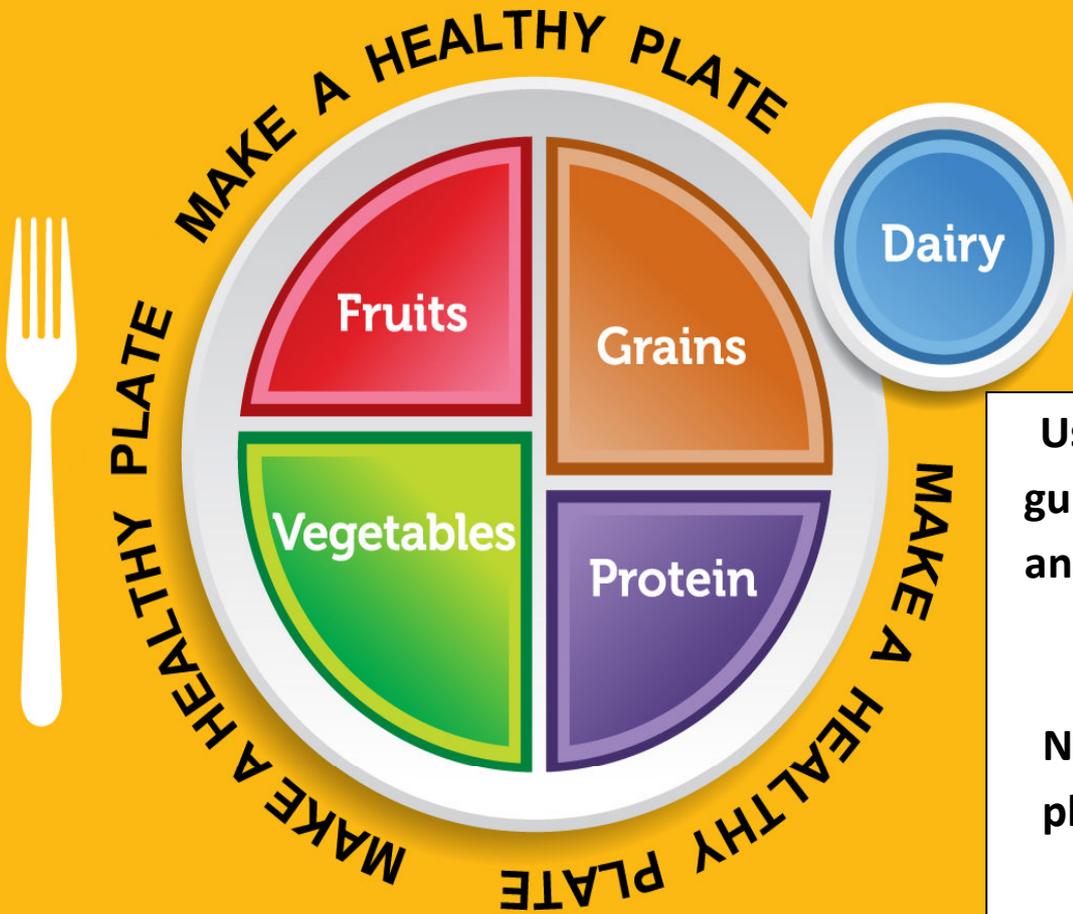
Being a non-smoker is not easy, and it involves practicing coping skills and making lifestyle changes. Set yourself up for success by being prepared and having your own plan in place!

- Craving for a cigarette can often be mistaken for a hunger pang. Take a moment to readjust and find an alternative to lighting up, dipping, or grabbing a handful of empty calories.
- Move more. Even if you do eat a few more calories while quit tobacco, you can burn them off by being more active. Take the stairs, go the long way, walk around a building before you enter it, take the dog for a long walk, and park far from where you're going.
- Drink water. Water is so good for you at this time—not only does it flush gross stuff out of your body, but it will help you feel full. It also has zero calories which you can now have to eat instead of drink.
- Try to avoid foods that you associate with tobacco, especially heavy, fried foods.
- Eat three solid and well-balanced meals a day to prevent an energy lag and increased hunger, which may result in overeating. Eating breakfast is especially important.
- Plan ahead. Have healthy foods on hand for meals and snacks, and pick foods that require a lot of chewing. Fruits, veggies, and popcorn are great ideas!
- Limit sweets. Chew sugar-free gum or eat hard, sugarless candy and popsicles if you want something in your mouth.

Counterattack

When you know what's lurking around the corner, you're better prepared to hold your own. So keep these thoughts in mind when you make your battle plans.

- Gaining a few pounds is much better for you than continuing to smoke. Remember, being overweight is nowhere near as dangerous as using tobacco. In fact, smoking puts you at as much risk for health problems as someone who is 100 pounds overweight!
- Exercising or just increasing your daily activity will help you diminish withdrawal symptoms, prevent weight gain, and improve your chances of successfully living a smoke-free life.
- Start changing your exercise and eating habits before you quit. You'll be changing enough when you do quit, and this is an easy way to get a head start.
- Exercise and healthy eating will help lower your bad cholesterol, too!



Use My Plate as a guide to portioning and meal planning.

Notice that ½ the plate is fruits and vegetables.

<http://www.choosemyplate.gov/>

Vegetables

Vary your veggies.

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.

Fill half your plate with fruits and vegetables.



Fruits

Focus on fruits.

Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables



Grains

Make at least half your grains whole.

Read labels to find more whole grain foods.

Whole wheat, oatmeal and brown rice are all good.



Protein

Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



Dairy

Get your calcium-rich foods.

Remember to buy skim milk or 1% milk.

Go easy on cheese.

Skim yogurt is a good choice, too.



DEAL WITH STRESS AS A NON-SMOKER

If you used cigarettes to help you deal with stress or negative moods, normal stressful situations that come up after you quit may give you the urge to smoke. Fortunately, non-smokers and former smokers have found many ways to deal with their stress or negative moods (boredom, anger, sadness, anxiety) without lighting a cigarette. You can, too!

Why does this happen? Mental or physical tensions, strains, or distress caused by worries, responsibilities, and hassles which you encounter in normal everyday life, can all be a part of stress and can cause negative moods. Happy occasions like moving to a new home or getting married can also cause stress. When nicotine enters your brain, it appears to activate many powerful chemical reactions in the brain. These chemicals regulate mood, alertness, learning, memory, pleasure, anxiety and pain. When you smoke, the nicotine changes these chemicals. You may feel increased pleasure, less anxiety and more relaxed.

How common is this? Over years of smoking, your brain has been trained into thinking that smoking is relaxing, because without nicotine you begin to feel nervous and anxious. This learning process becomes so ingrained into your mind that it takes time to learn how to cope with stress without smoking a cigarette. This is why stress levels tend to be highest during the first two weeks after quitting, and then taper off. During the first few weeks of quitting, even small stresses can lead to powerful urges to smoke. As time goes by the urges get weaker.

Physical Symptoms of Stress Physical symptoms of stress are generally the first signs of stress, making them a good “early warning” system. Some of the common physical signs of stress are listed below:

- ❖ Tingling in your fingertips and toes
- ❖ Arms and legs feel cold
- ❖ Increased heart rate
- ❖ Dizziness
- ❖ Headache
- ❖ Butterflies in your stomach
- ❖ Muscle tension
- ❖ Upset stomach
- ❖ Shallow breathing
- ❖ Diarrhea
- ❖ Feeling tired or listless
- ❖ Watery or irritated eyes

Some Major Life Events (Stressors) Here is a list some major life events that some people might find stressful

- ❖ Death of a family member.
- ❖ Jail sentence.
- ❖ Partner is not faithful.
- ❖ Bankruptcy.
- ❖ Fired from job.
- ❖ Miscarriage or stillbirth.
- ❖ Divorce.
- ❖ Unwanted pregnancy.
- ❖ Serious illness.
- ❖ Demotion.
- ❖ Lawsuit.
- ❖ Poor grades.
- ❖ Fights with boss.
- ❖ Move to a new place.
- ❖ Menopause.
- ❖ Retirement.

- ❖ Child leaves home.
- ❖ Birth of child.
- ❖ Marriage.
- ❖ Pregnancy.

Periodic Stresses: During the first few weeks as a non-smoker, plan for the following typically stressful situations:

- ❖ A bad day at work
- ❖ A problem with your kids
- ❖ An argument with your spouse or partner
- ❖ A traffic ticket
- ❖ A minor fender-bender

Daily Hassles are those things that can happen on a daily basis or very often.

- ❖ Minor money problems.
- ❖ Car trouble.
- ❖ Rude people.
- ❖ Fights with partner.
- ❖ Traffic jams.
- ❖ Bad weather.
- ❖ Home repairs.
- ❖ Arranging childcare.
- ❖ Housework.
- ❖ Loud children.

What Leads Up to A Cigarette?

What leads ex-smokers to have their first cigarette? We followed a group of ex-smokers after they quit, and then asked them if and when they had a cigarette. Here is what the ex-smokers told us about what events led up to that cigarette. You can see that the most common event leading to smoking was being in a negative mood, such as feeling sad, tense, angry, or bored.

Events	Percentage
Unpleasant Mood	70%
Drinking Alcohol	47%
Happy Mood	24%
Eating	12%
Offered Cigarette	2%

What can you do about it?

- ❖ Know what stresses or negative moods give you the urge to smoke. Try to think of other ways you can cope with them. (i.e. read, take a walk, talk with a friend)
- ❖ Know the cause of stress in your life (i.e. job, children, and money).
- ❖ Know your stress signals (headaches, nervousness, or trouble sleeping).
- ❖ Create peaceful times in your everyday schedule. Set aside some time where you can get away from other people and your usual environment.
- ❖ Practice and picture yourself putting your relaxation plans to work. Put your plan into action. Change your plan as needed.
- ❖ Learn relaxation techniques such as meditation, yoga or deep breathing.

Behavioral Coping Skills are things that you do and involve you taking some form of action.

- ❖ Leave the situation
- ❖ Call a friend
- ❖ Take deep breaths
- ❖ Go for a walk
- ❖ Exercise
- ❖ Chew gum

Mental Coping Skills are things you do that require thought process

- ❖ Mental coping skills are things that you “tell yourself” to keep yourself from smoking. Examples are:
- ❖ Remind yourself of the reasons you quit smoking.
- ❖ Say “*I can deal with this without smoking. No matter what happens today, smoking is not an option for me.*”
- ❖ Remind yourself that smoking will not solve the problem.
- ❖ Remember how much you have accomplished so far. Tell yourself that you are not going to let all your efforts go to waste.

So, Why Not Smoke When Stressed?

- ❖ There are many problems with using cigarettes as a way to cope with stress or other unpleasant feelings:
- ❖ The relief only lasts a short time. Soon your stress will return and you will need to smoke another cigarette.
- ❖ Smoking does not solve your problem; it only hides it. The cause of your problem remains.
- ❖ Smoking is not a healthy way to deal with stress. The stress probably will not kill you, but the smoking may.
- ❖ Smoking actually causes more stress than it relieves. Studies show that stress levels go down after quitting.
- ❖ After you quit smoking, you may have trouble dealing with stress and bad moods. If smoking was your main way of coping with stress, you will need to find new, better ways after you quit.

Better Ways to Deal with Stress and Negative Moods

Most people, of course, are able to deal with stress and negative moods without smoking or using other drugs or alcohol. How do they do it?

1. Deal with the Problem

One good way to cope with life's challenges is to try to deal directly with the problem facing you. Look at the source of the problem. Think about ways to solve it, and then act.

Tiffany had quit smoking 6 months earlier. Today, on the way to work, her car ran into a guard rail. There was much damage to her car's front end. That day, Tiffany felt very stressed and anxious. She was worried that she would not be able to afford to have the car fixed, and that she would have no way to get to work. She thought about having a cigarette, which was how she used to calm herself down. Instead, she decided to try to find solutions to her problems. First, she found a co-worker who would be able to give her a ride to work while her car was being fixed. One problem solved. Next, she called her insurance company and found out that they would cover the repairs, except for a \$500 deductible. She didn't have \$500 at hand, so she had to figure out how to get it. She decided to borrow some money from her parents, to hold a garage sale that she had been planning for years, and to delay buying some new clothes. This was not an ideal answer, but it did allow her to repair her car and get back to work. She solved the problem without smoking!

2. Do Other Activities

There are other things besides smoking that can reduce stress. These include: reading, exercise, relaxation, deep breathing, prayer, meditation, or taking a walk. All of these can take your mind off of a stressful situation. They also can improve your mood.

Larry was one of those smokers who lit a cigarette when his mood was not good. When something the least bit stressful happened, he would reach right away for a cigarette. After he quit, he had urges to smoke when he felt stressed or down. He quickly found out that he needed to come up with something that helped him feel the way he did when he smoked. He came up with the idea of doing deep breathing exercises. The deep breathing was like smoking, and it also let his body relax. When he felt tense, this is what he would do. He would close his mouth, relax his shoulders, and inhale deeply while

counting to eight. Then he would hold his breath for four seconds. Next he would exhale slowly while counting to eight. Larry found that if he repeated these steps five times he would feel relief of stress and tension. It worked at least as well as smoking used to.

3. Talk to Someone

One of the best ways to deal with stress is to talk to someone. Most of us do this, by talking to friends, family, or co-workers. *Whenever Janice felt stressed, she would phone her best friend, Alice, and they would talk about her problem. Sometimes they were able to come up with good answers to the problem. But, even when they could not solve it, just talking about it helped Janice.*

Take a one-minute vacation. The one-minute vacation is something you can do almost anywhere by following these steps:

- 1) Close your eyes.
- 2) Take a deep, slow breath through your nose. As you inhale, picture yourself in a favorite spot.
- 3) Exhale slowly through your mouth, holding that scene in your mind.
- 4) Enjoy the pleasure of that scene.
- 5) Open your eyes and feel refreshed.



52 Stress Reducers

1. **Get up 15 minutes earlier in the morning.** Extra time helps make mishaps less stressful.
2. **Prepare for the morning the evening before.** Set the breakfast table. Make lunches. Put out the clothes you plan to wear.
3. **Don't rely on your memory.** Write down appointment times, such as when to pick up the laundry, when library books are due. ("the palest ink is better than the most retentive memory."—Chinese Proverb)
4. **Do nothing you have to lie about later.**
5. **Make copies of all keys.** Bury a house key in a secret spot in the garden. Carry a duplicate car key in your wallet, apart from your key ring.
6. **Practice preventive maintenance.** Your car, appliances, home, and relationships will be less likely to break down "at the worst possible moment."
7. **Be prepared to wait.** A paperback book or MP3 player can make waiting in a post office line almost pleasant.
8. **Procrastination is stressful.** Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.
9. **Plan ahead.** Don't let the gas tank get below one-quarter full. Keep emergency supplies of home staples. Don't wait until you're down to your last bus token or postage stamp to buy more.
10. **Don't put up with something that doesn't work right.** If your alarm clock, wallet, shoe laces, windshield wipers—whatever—is a constant aggravation, get them fixed or buy new ones.
11. **Allow 15 minutes of extra time to get to appointments.** Plan to arrive at an airport at least one hour before domestic departures.
12. **Eliminate (or restrict) the amount of caffeine in your diet.**
13. **Set up contingency plans,** "just in case." ("If we get split up in the shopping center, let's meet here.")
14. **Relax your standards.** The world will

not end if the grass doesn't get mowed this weekend.

15. **Use Pollyanna-Power!** For every one thing that goes wrong, there are probably 10 or 50 or 100 blessings. Count 'em!
16. **Be clear before you act.** Ask questions. Take a few moments to repeat back instructions given to you. Don't fall prey to the old "the hurrier I go, the behinder I get" idea.
17. **Say "No" to extra projects, invitations, and social activities you don't have time or energy for.** This takes practice, self-respect, and a belief that everyone, every day, needs quiet time to relax and to be alone.
18. **Turn off or unplug your phone.** Take a long bath, meditate, sleep, or read without interruption. Drum up the courage to temporarily disconnect. (the possibility of there being a terrible emergency in the next hour or so is almost nil.)
19. **Turn "needs" into preferences.** Our basic physical needs are food, water, and keeping warm. Everything else is a preference. Don't get attached to preferences.
20. **Simplify, simplify, simplify.**
21. **Make friends with non-worriers.** The behavior of chronic worrywarts is contagious.
22. **Take frequent stretch breaks** when you're sitting a lot.
23. **If you can't have quiet at home, wear earplugs.**
24. **Get enough sleep.** Set your alarm for bedtime.
25. **Organize!** A place for everything and everything in its place. Losing things is stressful.
26. **Monitor your body for stress signs.** If your *stomach* muscles are knotted and your breathing is shallow, relax your muscles and take some deep, slow breaths.
27. **Write down your thoughts and feelings.** It can help you clarify ideas and give you a renewed perspective.
28. **Do this yoga exercise** when you need to relax: Inhale through your nose to the count of eight. Pucker your lips and exhale slowly to the count of 16. Concentrate on the long sighing sound and feel the tension dissolve. Repeat 10 times.

29. **Visualize success** before any experience you fear. Take time to go over every part of the event in your mind. Imagine how great you will look, and how well you will present yourself.

30. **Take your mind off the task for a while.** If the stress of a deadline gets in the way of doing a job, use diversion. You will focus better when you return to it.

31. **Talk out your problems with a friend.** It helps to relieve confusion.

32. **Avoid people and places that don't meet your personal needs and desires.**

If you dislike politics, don't spend time with politically excited people.

33. **Learn to live one day at a time.**

34. **Do something you really enjoy** every day.

35. **Add an ounce of love** to everything you do.

36. **Take a bath or shower** to relieve tension.

37. **Do a favor** for someone every day.

38. **Focus on understanding** rather than on being understood, on loving rather than on being loved.

39. **Look good to feel better.**

40. **Take more time between tasks to relax.** Schedule a realistic day.

41. **Be flexible.** Some things are not worth perfection.

42. **Stop negative self-talk:** "I'm too old." Make it positive: "I've learned from life."

43. **Change your pace on weekends.** If your week was slow, be active. If you felt nothing was accomplished during the week, do a weekend project.

44. **Pay attention to the details** in front of you. "Worry about the pennies, and the dollars will take care of themselves."

45. **Do one thing at a time.** When you are working on one thing, don't think about everything else you have to do.

46. **Allow time every day for privacy,** quiet, and thought.

47. **Do unpleasant tasks early** and enjoy the rest of the day.

48. **Delegate responsibility** to capable people.

49. **Take lunch breaks.** Get away from your work in body and in mind.

50. **Count to 1,000 (not 10),** before you say something that could make matters worse.

51. **Forgive people and events.** Accept that we live in an imperfect world.

52. **Have an optimistic view of the world.** Most people do the best they can.