

BJACH TOBACCO CESSATION SESSION 5 GRADUATION



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8:00 am - 6:30 pm CST
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BJACH Tobacco Cessation Program Session 5 Graduation

Minimum needed for this session

1. Blood pressure machine
2. Sign in sheet
3. End of Program Evaluation

Session Objective

- Relapse Prevention Strategies
- Medication Use and Refill Policies

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Blood Pressure recorded and refill instructions provided

Relapse

Top Three reasons for relapse

1. Living or working closely with others who continue to use tobacco products
2. Field duty or deployments
3. Overconfidence: "I'll have just one" or "I can control it now" or "I'm just curious about how it tastes now"

Why do people start using tobacco again?

Stress

- ✓ Do not convince yourself that a cigarette or a dip will somehow help you relax even though by now you have learned that nicotine is really a stimulant.
- ✓ Get away from a situation that is causing stress
- ✓ Do something else like a take a walk, drink a glass of water or take a shower
- ✓ Get out of the house or office. Change the scenery and come back when you are ready to deal with the issue.
- ✓ Practice deep breathing and imagine a peaceful scene
- ✓ Get out your tobacco cessation quit plan and review your plan
- ✓ Congratulate yourself every time you relax without using tobacco.

Withdrawal Symptoms

- ✓ Remind yourself that the symptoms you experience after quitting are only temporary.
- ✓ Think about all the effort you've already put into quitting. Don't let it go to waste.
- ✓ Remember the urge will pass whether you use tobacco or not.
- ✓ Remember the 5 D's (Delay, Deep breathe, Drink water, Do something else, discuss with a friend)

Alcohol

- ✓ Try not to drink in situations where tobacco is easy to get
- ✓ Tell everyone that you have quit
- ✓ Suck on a swizzle stick
- ✓ Avoid drinking too much as you will lower your will power
- ✓ Try social groups where there are very few tobacco users until you build strength and will
- ✓ Bring someone along who will help you avoid relapsing

Boredom

- ✓ 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

Remember the 5 D's

Delay
Drink Water
Do Something Else
Deep Breathe
Discuss With a Friend

High Risk Situations

Here are some situations that are potentially high risk for returning to your previous tobacco habits. Read the suggestions on how to handle high-risk situations and develop your own strategy as well.

Awaking in the morning	<ul style="list-style-type: none">-Brush your teeth as soon as you wake up.-Start an activity right away- don't sit around thinking about tobacco.
Drinking coffee	<ul style="list-style-type: none">-Drink coffee while you are doing something with your hands- makes using tobacco hard-Have tea or other beverage instead, switch to decaf or another non-caffeinated beverage
Eating meals	<ul style="list-style-type: none">-Eat lunch at a different location-Sit in non-smoking sections at restaurants-Get up from the table right away when you are finished eating and start another activity
Watching TV	<ul style="list-style-type: none">-Have an activity ready to keep your hands busy- play a game, do a puzzle, sew, knit, crochet, needlepoint, build a model, write a letter, surf the web on your laptop or tablet, play and APP in your smart phone or tablet.-Keep low calorie snack available at all times in your kitchen cabinets-Watch TV with a non-tobacco user-Deep clean carpets, draperies, furniture and upholstery. Make the TV room tobacco free from all users.-Clean the walls of tobacco stains or repaint the TV room
Driving in a car	<ul style="list-style-type: none">-Have the car professionally detailed to include cleaning carpets and upholstery.-Keep low calorie snacks, toothpicks, straws or gum with you at all times-Chew sugarless gum-Sing out loud to the radio
Taking a break at work	<ul style="list-style-type: none">-Brush your teeth or start chewing a piece of sugarless gum at the beginning of breaks-Take several slow deep breaths and visualize a peaceful scene to help you relax.-Take breaks with associates who do not use tobacco until you feel more confident.
Social Situations	<ul style="list-style-type: none">-Suggest going to non-smoking events (movies, theater, shopping stores, etc...)-Let these people know you are trying to quit and ask for their support. Ask them not to use around you or give you tobacco products even if you ask them.-Consider quitting with a buddy or family member. You can offer each other support and avoid extra temptation.

Getting Back on Track

The most important lesson learned by tobacco users is that you can't test yourself by having any tobacco. But if you do start again, here's what you should do. *If at first you don't succeed, regroup your effort and try again!*

- ✓ Recognize that you've had a setback but this doesn't mean that you use tobacco again. Don't be too hard on yourself. Everyone has slips on the road to recovery.
- ✓ Don't give up! Resolve to remain a non-user and keep trying.
- ✓ Get rid of any tobacco products you may have bought.
- ✓ Learn from the setback. What caused you to use again? How did it taste? How did it make you feel emotionally? Was it as good as you expected? How will you handle the situation if you were to confront it again in the future?

- ✓ Plan on how to avoid or better cope with the situation in the future
- ✓ Read through these workbooks again. Review your quit plan, Revise it to what you have learned.
- ✓ Go back to your tools and resources that helped you get this far.
- ✓ Don't look back. Think about your effort so far and what you have to lose. Isn't it easier to quit again sooner rather than later? Regroup your efforts and continue on so your efforts don't go to waste.

Thinking ahead

Think ahead about situations that may cause urges is an important part of preparing for them. If you have not smoked in a while, you have probably broken the links between smoking and most of your daily activities. They should no longer trigger urges to smoke.

But, you might want to be careful during events that used to involve smoking, even if they have occurred less often since quitting. If you have urges or thoughts of smoking, tell yourself that the event is causing the urge. Each time you have that event without smoking, you greatly reduce the chance of having an urge in the future.

Some events linked with smoking might be:

- ✓ Vacations.
- ✓ Weddings.
- Holidays or family parties

Stressful events are also risk factors for relapse after a period of quitting. Very stressful events might include:

- ✓ Death of a loved one.
- ✓ Losing your job.
- ✓ Being apart from a loved one.
- ✓ Money problems.
- ✓

Even though smoking may have seemed minor compared to the stress or sadness you are feeling at the time, you will be glad later on if you do not smoke. Do not turn one tragedy into two tragedies!

Bob quit smoking a year ago. Finding out that many more smokers die before the age of 65 than non-smokers, and starting to have chest pains really woke him up. He decided that he wanted to enjoy his retirement and see his grandchildren grow up. Quitting smoking would increase his chances of doing both. It was difficult for Bob at first. He had been smoking for 35 years, starting when he was 14 years old! He had liked smoking (or so he thought), and he had many urges to smoke during the first few months after he quit. He even found that he used cigarettes when he was stressed, angry, or when he wanted a break from work. Bob had thoughts of going back to smoking during the sad and stressful time after his mother died. But he never forgot his reasons for quitting. He was not going to leave those beautiful grandchildren behind too soon! But this was only part of the battle. Bob knew that he had to reduce the stress in his life, so he enrolled in a stress class at work. Bob had never been aware of how stress, even when he was smoking, was decreasing the quality of his life. Now his life and health are better in two ways! His grandchildren are getting bigger each day and Bob has really learned how great life can be without cigarettes.

We know you do not plan to fail. So please do not fail to plan.

The Journey Begins

You may have already noticed that the association between tobacco and many of your daily activities is becoming less intense. You no longer miss that cigarette with that cup of coffee or that dip in your mouth right after a meal. It required some effort on your part to break this association. You may not have believed you could get this far but you did.

Remember how many times you reached for your pocket, or purse for those tobacco products. The automatic reaching is almost gone now. You have learned that a habit is any behavior that is positively reinforced. You have also learned that old habits can be broken and new ones can replace them.

Any behavior that results in a positive state of affairs, or eliminates a negative state of affairs, or prevents development of a negative state of affairs is positively reinforced and tends to become habit.

Behavior is the sum total of everything you do. An acknowledged behavior is repeated. An ignored pattern is discarded. Each time you do not reach for a tobacco product, the pattern weakens. Becoming tobacco free is not easy. It may take more than one attempt. It is one of the most difficult challenges a person may face. Therefore if you feel like celebrating, go ahead.

The day you had your last tobacco product will become an important date in your life. Many people can cite it as readily as their birthday or their social security number. The date has become an important milestone in the victory over nicotine.

Several times you have found yourself thinking about how nice it would be to have a cigarette, a dip or a chew. You need at this point is more emotional than physical. The cravings will ease in strength to a yearning- a wistful sort of feeling that you can resist. You are too smart to throw away all your effort.

The second stage of not thinking about tobacco comes about more slowly. Most non-users report that about one year after quitting they no longer think about tobacco. You must go through every occasion that happens every year without tobacco including birthdays, holidays, football season, hunting expeditions, etc... The speed in which your thoughts about tobacco go away relate to how dependent you were on nicotine. Rest assured that if the habit can be extinguished, the thoughts can be too.

In the process of quitting, a great deal of money, energy and time will be released. Plan to invest it wisely. Consider family, church, friends, your community, a hobby, a new project, a meditative practice and most importantly exercise. Giving up tobacco for a period of time is one thing. Remaining a non-user for the rest of your life requires even more special effort on your part. You have made a major decision to get where you are today and we urge you to do whatever it takes to remain here. And move on without tobacco. You have risked failure by trying to quit and you have gained a new freedom.

During this leg of the journey, don't get in a hurry. Take all medications as prescribed and take each day one at a time. You should feel a sense of pride that you have removed an addictive drug from your life. Nicotine no longer controls. Nicotine no longer directs your daily routine. Something significant has occurred. You have learned two major principles along your path:

1. *Success is nothing more than a plan that is adhered to.*
2. *A major problem can be solved when set into a series of small problems.*

Nobody did it for you. You did it yourself!