



6

Deciding About Smoking

Your Wellness Counts



Your Wellness Counts: *Deciding about Smoking* – May 2017

New Jersey Division of Mental Health and Addiction Services
Rutgers UBHC Technical Assistance Center

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- **What Do You Think about Not Smoking?** (page 7)
- **What Is One Thing that You Can Do?** (page 17)
- **You can handle triggers and cravings** (page 29)

Welcome to **Your Wellness Counts**, the **Deciding on Smoking** Module. Some of the topics that we'll discuss together are listed above. If you'd like, you can cover this module's information and activities on your own. You can also discuss this module, along with your thoughts, feelings, and experiences, with a support person or group. The choice is yours.

The information and activities in this module can help you make your own choices about quitting or reducing tobacco use. You may want to read this **Deciding About Smoking** module if:

1. You're not sure if you want to stop smoking, or
2. You want to learn how you can stop smoking, or
3. You already know you want to quit smoking.

Deciding About Smoking covers everybody. Every one can't turn it off just like that.

This module of Your Wellness Counts is divided into 3 sections:

1. **Thinking About Quitting Smoking** – if you're not ready yet (page 7)
2. **Doing It – Deciding about Smoking** – if you feel confident that you're ready now (page 25)
3. **Tracking It – Deciding about Smoking** – if you're ready to track your progress (page 33)

At the end of this Module, we give you links to additional online resources!

Remember—you are in charge of how you use **Your Wellness Counts!** You decide how the ideas in **Deciding About Smoking** apply to you.



Go to the section of this module that you think is right for you



To Smoke or Not to Smoke?

You may be thinking, “*Why should I stop smoking?*” “What’s in it for me?” “I really like to smoke.” At the same time, you may not be fully satisfied with your life. In this module, you’re invited to explore your feelings about smoking – hopeless or hopeful, conflicted or carefree. Eventually, *only you* can decide how to proceed.

What makes it so hard to stop smoking?

Cigarettes are addictive, which means smoking them creates an emotional or physical need which is very difficult to break. Cigarettes contain nicotine, which can seriously affect a person’s mind and mood to the point that s/he feels a powerful urge to smoke despite one’s best intentions.

Do you feel hopeful that you can quit or cut down?

If you have quit successfully or cut down before, you can feel hopeful about doing it again. Most people who are able to quit smoking have tried many times before. So, the message is, keep trying! Yes, there are many real challenges to quitting or cutting down, like stressful living environments, limited income, and lack of health insurance, health care, or other supports to quit smoking. Accurate information, committed support from caring people, and tools offered in this module are very helpful. **You can change *gradually* by smoking less or *immediately* by quitting all at once. Either way, there is real hope.**

How can this module, *Deciding about Smoking*, help me?

This module of Your Wellness Counts will help you understand how smoking may be harming you and what, if anything, you may want to do about it. You will find ideas, tools, and resources to help you decide. If you choose to quit or cut down, you will be able to create your plan for success. Ultimately, you will determine what you want to do, when and how you will do it, and who you want to help you. It is all up to you.



What helps you to feel *hopeful* that you can stop smoking soon despite challenges?



Thinking About Tobacco and Nicotine

Smoking is only one way that people use tobacco. In addition to cigarettes, cigars, and pipe tobacco, people use chewing tobacco and e-cigarettes. One common ingredient, nicotine, is also in products such as the patch or nicotine gum that people use to help to cut down or quit smoking.

Deciding about smoking includes deciding about nicotine too. If you choose, you can consider this when you complete the checklist below. The items listed can help you understand your current level of knowledge and clarify your habits as they relate to smoking.

<u>Self-Assessment: Tobacco and Nicotine</u>	Always or Often	Sometimes	Rarely or Never
1. I think about quitting or cutting down.			
2. I have tried to quit smoking in the past.			
3. I know people who have quit smoking.			
4. I know of many options for quitting or cutting down.			
5. I smoke at very specific times—like when I drink coffee or alcohol.			
6. I smoke different amounts at different times, (i.e., I can go without smoking when I am at work.)			
7. I notice some problems from smoking.			
8. I smoke when I feel stressed.			
9. I smoke to relax.			
10. I know how to control my urge to smoke.			



Refer back to a time in your life when you didn't smoke. What was that like? Can you see yourself being smoke-free again??





Tobacco Use is the Leading Cause of Preventable Illness & Death in the U.S.

If you smoke cigarettes, you're not alone. It is the most common addiction in the United States. Tobacco use is the leading cause of *preventable* illness and death in the U.S., which means that *you can actively do something about it* even if you've been smoking for many years. This module can help you decide how smoking fits in with your overall wellness.

Here are some facts to consider about smoking:

- For every 5 deaths per year in this country, at least 1 is due to smoking. In the U.S. alone, more than 400,000 people die every year from smoking. About half of these deaths are people with a mental illness or substance use disorder.*
- Smokers lose more than 10 years of life, on average, compared to people who've never smoked.**
- Research has shown that smoking has been linked to diseases of almost every organ in the body, including the heart and lungs.**
- About one in three cancer deaths are directly due to smoking.
- Smoking reduces overall health and quality of life.**
- Cutting down on the number of cigarettes you smoke can be an important step, even if you're not ready to quit now.

You may have known some of this information already. These facts aren't meant to convince you or to scare you. It's presented here so you can make the best informed decision.



What do you think about reducing your chances of getting some of the illnesses listed here by cutting down or stopping smoking?



References: *<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5425a1.htm>
**www.cancer.gov (search for smoking health consequences)



How Ready are You to Stop Smoking?

How many times have you thought or said to yourself, “I’d like to stop smoking” or “I really want to quit”? **Wanting** to do something and actually **doing it** can be two different things. Sometimes it can be helpful to find out how “ready” we are to do something new or challenging. When we try to change before we are ready, we can become discouraged by initial setbacks and may simply give up trying.

Try asking yourself the following question:



On a scale of 1 to 10, with “1” meaning you are *not ready at all* and “10” meaning you are *absolutely ready*, how would you rate your “readiness” to stop smoking right now?



1 2 3 4 5 6 7 8 9 10

1 = Not ready at all

10 = Absolutely ready

What are your thoughts and feelings on how ready you are to quit smoking?



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What do You Think about Not Smoking?

Although many smokers want to quit smoking, it is not as easy as 1-2-3. You may believe that smoking has a good side. There may be things that you like about smoking. Maybe you fear that those benefits would be lost if you stopped smoking completely.

There are many challenges about cutting down or stopping smoking. It is very easy to say, “Smoking is so unhealthy for you, so just stop.” But it’s not that easy! Here are things people have said about stopping smoking.

What I like about stopping smoking	What I dislike about stopping smoking
<ul style="list-style-type: none"> • I’d feel more self-confident and a sense of accomplishment. • I would be able to save money. • I will live a healthier life. • I won’t smell like smoke. 	<ul style="list-style-type: none"> • Quitting seems so difficult. • I’d feel more stressed out. • I’m afraid of gaining weight. • I’d miss my friends who smoke.

This “decisional balance” is a tool that can help you make a decision by looking at the pros (likes, advantages) and cons (dislikes, disadvantages) of making a change. It helps you explore your mixed thoughts and feelings that you may have in possibly changing. You can keep reading this module to learn some of the benefits of& challenges you may face with stopping smoking. Or you can skip ahead now to complete your own decisional balance on page 20.



What are your initial thoughts on what you like and don’t like about stopping smoking? This module can help you make your own list.

Remember, most people make **many** attempts before they quit smoking because it is highly addictive.



One Reason to Stop Smoking is to be More in Control of Your Life



Most people who smoke are addicted to **nicotine**, a chemical that is contained in cigarettes and other tobacco products. Addiction means a loss of control. Tobacco addiction is one of the most common addictions and substance use disorders in the United States.

What is tobacco addiction?

According to the National Institute on Drug Abuse, drug addiction is “compulsive drug seeking and use, despite harmful consequences.” Along with nicotine, people can also develop addictions to drugs, sex, food, sugar, caffeine, alcohol, or gambling. Although some of these may be safer in moderation, some addictions, such as smoking or taking illegal drugs, are dangerous any time you do them.

What is tolerance?

Think about when you first began to smoke and compare that to how it feels now. You may have found that you need to smoke more cigarettes today to feel the same way that you did when you used to smoke less cigarettes years ago. It’s called developing **Tolerance** when you need to smoke more to get the same feeling.

What is tobacco withdrawal?

Being addicted can also mean that you begin to *crave* tobacco if you haven’t smoked for a while. You begin to feel increasingly uncomfortable and have a stronger urge to smoke. It is called **withdrawal** when going without tobacco brings feelings of irritability, nausea, anxiety, frustration, restlessness, depression, or anger. You may feel a greater sense of withdrawal in the morning since, when you first wake up, you probably haven’t smoked for many hours.



YOU

How much control do you currently think you have over your smoking habit?



Resource: <http://betobaccofree.hhs.gov/> (search for “nicotine addiction”)



Do You Control Cigarettes or Do Cigarettes Control You?



This self-assessment* will help you look honestly at your own smoking.

1. Do you smoke more now than you did when you first tried smoking cigarettes?	YES	NO
2. Do you want to have a cigarette as soon as you wake up (in the first hour) in the morning?	YES	NO
3. Do you wake up in the middle of the night to smoke?	YES	NO
4. Do you smoke cigarettes even on days when you are sick?	YES	NO
5. If you don't have a cigarette, do you start to have withdrawal symptoms?	YES	NO
6. Check any withdrawal symptoms you began to feel when you didn't have a cigarette:		
<input type="checkbox"/> Angry or irritable <input type="checkbox"/> Difficulty Concentrating <input type="checkbox"/> Can't Sleep <input type="checkbox"/> Anxious/ Nervous <input type="checkbox"/> Frustrated <input type="checkbox"/> Restless <input type="checkbox"/> Crying <input type="checkbox"/> Hungry <input type="checkbox"/> Irritable <input type="checkbox"/> Sad or Depressed <input type="checkbox"/> Impatient <input type="checkbox"/> Nervous		
7. Do you think you are addicted to smoking?	YES	NO

If you checked "YES" to any of the above questions, it's very likely that you're addicted to smoking.



If you are addicted to smoking, how will you notice when you start to gain control of your life again? How will other people notice this change in you?



*Reference and Resource: <http://rwjms.rutgers.edu/> (search for "LAHL")





How about Switching to Other Forms of Tobacco?

Tobacco comes in many forms in addition to cigarettes, such as cigars, chewing tobacco, cigarillos (little cigars), oral forms of tobacco (like strips or dissolvables) and electronic cigarettes. Some people buy bulk tobacco and roll their own cigarettes.

Because the tobacco plant includes chemicals that can cause cancer, *all tobacco can be harmful to your health*. This means that just switching from cigarettes to another form of tobacco is not a healthy treatment option.

Electronic cigarettes, or e-cigarettes, are a newer kind of tobacco product. They are battery-powered devices that deliver a nicotine vapor to the body without using smoke. Some e-cigarettes deliver nicotine into the bloodstream in amounts similar to regular cigarettes. This means that *even e-cigarettes have some potential for dependence*.

In the U.S., e-cigarettes are not regulated by the Food and Drug Administration. The ingredients in most brands have not yet been fully studied, so their safety is unclear. Because one study found an increase in calls to poison control centers* involving e-cigarettes, you should realize there are some risks. Some people use e-cigarettes because they believe that it will make it easy to cut down or quit. Right now, *since we don't have enough information to know whether e-cigarettes can help with quitting*, this option is not recommended.



If you currently use, or are thinking about using, other forms of tobacco, what concerns you most about how this could impact your health? You can discuss your concerns with a doctor or nurse.



Reference: www.cdc.gov (search for "e-cigarette poison")





Smoking Less Can Save You a Lot of Money

Saving money is a huge benefit of smoking less and stopping smoking. Smoking cigarettes is very expensive. It can cost \$7.00 or more to buy a pack of cigarettes today.

The tobacco companies spend only pennies (about 6 cents) to make a pack of cigarettes. That means that the tobacco companies profit from each pack of cigarettes that you buy while the government gets a few dollars too! Wouldn't you rather keep that money for you?

The chart below estimates how much smoking cigarettes costs you every day, week, month, year, and even 10 years. Sometimes we don't realize how much we are spending on things until we calculate the costs.

Approximate # of Cigarettes that you Smoke Daily	Average Cost Per <u>Day</u>	Average Cost Per <u>Week</u>	Average Cost Per <u>Month</u>	Average Cost Per <u>Year</u>	Average Cost in <u>10 Years</u>
1 pack (20 cigs)	\$7.00	\$49.00	\$210.00	\$2,548.00	\$25,480.00
2 packs (40 cigs)	\$14.00	\$98.00	\$420.00	\$5,096.00	\$50,960.00
3 packs (60 cigs)	\$21.00	\$147.00	\$630.00	\$7,644.00	\$76,440.00

(This chart is based on a pack of cigarettes costing about \$7.00 and does not include inflation.)



How much do you smoke per day? _____ pack(s)

Using the chart above, find the row that is closest to the number of pack(s) you smoke each day (1, 2, or 3). In that row, look across to the right to see how much you are spending on cigarettes. The columns list average costs for every day, every week, every month, every year, and over a total of 10 years.

So, how much do you spend on cigarettes each month? \$ _____



Resource: www.smokefree.gov (search for savings calculator)



Less Money for Cigarettes = More Money for You

If you didn't spend so much money each month to purchase cigarettes, you'd be free to spend the extra cash in a different way.

What things do you want or need from the list below? If you smoked less or quit smoking, you'd probably be able to buy or do some of these things with the extra money you would save. Based on the chart on the previous page, if you went from two packs a day to one pack, you would have over \$200 extra every month!



You can buy:

- A gift for someone you care for
- New clothes
- Jewelry
- New television or cable TV
- A bicycle
- Home computer or laptop
- Music player or MP3 player
- Cell phone
- Things for your home
- Your great idea _____

You can:

- Take your loved one out
- Have coffee with friends
- Go out to dinner
- Go to the movies
- Join a gym
- Take family to amusement park
- Take a class; learn something new
- Make a donation to a worthy cause
- Save money to plan a fun day
- Your great idea _____



What are the top three things that you would buy or do with the extra money, if you smoked less or quit smoking?



Not Smoking Can Help You Feel and Be Healthier



You probably know how smoking can harm your mind and body. You may resent people lecturing you about the health reasons for quitting. You may even wonder why people are so concerned about your health.

It's important for you to have a complete understanding of how smoking can affect your health. This information is *not to scare you or convince you*, but so you can make the best decision that works for you.

1. The following symptoms could be caused by smoking. Which ones do you have now?

- | | |
|--|--|
| <input type="checkbox"/> Cough | <input type="checkbox"/> Bad breath |
| <input type="checkbox"/> Trouble breathing | <input type="checkbox"/> Nicotine stains on skin |
| <input type="checkbox"/> Gum disease | <input type="checkbox"/> Wrinkles |
| <input type="checkbox"/> Dental problems | |

2. Any of these diseases or illnesses can be caused by your smoking. Which ones do you have now?

- | | |
|---|---|
| <input type="checkbox"/> Chronic bronchitis | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Peptic ulcer (stomach) |
| <input type="checkbox"/> Emphysema | <input type="checkbox"/> Lung cancer |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> Other cancer |
| <input type="checkbox"/> Other circulation problem
(like leg cramps) | <input type="checkbox"/> Early menopause
(women) |

3. Are you concerned about getting a disease or illness caused by smoking?

YES

NO



Which of these health concerns related to smoking would you like to talk about with your nurse or doctor?



Resource: www.cancer.gov (search for smoking health consequences)



How Carbon Monoxide and Carcinogens Affect You

CO

is the chemical symbol for carbon monoxide, an odorless and colorless gas

Carbon monoxide is a deadly chemical that is found in the smoke of cigars, cigarettes, and tobacco pipes. Carbon monoxide is found in air pollution but the levels absorbed by the body from the air are *very low* compared to the amount in tobacco smoke.

When you breathe it in, CO takes the place of oxygen in your blood. The body needs oxygen to survive and anything that decreases the amount of oxygen puts a strain on the body and the heart. Over time, the heart has to work harder. *This means people who smoke have an increased risk for having heart attacks.*

Although carbon monoxide is very deadly, the effect of carbon monoxide is reversible within two or three days after you stop smoking. If you'd like, you can measure the amount of carbon monoxide in your body with a "CO meter." A CO meter is a handheld device that you blow into which gives an immediate reading of the CO levels in your lungs.

In addition to carbon monoxide, smokers inhale more than 4,000 other chemicals. Many of these chemicals are considered poisonous and some are known to cause *cancer*. Some of the chemicals found in cigarette smoke also are found in these other toxic products:

- Acetone – Also found in paint stripper and nail polish remover
- Butane – Also found in lighter fluid and in gasoline
- Arsenic – Also found in ant poison
- DDT - Used to be a common insecticide that is now banned in the United States.

CAUTION



What concerns you the most about the various chemicals that are found in cigarettes?



What are the Short-term and Long-term Benefits for You if You Stop Smoking?



Most people already know many of the harmful effects of smoking. Focusing on these can be pretty scary. The good news is that **some of the negative effects of smoking can be reversed rather quickly as soon as you stop smoking.**

Here are some real **short-term** benefits for you when you quit smoking:

1. Within a few hours, levels of carbon monoxide in the blood go down.
2. Within a few weeks, circulation improves, you produce less mucus, and you won't cough or wheeze as often.
3. Within several months of quitting, you will have improvements in:
 - ✓ How well your lungs work
 - ✓ Your heart rate and blood pressure, which begin to return to normal
 - ✓ Your sense of smell and taste—*your food will taste better*

Here are some real **long-term** benefits when you quit smoking:

- 👍 You reduce the risk of cancer and other diseases, such as heart and lung diseases, caused by smoking.
 - ✓ Your risk for a heart attack is much lower, just 1 year after quitting
 - ✓ Your risk for cancer of the mouth, throat, esophagus, and bladder is cut in half within 5 years of quitting
- 👍 Whatever your age now, you will be less likely to die from smoking-related illness than if you continued to smoke:
 - ✓ Quitting at age 30 reduces your chance of dying prematurely from smoking-related diseases by more than 90 %*
 - ✓ Quitting at age 50 Reduces your risk of dying prematurely by 50%*



Given some of the health benefits listed here, how would your life be better if you stopped smoking?



* Reference: <http://www.nejm.org/> (search for "21st century hazards of smoking")



What are Your Reasons to Stop Smoking?

There are a number of personally exciting reasons to stop smoking. Some people like the idea of feeling more in control. Others want to live a longer and more meaningful life. **Stopping smoking could also improve other opportunities for you.** For example, some companies prefer to hire non-smokers to promote employee health and boost productivity.

From this list of possible benefits, what are your reasons to stop smoking?

- | | |
|--|---|
| <input type="checkbox"/> Feel more confident | <input type="checkbox"/> Increase chances for a new job |
| <input type="checkbox"/> Feel more in control | <input type="checkbox"/> Open more housing options |
| <input type="checkbox"/> Save some money | <input type="checkbox"/> Increase chances of getting a first date with a non-smoker |
| <input type="checkbox"/> Breathe easier | <input type="checkbox"/> Meet new people who are non-smokers |
| <input type="checkbox"/> Eliminate second hand smoke for family, friends, and pets | <input type="checkbox"/> Reduce health problems |
| <input type="checkbox"/> Improve overall physical health | <input type="checkbox"/> Look and smell better—clean teeth, hands, and clothes |
| <input type="checkbox"/> Live longer | <input type="checkbox"/> Help to also cut down your drinking of alcohol |
| <input type="checkbox"/> More free time to spend with family / friends | <input type="checkbox"/> Sleep better |
| <input type="checkbox"/> Be a role model for my family | |
| <input type="checkbox"/> More time to discover new activities you enjoy | |
| <input type="checkbox"/> Your great ideas: _____ | |



What are your top three reasons to cut down or stop smoking?



What is *One Thing* that You Can Do Differently about Your Smoking?

Some people think that it's almost impossible to stop smoking, especially if they tried to quit before and haven't had much success. Stopping completely may seem too hard and not realistic at this time. You may decide that you just want to cut down for a while. Or, maybe you want to smoke less and less until you finally stop smoking any cigarettes at all.



Whether you take an immediate or gradual approach to stopping smoking, one thing that you can do for yourself now is to identify your smoking triggers.

Triggers are people, places, things, or situations that increase your urge to smoke, often without thinking. By identifying your triggers, you can have a better understanding of, and a sense of control over, your smoking behavior. With this additional insight, when you decide to stop smoking, you'll be better prepared.

Feeling stressed is one of the most identified triggers for smoking. Here are some other common triggers. Which ones apply to you?

- Waking up in the morning
- Watching TV
- Listening to music
- Driving
- Drinking coffee or soda
- Drinking alcohol
- Using drugs
- After eating a meal
- After sex
- Talking on the phone
- Feeling stressed or worried
- Feeling sad, bored, or lonely
- Worrying about money or bills
- Arguing with someone
- Being with people who smoke
- Seeing someone else smoke
- Walking through or smelling smoke
- During a break (at work or meetings)



Which of your smoking triggers do you feel most confident in addressing? How could you avoid or manage these triggers?



What Can You Do When You Have the Urge to Smoke?

As we mentioned, one common trigger for smoking is feeling stressed. On any given day, you may feel sad, angry, afraid or frustrated. Maybe you have come to believe that smoking helps you feel better.

So, if you cut down on your smoking, how will you deal with stress? Here are some ideas to handle difficult situations without smoking.

- Take deep breaths.** Take a few slow, deep breaths to relax.
- Close your eyes and visualize** a real or imagined place where you feel safe, comfortable, and peaceful.
- Speak to a person you trust.** Let the person know if you just want to “vent” or if you want some specific ideas to help you.
- Distract yourself.** Do something active, chew gum, or listen to music.
- Take a walk.** Walking is a free and healthy way to reduce stress and improve your health. You can even walk with a friend or family member.
- Focus on the present moment.** Think of what is happening in the “here and now” instead of the past or the future.
- Address the problem.** Most likely, there is way that the problem can be solved assertively—be firm, yet respectful. Try asking for some support from a friend or a peer who had a similar problem. Maybe there is a way to address the problem through your current recovery plan.
- Your great idea:** _____



Within the last few days, what things have you done to relax besides smoking?



Resource: www.smokefree.gov (search for “conquer stress”)



How Can You Manage Your Weight If You Quit Smoking?



You may worry that quitting smoking will lead to weight gain. You may be even more troubled by this if you believe that medications have led to you gaining weight.

FYI- For Your Information

The health benefits that result from quitting smoking *far outweigh* the limited health risks from the possible modest weight gain after quitting.*

It is true that *some* people tend to eat more when they quit smoking. Even though, realistically, most people who smoke gain fewer than 10 pounds after they stop smoking, you still want to manage and even reverse any initial weight gain. Here are some ideas:

- Ask your doctor or advanced practice nurse about the medication bupropion or nicotine replacement products, such as nicotine gum and lozenges.
- Ask your doctor, nurse, or counselor for a referral to a nutritionist.
- Consider joining a live or on-line peer support group for weight management.
- Check out the ***Eating Better*** and ***Moving More*** modules of **Your Wellness Counts**, as well as other wellness-related activities that can help you maintain a healthy weight.



If you worry about gaining weight as a result of stopping smoking, which of the ideas listed could you look into first?



*Reference: www.nhlbi.nih.gov/ (search for “quitting smoking outcome”)



Putting it all together – Your “Decisional Balance”

To help you organize your thoughts on what you like and don't like about stopping smoking, you can use the following chart. This “Decisional Balance” helps people clarify their priorities by considering the plusses and the minuses of stopping smoking. Looking at both sides can help you decide if and how you would like to make any changes.



Complete your chart by writing your likes and dislikes about stopping smoking. *Then, circle the things on your lists that are most important for you.*



What I like about stopping smoking	What I dislike about stopping smoking

You may still be unsure whether you are really ready to stop smoking. That's fine. You may find it helpful to talk about it with a friend, family member, peer support person, or counselor before you decide.



Who can you discuss your Decisional Balance with? What are other ideas can you add to your chart?



What Does your Decisional Balance Mean?

You just completed your Decisional Balance, but what does it mean?

Most people are able to list both likes and dislikes. If you were able to complete both sides of the Decisional Balance, that means you have important reasons to continue smoking, cut down, or stop smoking altogether. By looking at each box more closely, you can get closer to making the best decision for you.

Start with your LIKES:



Looking at what you wrote on page 20, what do you **like the most** about stopping smoking? What is the best thing that can happen in one year, if you were able to quit smoking today?

Then consider your DISLIKES:



Looking at what you wrote on page 20 what do you **dislike the most** about stopping smoking? If you decided to stop smoking, how might you be able to address this? For example, if you worry most about managing your stress if you are not smoking, what resources are available to you to help you cope?



How Are Your Decisions about Smoking Related to Your Overall Wellness Goal?

So you've thought about the many reasons for and against smoking. You even have thought about the best things and worst things about smoking. Still, you may be stuck on what you may want to do now. That's okay. It can take time to make a decision. Remember, if you're still on the fence:

You can take an immediate or a gradual approach to stopping smoking. If you decide to stop, the main thing is you choose a time with the supports you need.

With all of this in mind, let's go back to Your Overall Wellness Goal, the one you chose in Module 2, *Wellness Your Way*, page 6.

"Your own wellness is its own reward."



If you were able to cut down or stop smoking, how would this help you reach your Overall Wellness Goal? For example, if you were more confident about yourself because you were able to quit, how would that increased self-confidence affect your ability to reach your Overall Wellness Goal?



What if You're Not Ready to Stop Smoking Now?



It's very common to have mixed feelings about smoking, even after completing your Decisional Balance. You might think that quitting smoking is the right thing to do, but you may feel unsure about what it will be like. Or, you may wonder if you can still get some of the benefits of smoking without quitting all together. These feelings and situations are *extremely common* for people who smoke.

Sometimes trying *something different* is the first step in breaking a long standing pattern. It can help prepare yourself by giving you a boost of confidence. So, even if you don't feel ready to quit smoking now, you may be ready to*:

- Talk to other people who used to smoke and learn about how they were able to quit.
- Count and keep track of how many cigarettes you smoke each day.
- Recognize your smoking patterns.
- *Delay smoking* at certain times.
- Make it more difficult for yourself to smoke. For example, move your cigarettes from their usual place, smoke with your other hand or do things that are not your usual smoking "habit."
- Ask your family and friends how they feel about your smoking. Ask them if they would be able to help you when you decide to quit.
- Socialize more with friends who *don't* smoke.



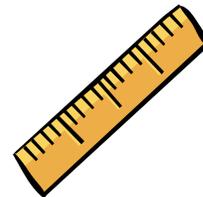
If you are not ready to quit smoking now, but you want to try something different, which of the above ideas can you do?



*Reference and Resource: <http://rwjms.rutgers.edu/> (search for "LAHL")



Now That You've Thought About it, How Ready Are You to Stop Smoking?



You started this module by rating your “readiness” to stop smoking. Now that you’ve learned more, you can rate yourself again.



On a scale of 1 to 10, with “1” meaning you are *not ready at all* and “10” meaning you are *absolutely ready*, how would you rate your “readiness” to stop smoking?



1 2 3 4 5 6 7 8 9 10

1 = Not ready at all

10 = Absolutely ready

What are your thoughts and feelings on how ready you are to stop smoking based on your above rating?

Has your rating changed?



Now that you’ve learned more about yourself, you can go to ***Doing It – Deciding about Smoking*** (page 25) or ***Tracking It – Deciding about Smoking!*** (page 33). You can also try any other module in **Your Wellness Counts** or go to the section of this module that you think is right for you.



If you decide NOT to continue with ***Deciding about Smoking*** today, that’s okay. What do you think would help consider stopping smoking in the future?



Doing It – Deciding About Smoking

If you are still not sure if you want to change your smoking habit, the next part of **Deciding About Smoking** will help you consider things you might do to make a change. Whether it's a small or big change is up to you. If you have already decided that you want to quit or cut down, the next few pages will help you think about what steps you want to take first.

Many people who smoke have already tried to cut down or quit. Some have even quit for a while and then gone back to smoking later.



If you were able to smoke less or stop smoking, even for a short time, what was *your role* in making it happen? What are you most proud of?

As you work on deciding about smoking, and think about the possibility of smoking less or not at all, you will be helped by identifying and developing some optimism. Look back at other changes you have made in your life, and think about what you did to make those changes happen.



What knowledge and skills that you already have could be applied to making changes in your smoking habit?



Should I Go “Cold Turkey”?

When people try to quit smoking *without treatment*, sometimes called going “cold turkey,” they feel withdrawal symptoms because their bodies crave the nicotine. Being addicted (to anything) means that you keep doing it, even when you know it’s bad for you. You may feel unable to stop even if you want to. Your body may find it too hard to adjust to having less nicotine (if you’re smoking less) or none (if you quit smoking).

Withdrawal is very uncomfortable and often comes with physical symptoms. When you have these unpleasant experiences, you may feel like smoking or using nicotine again. Although withdrawal can affect each person differently, here is a list of common symptoms that you may experience either for the first time or more than usual. You may:

- Feel sad or depressed
- Crave a cigarette
- Feel anxious, restless or jumpy
- Have trouble sleeping
- Feel irritable, on edge, grouchy
- Have trouble concentrating
- Feel hungry or gain weight
- Have nightmares

Sometimes, you may find it hard to tell these feelings apart from the symptoms of your mental illness. For this reason, *be sure to tell your doctor or advanced practice nurse if you’re trying to quit smoking without the help of treatment.* He or she needs to know that withdrawal is what you are feeling so you’re not prescribed a different dose or type of psychiatric medication.

Remember that your withdrawal symptoms, including cravings, will lessen with each day that you stay smoke-free.

You don’t need to go “cold turkey” all on your own. You can start by cutting down. There are other small steps you can take as you are deciding about smoking. You also can use resources like social support and medication to help you manage the symptoms. Some of these are described on the next few pages.



Resource: www.smokefree.gov (search for “Understanding Nicotine Withdrawal”)



What Treatments Work for Nicotine Addiction?

The good news is that there are effective treatments for nicotine addiction to help you cut down or stop smoking. Many of these treatments are covered if they are prescribed for you. Treatments can be combined and include:

- Talk therapy with a professional who's trained and experienced in helping people with addictions, particularly nicotine.
- In-person groups or telephone support, such as the New Jersey Quitline (1-866-NJSTOPS, 1-866-657-8677).
- Nicotine Replacement Therapy (NRT) includes medications that replace nicotine in your bloodstream at a rate that helps you cut down gradually and prevent withdrawal symptoms. People who use medications to quit are twice as successful as those who quit "cold turkey." If you decide to use NRT, you and your health care professional should discuss which method might work for you:
 - Patch
 - Nasal Spray
 - Lozenge
 - Gum
 - Inhaler
- Other medications can reduce cravings without using nicotine. Learn about the side effects and tell your doctor if you've ever tried any of these—successfully or not. You will need a prescription for either:
 - Bupropion (Zyban, brand name)
 - Varenicline (Chantix, brand name)

Remember to inform the person who prescribes your psychiatric medications if you are trying to quit smoking. Tobacco affects the way your body handles psychiatric medications. You don't want your doctor to mistake withdrawal symptoms from smoking for mental illness symptoms.



Which of the above treatments are you willing to explore with a health care professional?



You Can Handle Thoughts about Smoking

“Stinking Thinking” refers to ideas and beliefs that people hold about alcohol, drugs, and cigarettes that may not be as true as they think. Most people rarely question these beliefs. These examples relate to smoking:

Example of Stinking Thinking	Example of Healthier Thinking
“I can never quit because I need cigarettes to keep me calm.”	“I can learn healthier ways of coping with stress so I don’t have to smoke.”
“I deserve to smoke...I don’t drink or do drugs. I need to do something for fun.”	“I deserve to quit smoking so I can have more fun doing things I enjoy like dancing, socializing, exercising.”

Here’s an exercise you can practice to respond better to “**stinking thinking.**”
For each statement, try to think of a more balanced, healthier response.

Example of Stinking Thinking	Example of Healthier Thinking
I worked hard all day, so I deserve a cigarette.	
I can’t stand this stress anymore. I have to smoke.	
It won’t hurt to have just one cigarette.	
I’m young. I can quit later, before I get sick from smoking.	
I’ve been smoking so long, what’s the use of quitting now?	
 <i>Your own thought:</i>	
 <i>Your own thought:</i>	



You Can Handle Triggers and Cravings



Many of the hardest things to deal with when you try not to smoke are the *triggers* (people, places, things & situations) and the *cravings* (urges to smoke). As you learned *on page 18* of this module, common triggers include feeling sad, bored or stressed, drinking coffee or alcohol, and hanging out with friends who smoke.

How well you cope with triggers and negative feelings can affect your level of success. Negative feelings usually peak within 1 week of stopping smoking and may last 2 to 4 weeks.* When these feelings came up before, you may have used smoking to help you feel calm or to lift your mood. You may want to try waiting about 15 minutes or so before smoking since the really uncomfortable feelings may last just a few minutes.

While you are waiting, here are some ideas for managing your cravings:

- Keep your mouth busy by chewing gum, eating sugar-free candy, drinking water, singing, or telling jokes.
- Engage in a physical activity to release tension and energize yourself. Try taking a walk, squeezing a stress ball, or stretching.
- Distract yourself by reading, doodling, or checking social media.
- Talk with, call or text someone you can trust to support you.
- Listen to music that makes you feel calm and in control.
- Take deep breaths (inhale through nose, exhale through mouth).
- Remind yourself of what you will buy with your extra savings.
- Remind yourself of how quitting helps you with your other goals.
- Listen for “stinking thinking” (see page 28) and work to change it.
- Use prayer and meditation to strengthen you through tough times.
- Reward yourself with healthy choices.
- Your own great idea: _____



*Reference and Resource: www.canver.gov (search for “How to Handle Withdrawal Symptoms”)



Special Considerations about Smoking For People in Recovery

For a person in recovery who has a mental and/or substance use disorder, there are special considerations that can help you decide about smoking.

How common is smoking in people who have a mental illness or an addiction?

People with psychiatric illness smoke nearly 40% of all cigarettes smoked in the U.S. even though they represent about 25% of the adult population.* They are two to three times more likely to be nicotine dependent than people without a mental illness when they smoke regularly. People who are dependent on alcohol often smoke. Smoking can increase cravings for other drugs.

Can I really quit if I have a mental illness or an addiction?

Studies have shown that many people with a mental illness or an addiction *want* to quit smoking, *can* quit, and benefit from treatments that are proven effective.* Social support and nicotine replacement treatments are very helpful for folks who decide to stop smoking.

What about smoking and my medication?

Smoking can affect how your body uses medication. This is true for psychiatric medications and other medications, too. Be sure your prescriber knows how much you smoke now and if you are planning to cut down or quit. Smoking can affect your risk of Metabolic Syndrome, a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke.

(See Page 8 of **Wellness Your Way** for more information.)



Which of the issues on this list would you like to speak to your doctor, nurse, or counselor about?



References & resources: <http://rwjms.rutgers.edu/> (search for “LAHL”)
*www.samhsa.gov/ (search “tobacco and behavioral health”)





Putting Together a Plan

Most people find it easier to develop a plan rather than “jumping right in” and choosing a quit date. By considering the previous pages, you’ve built a foundation for success. You identified reasons for changing, learned about successful treatments, and thought about how you can deal with triggers and cravings. You’re now ready to put together *your* plan about smoking.

Here are some reminders and new ideas as you create your plan:

1. Inform people who can support you that you are deciding what to do about smoking. If you already know what you want to do, you might want to ask them for help.
 - ___ Ask people you trust to “check in” with you regularly to see if you have made a decision and to support you in making / following a plan.
 - ___ Share your triggers and ask for support on ways to handle them together, especially if you decide to cut down or quit.
2. Share decision making with your doctor, nurse, or counselor to discuss your options for cutting down or quitting. Ask about your current medications, and how they may need to be adjusted if you quit.
3. Identify situations that may be challenging for you. It’s common for people who quit smoking to experience withdrawal as their bodies adjust to not having nicotine. You will have an easier time deciding whether to quit if you have an idea about how to handle the tough times.
4. Remove all cigarettes and anything that reminds you of smoking from your home, work, school, car, etc. 
5. Choose a quit date. Pick a date that is meaningful to you and will increase your chances of success. For example, you may choose a time when you know that you won’t be around friends who smoke and when your social supports are there for you.

On the next page, you can complete your own, “Plan to Stop Smoking.” Remember, you can change your plan later if you’d like.



Resources: www.smokefree.gov (search for “Prepare to Quit”)
www.njchoices.org (select “quit tips” on the left column of the page)



Your Plan to Stop Smoking



If you have decided to stop smoking, this page helps you make a plan.

<p>Here is the main reason that I want to stop smoking:</p> 														
<p>How I will get the help I need. List 3 specific people you can call or visit <i>quickly and easily</i>. Check if they agree to support you and write their contact information.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 35%; text-align: center;">Name</th> <th style="width: 30%; text-align: center;">Agree to help? (yes/no)</th> <th style="width: 35%; text-align: center;">Contact info</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">1.</td> <td></td> <td></td> </tr> <tr> <td style="padding: 5px;">2.</td> <td></td> <td></td> </tr> <tr> <td style="padding: 5px;">3.</td> <td></td> <td></td> </tr> </tbody> </table>			Name	Agree to help? (yes/no)	Contact info	1.			2.			3.		
Name	Agree to help? (yes/no)	Contact info												
1.														
2.														
3.														
<p>I will meet with my health care providers and other supports. What will you ask? How can they help you? What should they avoid doing?</p> 														
<p>Identify your triggers and coping strategies.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: center;">Triggers</th> <th style="width: 50%; text-align: center;">Coping Strategies</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">1.</td> <td></td> </tr> <tr> <td style="padding: 5px;">2.</td> <td></td> </tr> <tr> <td style="padding: 5px;">3.</td> <td></td> </tr> </tbody> </table>			Triggers	Coping Strategies	1.		2.		3.					
Triggers	Coping Strategies													
1.														
2.														
3.														
<p>Choose your quit date. Pick a meaningful date to increase your chance of success.</p>	<p>My quit date is...</p>													
<p>I will know that my plan is working if:</p> 														
<p>If my quit plan isn't working, I will:</p> 														





Tracking Your Progress Can Help You Be Successful

You started in ***Your Wellness Counts*** by identifying an Overall Wellness Goal to keep you focused and motivated. Then, you learned more about smoking and began planning achievable steps to build confidence and momentum in changing your lifestyle.

Before exploring the main topic of this section, ***Tracking It***, here are some other ideas to help you follow through:

- 👍 Talk to someone daily about how your stop smoking plan is going.
- 👍 Publicize your success by sharing with peers, friends and family. You can also share through social media.
- 👍 If you have a mobile phone, look into text messaging services and applications for support and ways to track your progress.
- 👍 Be proud of yourself! Write a self-affirming statement on an index card and keep a stack of affirmations and accomplishments.
- 👍 Your idea to maintain your success: _____

One of the best ways to maintain your initial success is to track your progress. On the next few pages, there are 3 tracking tools. You can choose any of these to help you monitor how you are doing.



- ➔ If you want something *simple and easy to complete*, you can try “My Growth” on page 34.
- ➔ If you want to keep track of the number of days you avoid smoking, check out “My Calendar: Staying Smoke Free” on page 35.
- ➔ If you want something that *helps you to recall what you are feeling and how social support can help*, you can try: “My Progress” on page 36.





Staying Smoking Free: My Growth

The small step I want to try this week is: _____

Here's why: _____



Start Date: _____		SUN	MON	TUE	WED	THU	FRI	SAT
Did I achieve my goal to stop smoking today?	Yes							
	Yes, partially							
	No							

This week what did I learn about reducing my smoking?

What will I do next week?





Staying Smoke Free: My Progress

The small goal I want to try this week is: _____

Here's why: _____



Starting Date: _____		SUN	MON	TUE	WED	THU	FRI	SAT
Did I achieve my goal to change my smoking today?	Yes							
	Yes, partially							
	No							
How did I feel about achieving (or not achieving) my goal?	Happy							
	Proud							
	Disappointed							
	Sad							
	Other:							
Did I talk to anyone today about my goal?	Yes							
	No							

When I was successful, what was my role in making it happen? What more can I do?





Staying Smoke Free – My Calendar

Place a checkmark on each day you are able to get through the day without smoking. At the end of the week, you can count the number of checkmarks that you have. At the end of the month, you can check the total number of days you were smoke free!

The goal I want to try this month is _____ smoke free days.

Here's why: _____



Starting Date: _____

		SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
	<i>Week of:</i>								
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									
Total number of days I went without smoking:									



Deciding about Smoking – Connecting with Your Recovery Team

1. What is the most realistic NEXT step you can take to stop smoking?

2. Choose one specific step that makes you feel *confident*. Be very clear about what you will do.

3. Turn your step into a goal. Add a time frame that works for you.

By _____, I will _____.

Date

Action step: What will you do? How often will you do it?

Example: By Aug. 3, I will make an appointment with my doctor to discuss options.

1. Talk with your recovery team about how you want to integrate your goal of quitting into your existing plans.

- Wellness Recovery Action Plan – Would you like this step to be included in your Wellness Toolbox or Daily Maintenance Plan?
- Illness Management and Recovery - How could this step help you achieve your identified Recovery Goal?
- Recovery/Treatment/Service Plan – How would you want this step to be integrated in your current services?

2. Find someone on your recovery team (or a friend or family members) to help you with this goal. Tell them what they can do to support you and help you celebrate your success.



What Did You Learn?

- Tobacco use is the leading cause of preventable illness and death in the U.S.
- Nicotine is an addictive substance that alters a person’s mood and makes it challenging to quit despite efforts.
- Reducing or quitting the use of nicotine can lead to withdrawal symptoms, such as feeling irritable, anxious, frustrated, restless, depress or angry.
- Other forms of tobacco can be just as harmful and addictive as cigarettes.
- There are many different ways to try and reduce your smoking habits. You can choose which way is best for you.



What are the most important things you learned from the **Deciding about Smoking** module?

Taking charge of your life and your health means continued learning and wise decisions.



What else do you want to learn about **Deciding about Smoking**?





Congratulations!

You have completed the ***Deciding about Smoking*** module.

Before moving on to the next module, use this space for any notes or reflections you have about Deciding about Smoking.

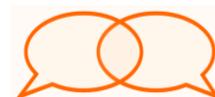


From here, move around in *any way* that supports your recovery:

➔ If you decide to continue working on cutting down or stopping smoking, go ahead and revisit this module, ***Deciding about Smoking***. You can also get some more information on the next few pages, ***Deciding about Smoking – Resources and References***.



➔ If you want to revisit being more involved with your treatment, go ahead and move on to the module on ***Shared Decision Making***.



➔ If you decide that the way you eat is a thing you want to change, go ahead and move on to the module on ***Eating Better***.



➔ If you decide that getting more physical activity is most important, take a look at the module on ***Moving More***.



➔ If you want to learn how to maintain and track your wellness, you can go directly to ***Wellness Every Day***.



Go to the module that you think is right for you.



Deciding about Smoking – Resources and References



- Listed in order of topics mentioned in this module
- Reference or resource with asterisk*= mentioned previously on page

For more on smoking and mental illness:

1. <http://rwjms.rutgers.edu/psychiatry/divisions/addiction/documents/2012lahl.pdf>
2. <http://www.cdc.gov/features/vitalsigns/smokingandmentalillness/>
3. <http://jama.jamanetwork.com/article.aspx?articleid=193305>
4. <http://www.columbia.edu/~dsh2/pdf/nesarc2004.pdf>

For more facts about tobacco:

5. *<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5425a1.htm>
6. *<http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco>
7. <https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products>

To learn more about nicotine addiction:

8. *<http://betobaccofree.hhs.gov/health-effects/nicotine-health/index.html>
9. <http://smokefree.gov/why-quitting-is-hard>
10. <https://www.drugabuse.gov/publications/research-reports/tobacco/nicotine-addictive>

For a self-assessment on tobacco:

1. *<http://rwjms.rutgers.edu/psychiatry/divisions/addiction/documents/2012lahl.pdf>

For more on e-cigarettes:

11. *<http://www.cdc.gov/media/releases/2014/p0403-e-cigarette-poison.html>
12. <https://smokefree.gov/understanding-smoking/ecigs-menthol-dip-and-more>
13. <http://www.fda.gov/newsevents/publichealthfocus/ucm172906.htm>

To calculate how much you've spent and how much you can save:



14. <http://www.cancer.org/healthy/toolsandcalculators/calculators/app/cigarette-calculator>
15. *<http://www.smokefree.gov/savings-future.aspx>

For more about smoking and your health and the benefits of stopping:

16. *<http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>
17. <http://betobaccofree.hhs.gov/health-effects/smoking-health/index.html>
18. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm
19. *<http://www.nejm.org/doi/full/10.1056/NEJMsa1211128>

For more specific information on smoking triggers:

20. <http://www.cancer.gov/cancertopics/factsheet/Tobacco/symptoms-triggers-quitting>

For more ideas on dealing with stress and cravings:

21. *<http://www.smokefree.gov/topic-stress.aspx>
22. <http://smokefree.gov/cravings>
23. <http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/withdrawal-fact-sheet>

For weight management and smoking:

24. <http://women.smokefree.gov/smoking-and-weight-the-basics/understanding-links-between-smoking-weight.aspx>
25. *<http://www.nhlbi.nih.gov/news/press-releases/2013/benefits-of-quitte-smoking-outpace-risk-of-modest-weight-gain.html>

For more ideas if you're not quite ready:

1. *<http://rwjms.rutgers.edu/addiction/documents/2012lahl.pdf>

To learn more about withdrawal from nicotine:

26. *<http://www.smokefree.gov/topic-withdrawal.aspx>

For more about available treatments for you:

27. <http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquitingsmoking/guide-to-quitte-smoking-help-mental>
28. <http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquitingsmoking/guide-to-quitte-smoking-types-of-nrt>
29. <http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquitingsmoking/guide-to-quitte-smoking-help-phys-rx-drugs>



30. www.smokefree.gov/medication-guide.aspx
31. http://www.state.nj.us/humanservices/dmhs/news/publications/Sharing_Decisions_re_Meds_revised_2012.pdf

How to handle triggers and cravings:

23. *<http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/withdrawal-fact-sheet>
21. *<http://www.smokefree.gov/topic-stress.aspx>
22. <http://smokefree.gov/cravings>

For info on tobacco and behavioral health:

32. *http://www.samhsa.gov/sites/default/files/topics/alcohol_tobacco_drugs/tobacco-behavioral-health-issue-resources.pdf
1. *<http://rwjms.rutgers.edu/addiction/documents/2012lahl.pdf>

To help you plan to quit:

33. *<http://smokefree.gov/steps-to-prepare>
34. *http://www.njchoices.org/Pages/Quit_tips.htm
35. <http://www.nhlbi.nih.gov/health/health-topics/topics/smo/strategies.html>

Additional Resources

- New Jersey CHOICES (Consumers Helping Others Improve Their Condition by Ending Smoking): www.njchoices.org
- African Americans and smoking: <http://smokefree.gov/sites/default/files/pdf/clearpathways508c.pdf>
- Latinos and smoking: <http://www.cdc.gov/tobacco/campaign/tips/groups/hispanic-latino.html>
- LGBT and smoking: <http://smokefree.gov/lgbt-and-smoking>
- Older adults and smoking: <http://smokefree.gov/sites/default/files/pdf/clear-horizons-accessible.pdf>
- Smokefree resources in Spanish: <http://espanol.smokefree.gov/>
- Veterans and smoking: <http://www.cdc.gov/tobacco/campaign/tips/groups/military.html>
- Women and smoking: <http://women.smokefree.gov/>

