



THE “DID YOU KNOW’S” ABOUT SMOKING...

Did you know...? Smoking is the leading cause of lung cancer.

Did you know...? Smoking slows down lung growth in children and teens.

Did you know...? Smoking causes throat, mouth, nasal cavity, esophagus and other cancers.

Did you know...? Smoking is a major cause for erectile dysfunction.

Did you know...? On average, smokers die 10 years earlier than non-smokers.

Statistics about Smoking

- 1.) **Only 8% of teens still smoke regularly.**
- 2.) **In the US in 2012 73.9% of people with at least a college degree who had ever smoked successfully quit.**
- 3.) **Estimates vary, but approximately 30.0% of college students are current tobacco users, defined as those who have used a tobacco product in the past 30 days.**

DO WANT TO QUIT?!

Call this number for free:
1-800-Quit-Now
(1-800-784-8669)

(Other Resources on page 2)



RESOURCES TO GET YOU STARTED LIVING A NEW SMOKE FREE LIFE:

- **Tips From Former Smokers**
-This CDC campaign Web site lets you view the ads, learn more about the people featured and their health conditions, and access quit-smoking resources.
- **1-855-DÉJELO-YA (1-855-335-3569)**
-A free, phone-based service to help Spanish speaking persons quit tobacco use.
- **BeTobaccoFree.gov**
-This HHS Web site provides one-stop access to tobacco-related information, including information on quitting tobacco use, from its various agencies.
- **Free Tobacco Quitting App(s)**
-Quit For Health Lite, LIVESTRONG MyQuitCoach, Kwit Smoking for Good (All available in the app store free for iPhone and androids)
- **Smoke freewomen**
-A Web site that provides free, accurate information and assistance to help women

Want to quit? Here's some tips to help

Tip 1.) Understand the risks of smoking.

Tip 2.) Makes a list of Pros and Cons of quitting.

Tip 3.) Establish a social support group that will help in your cause.

Tip 4.) Start breaking the habit by chewing carrots, or sugar free gum when you feel the urge to smoke.

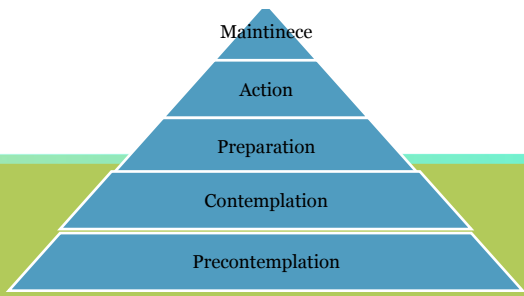
Tip 5.) Set an official quit date and mark it on a calendar or planner.

Tip 6.) Download a tobacco quitting app (See under Resources)

Tip 7.) Do NOT abandon the quitting progress because you have a cigarette during a moment of weakness.

Tip 8.) Find healthier alternatives such as exercise, reading, hobbies or starting a journal

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When will you quit?

- Phase 1: Pre-contemplation: No intention to quit smoking
- Phase 2: Contemplation: Intention to stop within 6 months. Smoker realizes problem but has not overcome temptation or began work towards cessation.
- Phase 3: Preparation: Intention to quite within immediate future. Smoker realizes problem and begins to prepare to quit.
- Phase 4: Action: Not Smoking
- Phase 5: Maintenance: Not smoking for 6 months or more.

HOW DO I GET FROM PHASE 1 TO PHASE 5?

Take advantage of information on change processes!

Experiential – Thoughts and Attitudes	Behavioral – Actions towards Behavior
Consciousness Raising	Self – Liberation
Self – Reevaluation	Counter-Conditioning
Environmental Reevaluation	Stimulus Control
Dramatic Relief	Reinforcement Management
Social Liberation	Helping Relationships

Use these processes through the phases described on the other column to quit!

As you move through these phases, your confidence to quit will increase. Decisions will become easier.

Pre – Contemplation

At this point, if you are a smoker, you should not be in the pre-contemplation phase. You know the cons to smoking, you know it's an unhealthy habit. Use this information to raise

Contemplation

If you're in the contemplation phase, you realize a change needs to happen. That's wonderful! Try to build an emotional connection with the problem, known as dramatic relief to help you motivate yourself towards cessation. Reevaluate yourself again, this time including how your behavior affects people and events around you. Also, look around your town, online or at any clinic for help with quitting. Find the support in your environment; it is there.

Preparation

During the Preparation phase, you must set yourself up for success. You are just like the millions of others who have successfully kicked the habit. Tell yourself, that you can, that you will do this. Push yourself to keep that promise. Learn how to replace those unhealthy habits with better ones. Such as using a stress ball instead of smoking in the car, or using both hands. You also know yourself better than anyone. How would you see yourself fail? What could you do to stop that from happening? Make a plan, and stick to it.

Action

You've stopped smoking, congratulations! How do you stop from relapsing? Reward yourself, and keep those "helping relationships" strong and forward in your life. Use your plans for barriers and continue!

Maintenance

You've made it! You've kicked the habit for 6 months at least. Continue your good behavior, and follow your plan, it seems to have worked! Remember that you once succumbed to a temptation, it can happen again. Don't allow it!

Credits/ Sources

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CERTIFICATE *of* ACHIEVEMENT

THIS ACKNOWLEDGES THAT

HAS SUCCESSFULLY QUIT SMOKING

2015

x

SIGNED, **Bradley Drewek, Clay Callahan, Phil Currier**

