

TOBACCO

free

HOW IT WORKS

- 1** Tobacco Free is designed to assist the clergy of the Diocese of Birmingham and the Diocese of Pensacola-Tallahassee in creating a plan to quit tobacco.
- 2** Complete the Tobacco Free Pledge form on our website (www.rejoiceinhealth.org) Register by contacting your health coach at 888-963-9548 or coach@rejoiceinhealth.org.
- 3** Rejoice in Health Coach will work with you to create your plan to quit tobacco.

GETTING STARTED

COMMIT TO QUIT Complete the Tobacco Free Pledge form and register for the Tobacco Free Program.

ENGAGE IN SUPPORT

Connect with your Health coach who will assist you in developing your Tobacco Free quit plan and monitor your progress by connecting 4-6 times throughout the year.

Identify health resources that will support you in the journey of becoming Tobacco Free

IDENTIFY WHY YOU WANT TO QUIT

- Have more control over my life
- Reduce my chance for heart attack & stroke
- Reduce my chance for lung cancer, emphysema
- Save Money
- Have better smelling clothes, hair, breath, home, & car
- Have more energy
- Be able to breathe better & have fewer colds
- Be a good example to my children/grandchildren

CHOOSE YOUR METHOD

WHEN CHOOSING TO QUIT TOBACCO AND SELECTING YOUR QUIT METHOD, PLEASE CONSULT WITH YOUR HEALTH CARE PROVIDER/PHYSICIAN.

COLD TURKEY

Discontinue using tobacco on your own, relying on inner strength to abstain from this nicotine addiction.

GRADUAL REDUCTION

Decrease tobacco (cigarettes, cigars, dip) over time.

NICOTINE REPLACEMENT AIDS

Reduce nicotine cravings and ease symptoms of withdrawal through nicotine replacement aids, to include gum, lozenges or patches.

MEDICATION

Prescription medication is available (as coordinated with your health care provider) to increase the sense of well-being and reduce cravings. Either Zyban® or Chantix® is available and requires a prescription from your health care provider/physician.

YOUR QUIT DAY CHECK LIST

WE CHALLENGE YOU TO CONTINUE EACH OF THESE DAILY.

- Get rid of ALL cigarettes/dip and ashtrays/spit cups in your home, car and workplace
- Ask your family, friends, and coworkers for support and call/text them when needed
- Stay away from other tobacco users and designated smoking/tobacco areas
- Breathe in deeply through your nose and exhale through your mouth when you feel the urge
- Make a 10 minute playlist to distract yourself through a craving
- Drink water with lemon or lime
- Chew on a toothpick, sugarless gum or eat sunflower seeds, carrots, celery sticks, or popcorn
- Go for a jog, walk or climb a couple flights of stairs
- Post your reasons for quitting in areas you see frequently and where you smoke
- Start a Tobacco Free jar

WHAT TRIGGERS YOU?

TRIGGERS ARE THINGS THAT MAKE PEOPLE WANT TO SMOKE.
IDENTIFY YOUR TRIGGERS AND MAKE A PLAN FOR MANAGING THEM.



EMOTIONAL

Most people smoke when they have intense emotions.

- Stressed
- Bored
- Anxious
- Excited



PATTERN

An activity you connect with smoking.

- Driving
- Phone calls
- Work break
- After a meal



SOCIAL

Usually includes others smoking in a social setting.

- Being with others who smoke
- Parties and events



WITHDRAWAL

Your body is used to smoking and getting a regular dose of nicotine.

- Craving the taste
- Smelling cigarette smoke

IMPROVE YOUR HEALTH

QUIT
SMOKING

TIME LINE AFTER QUITTING

IMPROVED
QUALITY
OF LIFE

20 Minutes

24 Hours

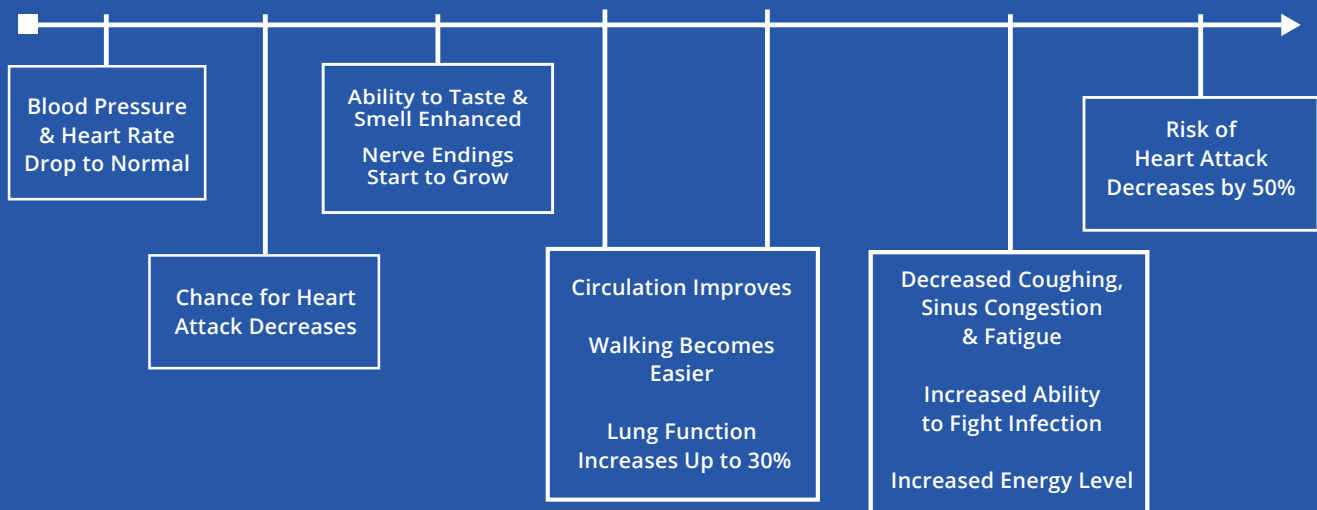
48 Hours

2 weeks

3 months

by 9 Months

1 Year



YOU ARE NOT ALONE!

PRACTICE THE 4D'S WHEN A CRAVING HITS



DEEP BREATHS

Take 10 slow deep breaths and review the reasons you want to quit.



DRINK WATER

Keep a large cup of ice water nearby. Drink water regularly.



DO SOMETHING

Stay busy with work and activities to keep your mind and body engaged.



DELAY

Delay reaching for tobacco for 10 minutes and the craving will subside.

USE SMOKEFREE.GOV

Sign up for free support via phone or text messages and download the app to increase your chances of success!

1-800-QUIT-NOW



Contact your Rejoice in Health coach with any questions or for support.

888-963-9548 | coach@rejoiceinhealth.org | www.rejoiceinhealth.org

© Copyright Element Health, 2019