

Classroom Workbook

QUITTING TOBACCO IS TOUGH, BUT THE
MORE **INFORMATION, RESOURCES** AND
SUPPORT YOU HAVE, THE MORE LIKELY
YOU ARE TO **SUCCEED**.

Ready2Quit

IS EVERYTHING YOU NEED TO SUCCEED.

ARE YOU READY?

Let's get started.

Get the most out of Ready2Quit by registering at
UCanQuit2.org/Ready2Quit from your computer,
smartphone or tablet.

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Take the Tobacco Quiz**Fagerström Assessment**

1. How soon after you wake up do you smoke your first cigarette?

- ☐ Within 5 minutes
- ☐ 5 to 30 minutes
- ☐ 31 to 60 minutes
- ☐ After 60 minutes

2. Do you find it difficult not to smoke in places where you shouldn't, such as in church or school, in a movie, at the library, on a bus, in court or in a hospital?

- ☐ Yes
- ☐ No

3. Which cigarette would you most hate to give up; which cigarette do you treasure the most?

- ☐ The first one in the morning
- ☐ Any other one

4. How many cigarettes do you smoke each day?

- ☐ 10 or fewer
- ☐ 11 to 20
- ☐ 21 to 30
- ☐ 31 or more

5. Do you smoke more frequently during the first hours after waking up than during the rest of the day?

- ☐ Yes
- ☐ No

6. Do you still smoke if you are so sick that you are in bed most of the day, or if you have a cold or the flu and have trouble breathing?

- ☐ Yes
- ☐ No

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Take the Tobacco Quiz**What Does Your Nicotine Dependency Mean?**

In scoring the Fagerström Test for Nicotine Dependence, yes/no items are scored from 0 to 1 and multiple-choice items are scored from 0 to 3. The items are summed to yield a total score of 0-10. The higher the total Fagerström score, the more intense is the patient's physical dependence on nicotine.

Score 1-2

Your nicotine dependence is low.

Score 3-4

You have a low to moderate nicotine dependence.

Score 5-7

You're moderately dependent on nicotine.

Score 8-10

You have high nicotine dependence.

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Pro/Con Lists

Consider the Pros and Cons that concern you the most when considering whether to quit tobacco.

Why I'll Quit:

- ☐ I'll improve my health
 - ☐ I'll improve my physical performance
 - ☐ I'll be able to breathe better
 - ☐ I'll lower my risk for tobacco-related diseases, like lung cancer, oral cancer and heart disease
 - ☐ I'll stop smelling like an ashtray
 - ☐ I'll be a good example for my children or my younger siblings
 - ☐ I'll be able to save money I previously wasted on tobacco
 - ☐ My teeth will be whiter and my breath will be fresher
 - ☐ I'll make my family and friends proud
 - ☐ I'll learn healthy ways to cope with stress
 - ☐ Add your own "Why I'll Quit:"
-
-

Why I Haven't Quit Already:

- ☐ Quitting is hard
 - ☐ I've tried to quit before
 - ☐ I don't know how else to handle my stress without tobacco
 - ☐ I'm afraid I'll gain weight when I quit
 - ☐ I may not be able to quit this time
 - ☐ I'll have to change things about my day that remind me of when I smoke or dip
 - ☐ Quitting will make me cranky
 - ☐ I may lose friends once they're not my smoking buddies
 - ☐ Add your own "Why I Haven't Quit Already:"
-
-

Triggers List

Identify triggers in your day-to-day life that encourage and exacerbate your use of tobacco products.

Triggers:

- ☐ Drinking coffee
- ☐ Relieving stress
- ☐ Drinking alcohol
- ☐ After a meal
- ☐ Driving my car
- ☐ Sitting in traffic
- ☐ Social situations
- ☐ Boredom
- ☐ Morning routine
- ☐ Watching TV
- ☐ Breaks at work
- ☐ Add your own trigger:

1. _____
2. _____
3. _____
4. _____

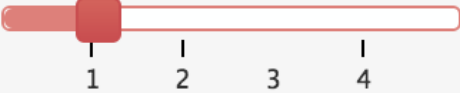
Savings Calculator

When you quit smoking or chewing, you can say goodbye to the harmful effects of tobacco and hello to cold hard cash. Use our quitting calculator to add up the money you'll save when you quit tobacco. How much will you save? Soon your biggest problem will be deciding how to spend the extra money you've saved.

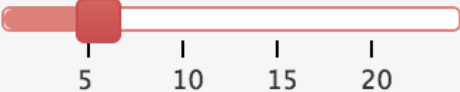
SAVINGS CALCULATOR

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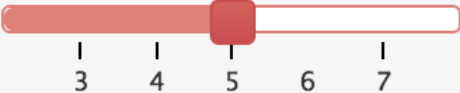
Packs/Tins Per Day:


1 2 3 4

Price of Pack/Tin:


5 10 15 20

Annual Price Increase:


3 4 5 6 7

SAVINGS AFTER:

6 MONTHS
\$923.77

1 YEAR
\$1,870.63

5 YEARS
\$10,385.53

10 YEARS
\$23,988.66

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Reasons to Quit

1. _____

2. _____

3. _____

4. _____

Choose Your Method

The good news is that there have never been so many ways to quit using tobacco. Please select the method(s) you plan to use from the list below. Depending on your method you choose, you may find adding an additional method helpful. Adding counseling to your quit plan can always help.

☐ **Cold Turkey**

The simplest method. Stop using tobacco and choose to never use it again.

☐ **Nicotine Replacement Therapy (NRT)**

Get measured doses of nicotine from gum, lozenges, patch, nasal spray or inhaler to relieve physical withdrawal symptoms.

TRICARE-covered benefit.

☐ **Prescription Medicine**

Nicotine-free pills that have been proven to help smokers. Side effects are possible.

TRICARE-covered benefit.

☐ **Alternative Therapy**

Alternative therapies include acupuncture and hypnosis. Alternative therapies aren't scientifically proven.

☐ **Tobacco Counseling**

Counselors can help you identify triggers and create new behaviors and coping skills.

TRICARE-covered benefit.

Ready2Quit can help you quit, but choosing your quit day is up to you. Once you decide your quit day you'll be able to think about your plan more clearly and focus on making it through that first day. Set your quit day here on Ready2Quit and with the SmokefreeMIL text message support program. You'll get reminders leading up to your quit day sent to your email and mobile phone. Remember, the more support you have the more likely you are to succeed at quitting tobacco.

How to Set a Quit Date

Pick a day that works best for you. Maybe there's a holiday or birthday coming up. Think about whether it will be easier to quit before, after or on that day.

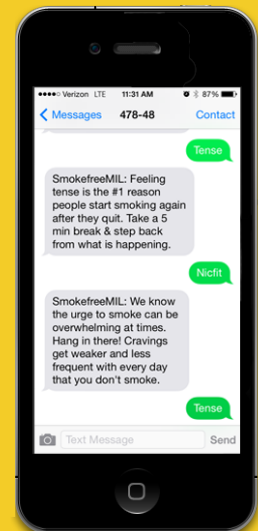
Give yourself enough time to prepare for your quit day. Get comfortable with the idea first, and take time to make any necessary changes.

Your tobacco-free life starts on your quit day! When will it be?

- New Year's Day (January 1)
- Great American Spit Out (February 21)
- World No Tobacco Day (May 31)
- Independence Day (July 4)
- Great American Smoke Out (November 20)
- Two Weeks from Today

Once you set your quit date, remember to sign up for SmokeFreeMIL. SmokeFreeMIL is a 24/7 program that provides text message support leading up to your quit date, during your worst cravings and even after you've quit smoking for good.

Text MIL to 47848



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Any health professional will tell you that you should try to quit tobacco. You may want to check with your doctor and learn about the effects of tobacco, how you should quit or any other concerns you may have about quitting. This section can help you prepare for an office visit by providing you common questions about quitting tobacco. You can also visit the Support Locator at UCanQuit2.org/SupportLocator to find the programs in your area.

Common Tobacco Questions

Heading to your doctor to get answers about the effects of tobacco or help with how you should quit? Here are a few common questions. Select the questions you want to get answers to and bring them with you for your office visit.

- ☐ Once I quit, when will I start to feel better?
- ☐ What are the symptoms of nicotine withdrawal?
- ☐ When I quit tobacco, how long will the cravings last?
- ☐ Can smoking or chewing tobacco affect how I perform in combat?
- ☐ Does using tobacco reduce anxiety and stress?
- ☐ Can exercise help me quit tobacco?
- ☐ How can I avoid weight gain after quitting?
- ☐ Is smokeless tobacco less addictive/harmful than cigarettes?
- ☐ What medicine do you think would be best for me and how should I take it?
- ☐ What medicines can help with nicotine withdrawal?
- ☐ What exactly is a NRT and what does it do?
- ☐ Do I need a prescription or can I get the medicine over the counter?
- ☐ If I am a TRICARE beneficiary, how much do the smoking cessation medicines cost?
- ☐ Should I sign up for tobacco cessation classes?
- ☐ What are the short-term effects of smoking and chewing tobacco?
- ☐ What are the long-term effects of smoking and chewing tobacco?
- ☐ Does tobacco affect my sense of smell and taste?
- ☐ Will quitting smoking help me feel better if I feel overly anxious or depressed, or have post-traumatic stress disorder?
- ☐ What are the long-term benefits to quitting chewing tobacco?
- ☐ Should I switch to an e-cigarette to help me quit smoking?
- ☐ What should I do if I relapse and start smoking or chewing again?
- ☐ Add your own questions unique to you:

1. _____
2. _____
3. _____

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Tobacco Cessation To-Do List

Your quit day is an important milestone and one that you are going to want to brag about. To get the best out of your quit attempt you need to set yourself up for success. Before and during your quit, complete the checklist below and on the next page to make sure you are fully prepared to face the nicotine cravings head on.

Before your quit day

- ☐ Throw out all tobacco or tobacco related items (like cigarettes and ash trays) in all places that you spend your time, such as your car, home or office.
- ☐ Wash your clothing or any other items that might have the odor of cigarette smoke. Don't forget your jackets!
- ☐ Clean your house and car to get-rid of the cigarette smell. You can even fill your ashtrays with potpourri.
- ☐ Tell your friends, family and co-workers that you are quitting tobacco. They are going to be your biggest supporters and support system!
- ☐ Have supplies on hand that will help you quit, such as:
 - Gum or mints
 - Tobacco cessation medicine or NRTs
 - Fresh fruits and vegetables
 - Sunflower seeds
 - Water
 - Hobby supplies
 - Sugar-free candies
 - Straws or flavored toothpicks
 - Cinnamon sticks
 - Workout gear
- ☐ Write down all the reasons you want to quit and keep this list with you. If you have a craving you can look at the list and remind yourself why you decided to quit.
- ☐ Find a new hobby, join a gym, or sign up for a class.
- ☐ Have a stress ball on hand for when those cravings hit!

Tobacco Cessation To-Do List

During Your Quit Attempt

- ☐ Change your behavior in order to create a new routine. If you used to smoke first thing in the morning, try doing something else instead like getting up and going for a walk.
- ☐ Reduce your caffeine intake after you quit smoking to prevent anxiety, insomnia, and urges to smoke.
- ☐ Limit your alcohol intake. Many people associate drinking with tobacco use and alcohol could be a trigger.
- ☐ Reward yourself for staying smoke free and stay positive!
- ☐ If you need to talk to someone about stress or problems, make sure they know you're trying to quit smoking. Think about joining a tobacco cessation class or quit support group.
- ☐ Change your morning coffee routine; use a different mug, or drink coffee in a different location than usual.
- ☐ Wait until you get to work to have your first cup of coffee.
- ☐ Avoid places where people congregate to smoke including bars and restaurants that allow smoking.
- ☐ During breaks, spend time with people at work who do not smoke.

Situations to Avoid

Most people who start smoking or chewing tobacco again do so because of stress or peer pressure. So it never hurts to be ready for bad days or stressful situations and to think about how you should handle them.

Avoid:	Instead:
<p>Avoid sharing a smoke as a way to spend time together or catch up with family or friends.</p>	<ul style="list-style-type: none"> • To break up the tension, try making a joke out of it. Carry a straw or toothpick and pretend to be smoking when your family lights up. You also can chew some gum instead of chewing tobacco. • If you're using nicotine replacement therapies, remind them of this and tell them that you shouldn't use tobacco when you're taking the medicine. • Remind them of your job: being in the military. Talk about how important it is to you and to your fellow service men and women that you are in peak physical health for your sake, their sake, and the sake of our country. • Convince them to quit with you, you can handle the situations together and be each other's support system.
<p>Avoid stressful situations, if possible, or learn how to say "no" when someone offers you a smoke.</p>	<p>In a stressful situation, like deployment, someone is likely to offer you a smoke or snuff. Check your quit plan...did you write down any ideas for saying no thanks to smoking or chewing? If not, here are some ideas:</p> <ul style="list-style-type: none"> • Thanks, but I'm trying to quit. • Not right now. • Thanks, but I don't chew. • Smoking gives me a stomachache/headache. • I promised my girlfriend/boyfriend/wife/husband I wouldn't smoke on deployment. • I plan to start a family after I get home, and I don't want to be smoking around a baby. • No way. My little brother/sister likes to imitate me, and I don't want him/her to see me chewing tobacco. <p>Remember, the harmful effects of smoking and chewing impact mission readiness and you'll need to be tobacco free to stay in peak physical shape. Smoking and chewing tobacco can also keep your body from healing quickly after an illness or injury, and you don't need that while you're deployed.</p>

Situations to Avoid

Avoid:	Instead:
Avoid giving into peer pressure around friends who use tobacco and don't understand your decision to quit.	<p>You're an adult, which means you're in charge of your own health and well-being—and maybe the well-being of a family, too. You have to do what is best for your health, even if it means not following the crowd of smokers or chewers.</p> <p>If your friends don't support your decision, maybe it's time to find a new group of friends. Become friends with non-smokers and ex-smokers who will encourage you to stay tobacco-free.</p>
Avoid places that allow smoking indoors.	Did you always used to go to a bar that allowed smoking? As much as you may love this place, it's best to find a new restaurant that does not allow smoking indoors. The smell on your clothes or being in this situation may cause you to relapse. Suggest a new place to go with your friends and family. Secondhand smoke contains 4,000 toxic chemicals, so it's in the best interest of everyone to go someplace smoke free.
Avoid places where you used to buy a pack of smokes or can of dip.	Many places where you used to buy tobacco could be a trigger. Visit a new convenient store to switch up your routine. If you are at a store and buy a pack or dip out of habit, laugh it off. Quitting tobacco can be stressful and it's important to find light in the situation. Once you realize you bought it, throw it away so it is out of sight and you are not tempted to pick it up.