



MERIDIAN'S SMOKING CESSATION PROGRAM



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Did you know THAT AFTER YOU QUIT Smoking:



WHY WAIT TO QUIT?

You don't have to wait!

As a Meridian member, you may be eligible for New Beginnings, the Meridian Smoking Cessation Program.

With New Beginnings, you get:

- Educational materials
- A personal Smoking Cessation Coordinator – a health coach that supports you
- Coaching calls to help you through quitting
- Much more!

ROADMAP TO SUCCESS



Call Meridian for Support

Call us at 844-854-5576 for help to quit smoking!

CONGRATULATIONS - You've Decided to Quit!

You've taken that first big step!
Now What?

1. Set Your Quit Date!

Pick a Quit Date! Choosing this date is important to your commitment to quitting.

Write down your Quit Date and your biggest reason for quitting and put it where you will see it every day. Try putting it in your wallet or on a mirror that you use every day.

2. Join in!

Participate in coaching calls you will receive from your Smoking Cessation Coordinator at Meridian. Your Coordinator will give you weekly encouragement, education and support that will help you on your journey to living smoke-free.

3. Speak up!

Talk to your Primary Care Provider (PCP)*. It is important to tell your PCP when you are ready to quit—especially if you are pregnant, thinking of becoming pregnant or have a serious medical condition. Your PCP can help you connect with the right resources to make your quit attempt successful. Remember—quitting “cold turkey” isn't your only choice.

Make sure to let your PCP or pharmacist know what medications you are taking. Nicotine changes how some drugs work. Your PCP may need to adjust some of your medications after you quit. Tell your friends and family. Think about joining a support group. Your Smoking Cessation Coordinator can help you find one—just ask!

***Make an appointment with your PCP as soon as you decide to quit. It should be at least 2 weeks before your quit date, especially if you choose to use smoking cessation medicine to help you quit.**

HEALTHY TIPS TO AVOID *Temptation*

To help you get through your first smoke-free days, try to:

- Keep busy and find new things to do
- Stay away from what tempts you to smoke
- Plan to reward yourself

KEEP BUSY AND FIND NEW THINGS TO DO

Keep busy today. Spend as much time as you can in non-smoking places. Create some new habits and mix up your daily routine. Becoming smoke free will be easier if you avoid things that remind you of smoking.

Remember—it's harder to smoke if you keep yourself busy. Here are some ideas to get you started:

GO TO NON-SMOKING PLACES

- Gyms
- Libraries
- Smoke-free restaurants
- Malls
- Museums
- Places of worship

BE ACTIVE

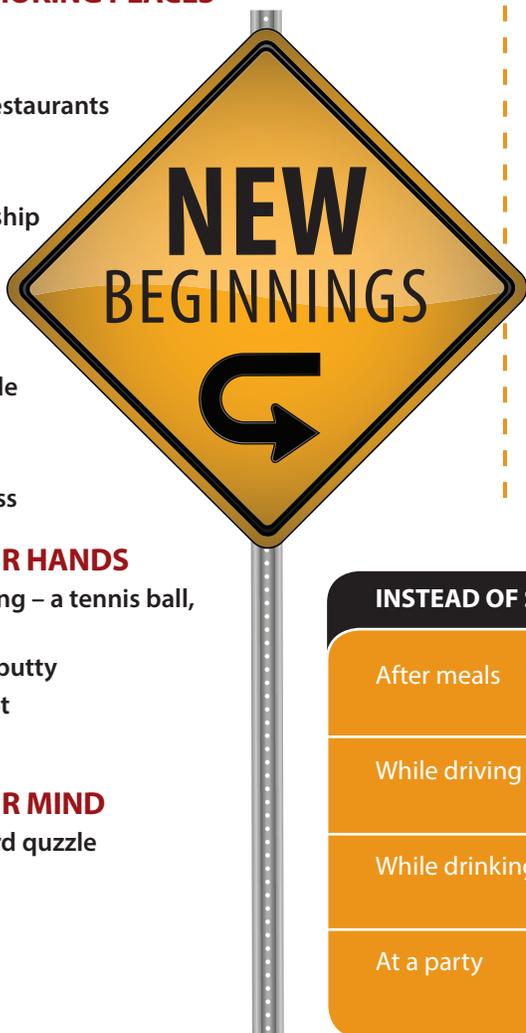
- Walk or run
- Take a bike ride
- Go for a swim
- Play a sport
- Try a yoga class

DISTRACT YOUR HANDS

- Hold something – a tennis ball, pen or coin
- Squeeze silly putty
- Knit or crochet
- Write a letter

DISTRACT YOUR MIND

- Do a crossword puzzle
- Read a book
- Play cards



You may have a hard time concentrating in your early days as a non-smoker.

Mental activities, like doing crossword puzzles or even reading a book or magazine, may be harder than they used to be. Remember that it may be hard to stay focused in the early stages of quitting. Your skills will come back to you!

DRINK THE RIGHT STUFF

- Avoid alcohol
- Drink a lot of water and low-sugar fruit juice
- Replace coffee or tea with a new healthy beverage

FOOL YOUR MOUTH

- Try a toothpick or straw
- Eat a lollipop
- Chew sugar-free gum
- Eat carrots or celery sticks
- Brush your teeth often and use mouthwash

STAY AWAY FROM WHAT TEMPTS YOU

You now know that certain things trigger your urge to smoke. On your Quit Date, go over your list of triggers. Then think about how you can avoid them.

CHANGE YOUR ROUTINE

Changes in your routine help you avoid times and places that trigger the urge to smoke. Do things and go places where smoking is not allowed. Keep this up until you feel more relaxed and confident about being smoke-free.

INSTEAD OF SMOKING. . .	TRY. . .
After meals	Getting up from the table, brushing and flossing your teeth or taking a walk.
While driving	Listening to a new radio station or trying a different route.
While drinking coffee	Switching to water, juice or tea. Or, change the time you drink your coffee.
At a party	Standing with non-smokers and keeping your hands busy.



CHANGE YOUR DIRECTION



Meridian Smoking Cessation Program

To quit smoking, you have to change your smoking habits. You also have to change other habits. Take a look at the other habits you can change to make it easier to quit smoking.

Map Out the Road Ahead – Prevent Temptation

Be prepared. When you quit smoking, you will probably be tempted to smoke. Just about every new non-smoker will feel tempted. Think about when you might be tempted. This will help you know when you need to take a “turn” or where you will need to change your direction. Then you can avoid temptation and quitting will be a little bit easier.

Temptations usually happen when you are in a situation where you used to smoke a lot. You may feel temptations for several months after you quit. Over the years, you have smoked so many times in the same situations that you might go into auto pilot. You might not even be able to tell that you always connect those situations with smoking.

For example, just drinking a cup of coffee or finishing a meal might make you think about having a cigarette. Changing your routines will get rid of many of these temptations. Change direction and the urge to smoke won't be able to sneak up on you.

Ways to Keep Yourself from Being Tempted to Smoke

Always be prepared. Know ahead of time what situations might be a problem for you. Think about what you need to do to prevent the temptation from happening.

Here are some common situations that might make you want to smoke. There are helpful hints about how to avoid the urge to smoke next to each one.

Do you always want to smoke:

• In the morning?

Change your morning habits. Get up earlier. Take a bath instead of a shower. Get dressed in a different room.

• When you eat?

Remind yourself ahead of time that you can get through a meal without smoking. Sit near non-smokers.

• When you see other smokers?

Put yourself in places with more non-smokers.

• When you are feeling down?

Rethink your belief that smoking makes things better. Your cigarettes don't have power over your feelings, you do. Without a cigarette, you are in control.

• When you are drinking alcohol?

Avoid drinking alcohol for the first few weeks after you quit smoking. Drink a lot of water or diet soda instead.

Now in the space below, list the 3 situations where you think you will have the strongest temptations to smoke. Then write what you will do to change your routine and eliminate the temptation.

TEMPTING SITUATION

- _____
- _____
- _____

WHAT I WILL CHANGE

- _____
- _____
- _____

QUIT TIPS

Completely avoid a tempting situation.

There is no shame in feeling that you can't handle a certain situation for a while. The first few weeks of quitting are not the time to test your strength!

Stay away from stressful situations.

Try not to put yourself under too much stress until you feel you are strong enough to handle it without smoking. Ask your Smoking Cessation Coordinator for the Stress Management handout. It talks about lots of healthy ways to handle stress. Practice these ways often.

Take care of yourself. Begin an exercise program, after talking to your doctor.

Eat well-balanced meals. Get your normal amount of sleep. Drink plenty of water. Taking care of your body helps you quit.

Avoid boring situations where you might begin to think about smoking.

Keep busy. Always have something to do. Remind yourself often that you are happy being a non-smoker. Tell yourself that life is much better without cigarettes. Say this in your head and out loud.

Focus on the positive.

Instead of thinking that you are missing out on smoking, remind yourself that you made a choice to live a healthier life. You chose to quit. You are in control.

How to Avoid Speed Bumps - REMAIN SMOKE-FREE

When you really crave a cigarette

Remember that the urge to smoke usually lasts only a few minutes. Try to wait it out.

You need to give yourself time to let the cravings fade. This is why it is important to get rid of all your cigarettes. You're giving yourself time.

Drink water or do something else until the craving fades. Look at the plan you made when you were getting ready to quit. You wrote down steps to take at a time like this. Try them!

You also can use any of the tips below.



TIPS

EXAMPLES

Pick up something other than a cigarette.	Try carrots or celery sticks, pickles, popsicles, sunflower seeds, apples, raisins or pretzels.
Have a list of things you can do at a moment's notice.	Organize your computer files, delete messages from your cell phone or call a friend.
Take a deep breath.	Take 10 slow, deep breaths and hold the last one. Then breathe out slowly. Relax.
Clean something.	Wash your hands or the dishes, vacuum, dust or clean out your car.
Make a move.	Go outside or to a different room or change what you are doing or who you are with.

No matter what, don't think, "Just one won't hurt." It will hurt.

It will slow you down on your journey to being smoke-free. Remember trying something new to beat the urge is always better than not trying to beat the urge at all. If you smoke a cigarette or if you don't smoke a cigarette, **the craving will go away.**

Take Out the Trash – Removing Tobacco from Your Life

Make sure that you don't have to worry about what you're leaving behind when you move ahead with your plan to quit smoking.

- Get rid of all the tobacco in your home, car and workplace
- Get rid of things that remind you of smoking. Throw away all your tobacco supplies:

◆ Cigarettes ◆ Lighters ◆ Matches ◆ Ashtrays

- Don't forget to check your drawers, coats and bags
- Make things clean and fresh in your home, car and at work; for instance, clean your drapes, carpets and clothes
- Have your teeth cleaned and remove those nicotine stains
- Don't save the "just in case" pack of cigarettes! Saving one pack just makes it easier to start smoking again

I can remove reminders of smoking by: _____

Good news travels FAST



Tell **EVERYONE** You Are **QUITTING SMOKING**

Quitting smoking is easier with the support of others.
Tell your family, friends and coworkers you plan to quit.

Tell them how they can help you. Here are some ideas:

- Ask everyone to understand that if your mood changes, it won't last long
- Ask smokers who are close to you to quit with you or at least not smoke around you
- Tell yourself and others: "The longer I go without cigarettes, the sooner I'll feel better"
- Tell yourself and others: "The worst withdrawal symptoms from smoking—irritability and trouble sleeping—may be over within 2 weeks"

WRITE DOWN THE NAMES OF THE PEOPLE YOU WANT TO TELL ABOUT YOUR DECISION TO QUIT SMOKING.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



ROADMAP TO SUCCESS

Meridian Smoking Cessation Program

Get ready for the road ahead! Look over the types of things that could help you along your journey (gas) and some things that can slow you down (roadblocks).

We think it's great that you've decided to quit! Move forward by doing these steps.

1. The first step of getting ready to quit is setting a Quit Date. Choose a date within the next two weeks.

Make sure you write down your Quit Date and post it somewhere you will always see it! You're going to make it!

2. Think about getting a "quit buddy."

We will be there to coach you, but try to find someone else to talk to. Choose someone who has already quit smoking or someone who has never smoked. Just make sure that you choose someone you can depend on to help you quit.

3. Learn as much as you can about your smoking habits. Use the time between now and your Quit Date to really figure out when, where and why you smoke. Once you quit, the information you put together will help you stay smoke-free! This newsletter will help you figure out your smoking habits.

Really try to put down all of this information in the **Quit Journal starting on page 33**. **Make sure you have at least some information written down by your next call with us!** We're excited to help you quit and the more information we have, the better we can help you!

Questions?

Call Meridian at 844-854-5576! We'll put you in touch with your Smoking Cessation Coordinator.

To successfully quit smoking, you must be aware of the times and places where you often smoke. You must be ready to change your routines and avoid those "trouble" situations for at least a couple weeks.

When you do find yourself in one of these situations, be prepared to change what you do. This way, you won't reach for a cigarette. For the next 3 days, try doing these things. All of them will help you be ready to quit! Tell your Smoking Cessation Coordinator about what you learned in your next call.

Pay attention to every cigarette you smoke.

Answer these questions in your head:

- Where are you?
- What are you doing?
- What are you feeling?

Think back over the past 3 days to see the patterns to your smoking.

Before you smoke each cigarette, ask yourself: "Do I really want this cigarette?"

- If you do really want the cigarette, then smoke it
- If you don't really want the cigarette, then just put it back until you really want it

Think back over the last 3 days. Write down the top 3 times or places when you smoked the most.

1. _____
2. _____
3. _____

Write down which 3 cigarettes of the day would be the easiest to give up.

1. _____
2. _____
3. _____

Look back at the 3 situations where you wanted to smoke the most.

Decide how you can avoid those 3 situations. If you find yourself in one of them, decide how you are going to handle it without smoking.

I can avoid Situation 1 by _____

I can handle Situation 1 by _____

I can avoid Situation 2 by _____

I can handle Situation 2 by _____

I can avoid Situation 3 by _____

I can handle Situation 3 by _____



Quitting smoking is something that you must always be trying to do. It is not something that will just magically happen once you finish the cigarette that you decide will be your last cigarette. During the two to three weeks after your Quit Date, you will be working hard to quit smoking every day, all day. Yes, it's work.

And yes, it will be worth it!

Fuel for the Road Ahead – Smoking Cessation Medications



Nicotine is what makes cigarettes so addicting

Nicotine is a chemical. After years of smoking, your body gets used to having nicotine in it. When you stop smoking, your nicotine level drops and you feel a craving for a cigarette. When you smoke a cigarette, your nicotine level goes back up.

Nicotine drops lead to withdrawal symptoms—AT FIRST.

Withdrawal symptoms can mean you may become cranky, get a headache, have a hard time sleeping or have an intense craving for a cigarette.

In a short period of time—usually a few weeks—your body clears out the nicotine and these symptoms will go away. BUT this only happens if you stay smoke-free while you're feeling the withdrawal symptoms.

Many people have a hard time staying smoke-free during withdrawal symptoms.

Nicotine replacement products provide the help most quitters need.

For people who are trying to quit, these products give them a steady amount of nicotine throughout the day so they have less withdrawal symptoms and cravings.

Nicotine replacement products are not “magic pills” or a “cure” for smoking.

They will not stop your smoking for you. Only YOU can stop smoking.

Using nicotine replacement only takes the edge off your cravings.

These products help you make changes in your habits. They help you practice new ways to cope without having to deal with withdrawal symptoms at the same time. Once you are comfortable being a nonsmoker, you can then focus on becoming nicotine-free. Each product has its own method for doing this.

Here are the types of nicotine replacement products that may be available to you.



Remember! Do not take any drugs without talking to your Primary Care Provider (PCP) or OB/GYN first!

MEDICATION NAME

BUPROBAN 150 MG TABLET	GNP NICOTINE 2 MG MINI LOZENGE	NICORETTE 2 MG LOZENGE	PV NICOTINE 7 MG/24 HR PATCH
BUPROPION HCL SR 150 MG TABLET	GNP NICOTINE 4 MG CHEWING GUM	NICORETTE 2 MG MINI LOZENGE	QUIT 2 MG CHEWING GUM
CHANTIX 0.5 MG TABLET	GNP NICOTINE 4 MG LOZENGE	NICORETTE 4 MG CHEWING GUM	QUIT 2 MG LOZENGE
CHANTIX 1 MG CONT MONTH BOX	GNP NICOTINE 4 MG MINI LOZENGE	NICORETTE 4 MG LOZENGE	QUIT 4 MG CHEWING GUM
CHANTIX 1 MG TABLET	HM NICOTINE 14 MG/24HR PATCH	NICORETTE 4 MG MINI LOZENGE	QUIT 4 MG LOZENGE
CHANTIX STARTING MONTH BOX	HM NICOTINE 2 MG CHEWING GUM	NICOTINE 14 MG/24 HR PATCH	RA NICOTINE 14 MG/24HR PATCH
CVS NICOTINE 14 MG/24 HR PATCH	HM NICOTINE 2 MG LOZENGE	NICOTINE 14 MG/24HR PATCH	RA NICOTINE 2 MG CHEWING GUM
CVS NICOTINE 14 MG/24HR PATCH	HM NICOTINE 21 MG/24HR PATCH	NICOTINE 2 MG CHEWING GUM	RA NICOTINE 2 MG LOZENGE
CVS NICOTINE 2 MG CHEWING GUM	HM NICOTINE 4 MG CHEWING GUM	NICOTINE 2 MG LOZENGE	RA NICOTINE 2 MG MINI LOZENGE
CVS NICOTINE 2 MG LOZENGE	HM NICOTINE 4 MG LOZENGE	NICOTINE 2 MG MINI LOZENGE	RA NICOTINE 21 MG/24HR PATCH
CVS NICOTINE 4 MG CHEWING GUM	HM NICOTINE 7 MG/24HR PATCH	NICOTINE 21 MG/24HR PATCH	RA NICOTINE 4 MG CHEWING GUM
CVS NICOTINE 4 MG LOZENGE	KRO NICOTINE 14 MG/24 HR PATCH	NICOTINE 22 MG/24HR PATCH	RA NICOTINE 4 MG LOZENGE
CVS NICOTINE 7 MG/24HR PATCH	KRO NICOTINE 2 MG CHEWING GUM	NICOTINE 4 MG CHEWING GUM	RA NICOTINE 4 MG MINI LOZENGE
CVS NTS 21 MG/24HR PATCH	KRO NICOTINE 2 MG LOZENGE	NICOTINE 4 MG LOZENGE	RA NICOTINE 7 MG/24HR PATCH
EQ NICOTINE 14 MG/24HR PATCH	KRO NICOTINE 21 MG/24HR PATCH	NICOTINE 4 MG MINI LOZENGE	SM NICOTINE 14 MG/24HR PATCH
EQ NICOTINE 2 MG CHEWING GUM	KRO NICOTINE 4 MG CHEWING GUM	NICOTINE 7 MG/24HR PATCH	SM NICOTINE 2 MG CHEWING GUM
EQ NICOTINE 2 MG LOZENGE	KRO NICOTINE 4 MG LOZENGE	NICOTINE TRANSDERMAL SYSTEM	SM NICOTINE 2 MG LOZENGE
EQ NICOTINE 21 MG/24HR PATCH	KRO NICOTINE 7 MG/24HR PATCH	NICOTROL CARTRIDGE INHALER	SM NICOTINE 21 MG/24HR PATCH
EQ NICOTINE 4 MG CHEWING GUM	LDR NICOTINE 2 MG CHEWING GUM	NICOTROL NS 10 MG/ML SPRAY	SM NICOTINE 4 MG CHEWING GUM
EQ NICOTINE 4 MG LOZENGE	LDR NICOTINE 4 MG CHEWING GUM	PC NICOTINE 2 MG CHEWING GUM	SM NICOTINE 4 MG LOZENGE
EQ NICOTINE 7 MG/24HR PATCH	NICODERM CQ 14 MG/24HR PATCH	PUB STOP SMOKING AID 2 MG LOZG	SM NICOTINE 7 MG/24HR PATCH
EQL NICOTINE 2 MG CHEWING GUM	NICODERM CQ 21 MG/24HR PATCH	PUB STOP SMOKING AID 4 MG LOZG	SW NICOTINE 2 MG CHEWING GUM
EQL NICOTINE 4 MG CHEWING GUM	NICODERM CQ 7 MG/24HR PATCH	PV NICOTINE 14 MG/24 HR PATCH	SW NICOTINE 2 MG LOZENGE
EQL NICOTINE 4 MG LOZENGE	NICORELIEF 2 MG GUM	PV NICOTINE 2 MG CHEWING GUM	SW NICOTINE 4 MG CHEWING GUM
GNP NICOTINE 2 MG CHEWING GUM	NICORELIEF 4 MG GUM	PV NICOTINE 21 MG/24 HR PATCH	SW NICOTINE 4 MG LOZENGE
GNP NICOTINE 2 MG LOZENGE	NICORETTE 2 MG CHEWING GUM	PV NICOTINE 4 MG CHEWING GUM	ZYBAN SR 150 MG TABLET

Roadblocks to Quitting

Be prepared for challenges. In fact, expecting challenges is an important part of getting ready to quit. Quitting can be hard right now, but can also be hard later on down the road. You will need to get ready for roadblocks coming up soon and roadblocks that will happen later.

Roadblocks to Expect Soon

Most people who have a hard time quitting and start smoking again do so in the first 3 months of trying to quit. Roadblocks that get in the way in that time are often caused by withdrawal symptoms. Withdrawal symptoms are the physical discomfort smokers feel when they give up smoking. Smokers feel bad when they have withdrawal symptoms. These bad feelings are the body's way of telling the smoker that it's learning to be smoke-free. These bad feelings go away over time.



Roadblocks Later Down the Road

Later on, when your physical withdrawal symptoms start to go away, you might still feel the need to smoke. This can happen when you feel stressed or down. We'll coach you through some of these things, but you can also prepare yourself.

How to Prepare for Roadblocks

It's hard to get ready for these roadblocks that seem so far away in the future. If you learn what feelings, places and other things make you want to smoke now, it will be easier to get and stay smoke-free.

How do you find out what makes you want to smoke? Keep a Quit Journal.

Quit Journals are where you write down your smoking habits. There is a Cravings Journal starting on page 33. Fill it out. If you have questions, ask your Smoking Cessation Coordinator. You can call them whenever you need them.



To start, try filling out the Quit Journal at least one day during the week and one day on the weekend. Try to fill out each part. You might find that even the time you take to fill out the journal can help you smoke less!

Be ready to talk about what you wrote in your Quit Journal with your Smoking Cessation Coordinator.

Once you get in the habit of filling out your Quit Journal, you can see patterns. You'll be able to tell how much you smoke. You will also be able to tell when, where and why you smoke. This helps you know where and when your roadblocks are going to show up. This way you will have an easier time getting past them.



ROAD RAGE!



Meridian Smoking Cessation Program

Feeling the stress of quitting smoking? Many people who try to quit feel like a cigarette is the only way to deal with the stress in their lives. We're going to look at all the healthy ways you can control the road rage on your journey to being smoke-free. This way you can enjoy a smooth and relaxing ride.

STRESS MANAGEMENT

Like many people, you may feel that smoking a cigarette helps you to beat stress. You may be surprised to find out that the nicotine in cigarettes actually makes your heart beat faster and raises your blood pressure!

So, why do many smokers feel more calm and relaxed when they smoke? This is caused by a combination of three things:

1. If you are a smoker, your body is "used to" a certain amount of nicotine. When your nicotine level drops below that amount, you feel uncomfortable. Then, when you put more nicotine into your body, you "feel better" — not because your problems are gone, but simply because nicotine is back in your bloodstream.

2. If you are a smoker, you have probably smoked a cigarette so many times during stressful situations that you now connect the "feeling better" that nicotine brings about with feeling more relaxed and in control of your problems.



You have actually trained yourself to believe that smoking a cigarette helps to make you calm and in-control.

3. Each time you inhale while smoking a cigarette, you are taking deep slow breaths. Deep breathing in this way, with or without a cigarette, actually does help calm you. So, as you smoke a cigarette, you breathe deeply and bring the nicotine level in your body back up to a certain level. You get a feeling that you are more relaxed and you think that the cigarette has done this for you. It is understandable that you are concerned that, by quitting smoking, you will lose your "relaxation tool" and will be overcome by stress.

But it is very important to understand that **YOU, NOT THE CIGARETTE**, have always been the one doing the calming and relaxing!

A cigarette does not contain any ingredient that can relax you. It cannot pay your bills, make the traffic go any faster or help you deal with your boss. Smoking a cigarette has simply been your way of "setting the stage" for relaxing yourself and coping with stress. As you focus on quitting smoking, you simply need to find new ways to set the stage for relaxation and stress management. There are so many ways to do this! And while you are at it, why not reduce the number of stressful situations in your life at the same time? You'll find yourself enjoying your new smoke-free life even more!

The suggestions on the next pages give you some new ways to reduce stress and to deal with stressful situations in a healthy manner. Give them a try!

REMEMBER: A cigarette is only paper and dried up leaves. It is not a magic wand! A cigarette has never solved your problems — you have done that yourself and you can continue to do so without cigarettes.

Relaxation Technique

Taking some time to relax each day will reduce the stress in your life. It will also give you the energy to deal with problems when they do occur. Practice this simple routine for at least 15 minutes each day. You will be surprised at how calm and refreshed you will feel!

FIND

a quiet place where no one will bother you.

SIT

in a comfortable chair or lie on the floor.

THINK

of a sound or a short word that you can say over and over to yourself.

CLOSE

your eyes.

LET

yourself relax.

BEGIN

to breathe deeply and slowly, taking the air in through your nose and letting it out through your mouth. As you do this, say your special word over and over to yourself.

DO

this for 15 minutes each day.

DON'T WORRY

if you have trouble clearing your mind the first few times you do this. Just like everything else, it will become easier as you practice.

Reducing the STRESS

IN YOUR LIFE



THESE THINGS MAKE MY LIFE GOOD!

• Learn to accept the things that you cannot change. Try to take one day at a time.

• If possible, put off any especially stressful tasks that you are facing until you have been smoke-free for several weeks.

• Set aside relaxation time each day. Purchase a relaxation or meditation tape or video or listen to music.

Be sure to eat right, get plenty of sleep and take part in some kind of exercise. If you do not exercise now, walking 20 minutes a day would be a good place to start. Talk with your doctor before beginning any exercise program.

Focus on the good things in your life! Make a list of all the good things you have now. Look at the list when you become angry or upset.





HAPPENS...

And you can handle it!



Write down the three things that cause the most stress in your life. Below each one, list some of the different ways you could handle it. Then decide which choice would be best and place a check mark next to it. Be prepared to use this choice the next time you are faced with the stressful situation.

1 _____

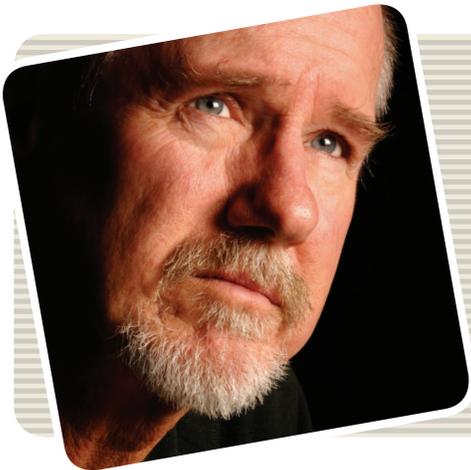
Handle by: _____

2 _____

Handle by: _____

3 _____

Handle by: _____



- Practice deep breathing throughout the day, especially during stressful times. Use a cinnamon stick or a straw, if you wish, to help draw in the air.
- Close your eyes and practice seeing yourself successfully handling a stressful situation without a cigarette. Make the picture as real as possible.
- Talk about stressful situations with friends or loved ones, to get suggestions from them about dealing with the problem at hand. Talk with a clergyman or a counselor if you feel it is necessary.
- Remind yourself that every problem has a solution that does not involve smoking.

HANDLING TEMPTATIONS TO SMOKE DURING STRESSFUL TIMES

- Separate the cigarette from the situation. Think back to a recent stressful situation that you went through. Ask yourself what a cigarette could have done to make the situation any better.
- Step back, take a deep breath and say to yourself, "I am in control" or "I can handle this." Then deal with the problem.
- If you become angry or upset with someone, tell yourself, "If I smoke I am only hurting myself, not that person." Remind yourself that smoking is not a good way to get back at anyone.
- Leave the room or setting if necessary.
- Distract yourself. Always have something with you to read or do. (Do a crossword puzzle, write your next shopping list, read a magazine, knit, etc.)



TIME FOR A TUNE-UP

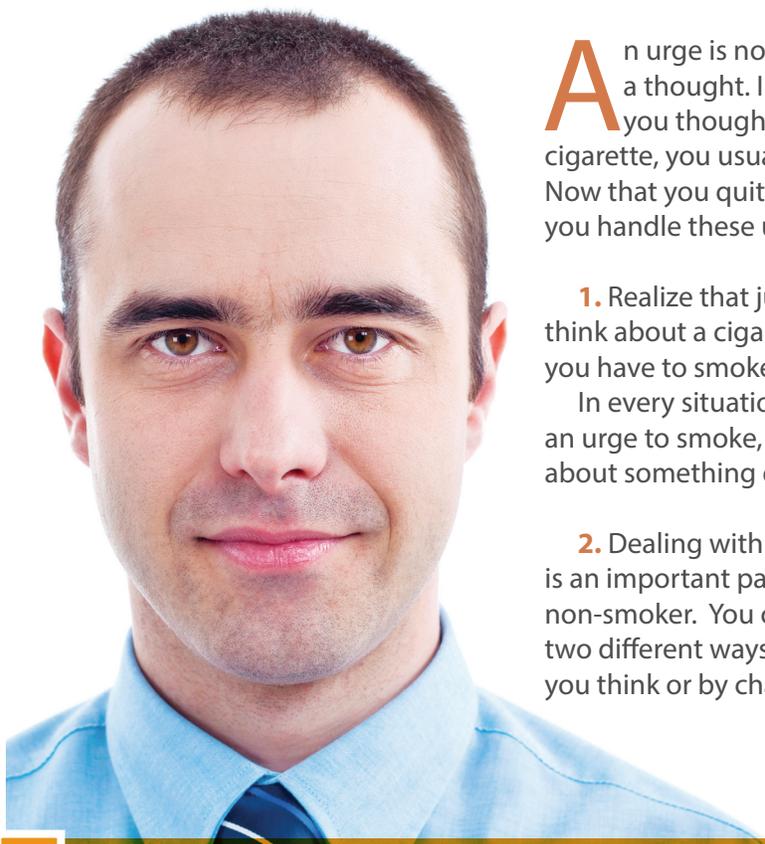
Meridian Smoking Cessation Program

You've probably started to use some of the quit strategies outlined throughout this booklet. Great job! Now let's take a moment to refuel and look at what's working for you and what's not. Think of this as a check-in on your road to quitting. You might even pick up some new tips and tricks along the way!

Your plan to

COPE

Even after you change your daily routine and get rid of temptations to smoke, sometimes an urge to smoke will still sneak up on you.



An urge is nothing more than a thought. In the past, when you thought about having a cigarette, you usually smoked one. Now that you quit smoking, how do you handle these urges?

1. Realize that just because you think about a cigarette doesn't mean you have to smoke one.

In every situation where you have an urge to smoke, you can do or think about something else instead.

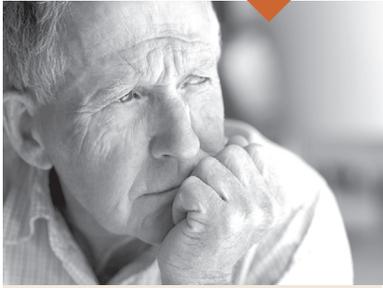
2. Dealing with the urge, or coping, is an important part of becoming a non-smoker. You can deal with urges two different ways: by changing how you think or by changing what you do.

3. Make a commitment now to make these changes for at least the next few months.

That's how long it usually takes most people to feel comfortable not smoking. As you make these changes, you will notice that you spend less time and energy thinking about cigarettes.

The best way to cope is to have a plan ready. Know what you will do before temptation hits.

CHANGE HOW YOU THINK



Don't make a big deal out of thinking about cigarettes!

It is only natural to think about cigarettes – and even to dream about them – for a while after you quit smoking. Just accept this and move on.

» Remember, your thought about smoking a cigarette only lasts a few minutes.

Thinking about how much you're thinking about smoking makes the thought last longer! Just say to yourself, "OK, I'm thinking about smoking. SO WHAT?" Then continue whatever you were doing.

» Thinking about a cigarette does not mean you have to smoke one.

Every day, you think about lots of things that you don't actually do!

» When you have a thought about cigarettes, tell yourself "It's just a thought. I am in control" or "I am strong and getting stronger every day."

Then let the thought go away.

Change what you do

- **DO DEEP BREATHING.** When you feel the urge for a cigarette, take a deep breath. Hold it in for a few seconds. Then let it out through your mouth, like you used to exhale while smoking. The urge will pass quickly. You will feel more relaxed.
- **DISTRACT YOURSELF.** Move on to another task. Just in case you have an urge, always carry something to do with you. Many people carry a book with them or work on their weekly schedule.
- **ESCAPE FROM THE SITUATION.** Sometimes a situation may be too much to handle. If that is the case, there is no shame in removing yourself from the situation. Avoid the same situation until you have a plan to cope with it.
- **CALL YOUR SUPPORT PERSON** or talk with someone nearby.
- **KEEP YOUR MOUTH BUSY.** Drink a glass of water. Eat a piece of sugar-free candy or chew a piece of gum.
- **HOLD A STRAW** or cinnamon stick in your hand as you would hold a cigarette.

Now, write down three coping techniques that you plan to use when you have an urge to smoke. Remember to actually use these techniques when you need them!

- 1 _____
- 2 _____
- 3 _____

REMEMBER:

The only way thoughts about smoking will go away for good is if you **DO NOT SMOKE**. Having just one cigarette continues the control that smoking has over your life.

Stop the urge to smoke

Quitting smoking is more than taking the nicotine out of your body. Quitting is really about taking cigarettes out of your daily life.

Here are some good ways to keep cigarettes off your mind!

Clip this out and place it where you can see it during the day.

I'M CHANGING HOW I THINK...

- I'm rethinking my belief that smoking is the only way to deal with my problems.
- I'm reminding myself of the risks of smoking and the benefits of quitting.
- I'm saying to myself, "I am in control."
- I'm changing my thoughts by picturing myself on a sunny beach or in a lush forest.
- I'm asking myself, "How could a cigarette really make this situation any better?"

I'M CHANGING WHAT I DO...

- I'm changing my routines.
- I'm keeping active.
- I'm avoiding tempting situations.
- I'm taking deep breaths.
- I always have something with me to keep me busy.
- I'll leave the situation if I feel tempted to smoke.

**NEW
BEGINNINGS**



REST STOPS

Meridian Smoking Cessation Program

Let's talk about ways to avoid smoking when you visit Rest Stops along the road to quitting. Rest Stops include restaurants, coffee breaks, bars and other places and times when you might be around other smokers. So let's take a deeper look at how to stay strong when you're around other smokers.

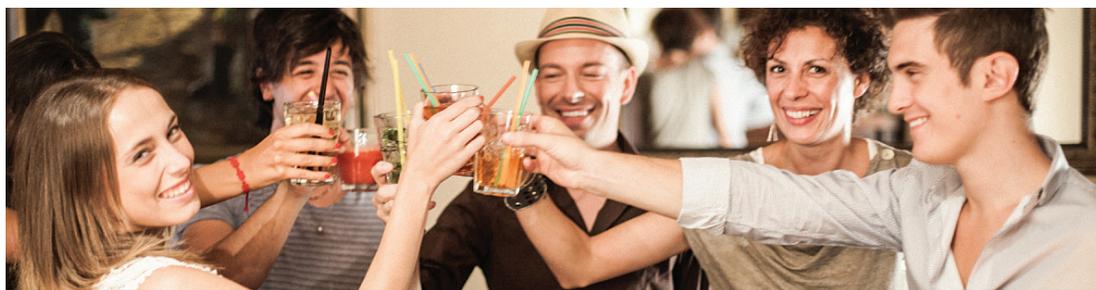
MEALS AND COFFEE

Smoking after meals is hard to resist for many people. Many people also find that drinking coffee makes them think about smoking a cigarette.



Here are some tips to help you beat temptation by changing your eating and drinking habits:

- Don't stay at the table after a meal. Get up right away
- After a meal, brush your teeth if you can. Try carrying a small tube of toothpaste and a toothbrush with you
- If you can't brush your teeth after a meal, try using mouthwash after a meal instead
- After eating, chew sugar-free gum or have a mint
- If you're using Nicorette gum, have a piece ready to eat after a meal
- Take a short walk when you are done eating
- If you're eating alone, keep your mind busy by reading something
- Tell yourself, "I am strong enough to get through this meal without smoking!" and repeat as needed
- Change your brand of coffee or drink a flavored coffee for a few weeks
- Try drinking tea instead of coffee



ALCOHOL AND SOCIALIZING

Imagine this:

You are at a party. It's been a week since you've quit smoking. You're enjoying your favorite drink and are around your favorite people. You're having a great time and not even thinking about cigarettes.

A couple of hours later, a good friend shows up. She's smoking. By now you have had a few drinks. While she is talking to you, all you notice is her cigarette. You start to think how good a cigarette would taste with your drink. You know that she would give you one if you just asked. The more you think about it, the stronger the urge to smoke becomes.

Sound familiar?

During the first few weeks after quitting, many people slip back into smoking while drinking alcohol. The link between alcohol and smoking can be very strong. Alcohol makes it hard to control your actions and cigarettes are usually easy to find in places with alcohol.

The best advice is to avoid social events where alcohol will be served, for at least two or three weeks. Try other ways to hang out with friends.

However, if you do choose to go to events where there will be smoking, here are some tips to help you deal with the tempting situations:

- **At home, practice coping techniques to help you stay strong.** Practice saying "No, thanks, I don't smoke" out loud. If someone offers you a cigarette, you'll be ready. Promise yourself that you won't ask anyone for a cigarette
- **If you have an urge to smoke,** say to yourself, "I can make it" and think about something else
- **Go to the event with non-smoking friends.** Have a friend with you that you can talk to if you have an urge to smoke
- **Consider not drinking alcohol** or, if you do choose to drink, limit yourself to two drinks
- **Change what you drink.** If you always have beer, drink wine instead. It can also help if you change the brand of beer or liquor you usually drink. This can break the link between alcohol and cigarettes for you
- **Before you go to the event, decide to leave the event from time to time to get some fresh air**
- **If you are using Nicorette gum or a lozenge, make sure to have enough with you.** Instead of having a cigarette, use a piece if the urge to smoke hits you

BEING AROUND SMOKERS

When there is a smoker in the house

Yes, it is definitely possible to quit smoking even if you live with someone who smokes. The key is to work together.

If you make angry demands or set up hard-to-follow rules for your housemate, they may not follow your rules. Sometimes, they might get upset and try to wreck your plan to quit smoking.

But, if you respect your housemate's need to smoke and they respect your plan to quit, you can make the situation work. Agree to talk about any problems you may have with quitting. Your housemate may be able to help you fix the problem.

The following tips can help you make your home a good place to quit smoking and also respect the needs and feelings of the smoker in your house.

- Ask the smoker to never smoke in front of you or offer you a cigarette
- Talk to the smoker about trying to quit smoking with you—but do not try to force them to quit
- Limit smoking to only one or two rooms in the house or to outside areas
- Give the smoker one ashtray. Ask them to keep this ashtray clean and away from where you could see it
- Have the smoker keep cigarettes where you won't find them
- Set a length of time for these changes to happen — for example, three weeks or one month
- Offer to do something special to thank the smoker. A special dinner might be nice!

When others smoke

Your family members and good friends who smoke will probably support your quit plan. But strangers, coworkers and acquaintances may not be so helpful.

If these people keep smoking around you, your coping strategies will help change how you think about the situation. If you do choose to confront these smokers, do so with tact and understanding.

WHAT CAN YOU DO IF PEOPLE AROUND YOU ARE SMOKING?

- Remind yourself of the reasons that you quit
- Feel sorry for people who still smoke. They are "slaves to the cigarette."
- Say to yourself, "I'm proud that I quit" or "I'm in control"
- Politely tell the smokers that you recently quit and that it would help you if they did not smoke around you

- Distract yourself. Always have something to do (like read a book) just in case you run into a smoker
- Leave the area where people are smoking

WHAT CAN YOU DO IF SOMEONE DOESN'T KNOW YOU QUIT AND OFFERS YOU A CIGARETTE?

- At home, stand in front of a mirror and practice saying, "No thank you. I don't smoke anymore." Do this until you get used to saying it and the words come out easily. Practicing will make it easier to do when it actually happens
- Do not use the offer as an excuse to smoke
- Avoid places where you know people are smoking

WHAT CAN YOU DO IF SOMEONE STARTS TO TEASE YOU OR TRIES TO TEMPT YOU BY WAVING CIGARETTES AT YOU OR BLOWING SMOKE IN YOUR FACE?

- Politely explain that you are trying to quit. Ask them to stop
- Avoid giving in to these games. Remember, most people who do this are just jealous that you have quit. If you smoke, they win. Do you really want that?
- Say to yourself, "I am strong enough to get through this"
- Leave the scene quickly and do something else
- Think about the people you know. If you think someone you know would do this to you, stay away from them until you feel strong enough to deal with the situation

"I am strong enough to get through this."

STAYING SMOKE-FREE

Now that you quit smoking, here are some tips to help you keep your new freedom from cigarettes.

If you think about cigarettes every so often, don't worry.

This is natural. Sometimes it takes a few months for these thoughts to go away. Even after a few months, these thoughts might pop up and surprise you. It's not a big deal.

Smoking is a memory now and some situations may remind you of your old habit.

It's like hearing a song and remembering an old boyfriend or girlfriend you haven't thought of in a long time. Having that thought doesn't mean you

want to get back together with that person, does it? It's only a memory. Accept the idea that you will have thoughts about cigarettes from time to time and move on. Don't let these thoughts control you.

Be aware of possible situations that might tempt you to start smoking again.

Take a minute and write down three situations where you think you might still be tempted to smoke.

Below each situation, write the coping strategy you would use to fight the urge. Being prepared will help you be strong!

1. Tempting situation: _____

COPING STRATEGIES: _____

2. Tempting situation: _____

COPING STRATEGIES: _____

3. Tempting situation: _____

COPING STRATEGIES: _____

Be aware of possible situations that might tempt you to start smoking again.

STAY IN YOUR LANE

Meridian Smoking Cessation Program

You've come so far! Whether you've had a few slip ups or still going strong, your body is much healthier now! Stay strong and work on other ways to keep healthy.

Focus on a new, healthier lifestyle

Watch Your Weight

Many ex-smokers gain some weight for a few reasons:

- Food tastes and smells better after quitting
- You may snack more as a way to cope with the stress of quitting
- Your body may use food more slowly when you first stop smoking, so you gain weight

If you're worried about gaining weight, remember that gaining a few pounds is nothing compared to how much healthier you are now that you quit smoking!

And now that you are aware of possible weight gain, you can do something about it.

Get in shape. Eat regular, nutritious meals to prevent unhealthy weight gain.

Talk to your doctor about meals and snacks with healthy amounts of protein, fruits and vegetables.

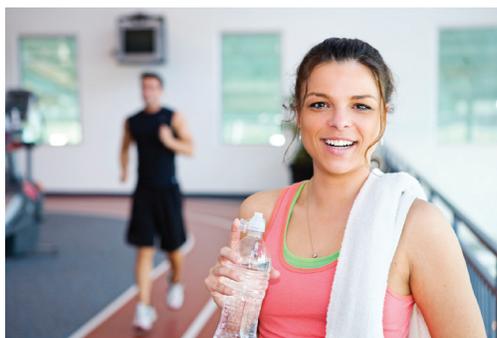
You can also try the following tips.

Get in Shape

Exercise is a great distraction from smoking. It lowers stress and cravings that make you want a cigarette. Try to make time to be physically

active every day. Experts recommend:

- 30 minutes a day of moderate physical activity, at least 5 days a week; or
- 20 minutes of vigorous physical activity, at least 3 days a week



When you talk to your doctor about quitting, ask about exercises or activities that can get you back on the road to being fit. You can try:

- **Walking or running**
- **Dancing**
- **Martial arts**
- **Yoga**
- **Tennis**
- **Basketball**
- **Aerobics**
- **Cycling**

If you can't find 30 minutes each day to exercise, try just a few minutes. Every moment counts!

Most physical activity will help you burn calories and control weight gain. Find activities you like to do and fit into your schedule. You can also add activity to your day by walking during lunch, taking the stairs, parking farther away from a building or stretching during breaks.

Eat Healthy Foods

Don't stress too much about changing everything you eat all at once. Try to make healthy food choices as you begin to increase your exercise.

Every small change will help. Here are some tips to get you started today:

- Replace high-calorie foods with healthy, low-calorie foods:
 - > Instead of chips and candy, try fresh fruits, vegetables, juices, yogurt or air-popped popcorn without butter
- Eat sugar-free candy or juice pops or chew sugar-free gum
- Choose foods that take longer to eat and keep your hands busy:
 - > Try oranges or sunflower seeds
- Try crunchy foods, such as pretzels and rice cakes, so your mouth has to work
- Drink water before and between meals

If you feel like you need to eat something sweet, choose foods that taste sweet but have reduced fat and sugar, such as low-fat frozen yogurt.

For more information about how to eat healthy foods, talk to your doctor. Meridian can help you find a nutritionist too.

Remember to be patient. It takes time to eat well, get fit and stay smoke-free!





Manage Your Weight

Many people use the idea that they might gain weight as an excuse to keep smoking. However, you become so much healthier when you quit smoking that working to keep off a few extra pounds is worth it!

The average weight gain after quitting smoking is only five to seven pounds! Most people who gain that weight can lose it easily and keep it off.

REMEMBER:

Do not go on a diet until you are very comfortable with being a non-smoker. For most people, this means waiting two to three months after quitting. Quitting smoking and following a diet are very big changes in your life! For the best results, take on one challenge at a time!

Here are some suggestions that will help you minimize weight gain:

- **Don't feel you have to eat just because you are quitting smoking! Eat only when you are truly hungry.** If you want to eat something, take a minute to think if you are really hungry. Most times, you are not hungry but you just want something to chew
- **If you feel the need to chew on something, keep plenty of sugarless gum, sugar-free hard candy or carrots with you**
- **Remind yourself that a few extra pounds are not a big deal compared to the damage smoking was doing to your body**
- **Eat five small meals per day instead of three big ones.** This will give you a steady amount of energy all day. It will also keep you from feeling hungry
- **If you watch what you eat all week, give yourself a treat on Sunday!** Allow yourself the freedom to eat what you want one day a week
- **Drink six to eight glasses of water per day**
- **Begin an easy exercise program after talking to your doctor.** Try walking faster than usual for 20 to 30 minutes, three days a week. Slowly start to increase the amount of time you walk, or the number of times you walk, as you get more fit
- **Sneak exercise into your day.** Take the stairs. Park your car a little further away from the building. Get up from your chair often. Take a walk on your break
- **When you do snack, try to eat low-calorie foods.** Try a handful of pretzels, or fruits and vegetables



REMEMBER:

You would have to gain more than 100 pounds before your weight gain would do the same damage to your body that smoking did!



THE PRICE OF GAS

Meridian Smoking Cessation Program

Use this worksheet to figure out how much money you've wasted on cigarettes since you started smoking.

Price of Smoking Worksheet

How many packs of cigarettes did you used to smoke each day? Pick one.

- 1 pack a day = 365 packs of cigarettes each year
- 1 ½ packs a day = 548 packs of cigarettes each year
- 2 packs a day = 730 packs of cigarettes each year
- 2 ½ packs a day = 913 packs of cigarettes each year
- 3 packs a day = 1095 packs of cigarettes each year



Write down the number of packs you smoked each year: _____

Write down the number of years you have smoked: _____

_____ X _____ = _____

This is the number of packs you have smoked since you started smoking.

The national average cost of a pack of cigarettes is \$5.

Multiply the number of packs you have smoked since you started smoking by \$5.

_____ X \$5 = _____

This is how much you have spent on cigarettes since you began smoking

What could you have bought instead of cigarettes with your money?

Now, figure out how much you will spend if you continue to smoke.

How old are you? _____

Subtract your age from 75: $75 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$

Multiply by 365: $\underline{\hspace{2cm}} \times 365 = \underline{\hspace{2cm}}$

Multiply by how many packs a day you smoke: _____ x _____ = _____
Number of packs a day you smoke is the first number you picked on page 1

Multiply by \$8.35 (the average future cost of cigarettes): _____ x \$8.35 = _____

This is how much you will spend if you keep smoking

Now, add the number in the red box on page 1 to the number in the red box on this page.

_____ + _____ = _____

This is your lifetime dollar cost of smoking!



What else could you do with the money you spend on smoking?

You could buy:

- A 65" high-definition TV with theater sound
- A two-week trip to Hawaii for two
- A year's tuition at a major university

If I had an extra \$ _____ I would:

- _____
- _____
- _____
- _____
- _____

HAVE QUESTIONS? NEED SUPPORT?

Your Smoking Cessation Coordinator is your personal coach and wants to help you stay with your quit plan, so call when you need help.

Plan to Reward Yourself

Don't think of this as stopping smoking. Think of it as starting a new, healthier lifestyle.

Staying smoke-free can be hard. It takes some time. Be patient. You will begin to feel better. Set up rewards to remind yourself how hard you're working. For example, you could:

- Buy yourself something special to celebrate quitting
- Splurge on a massage or dinner at a new restaurant
- See a movie or sporting event
- Start a new hobby
- Begin exercising

My List of Rewards

Make your own list of rewards. If they require a purchase, figure out how much they will cost you.

You can plan for rewards that equal the amount you will save for the amount of time you have quit (1 day, 1 week, 1 month and so on).

Save that cigarette money to buy some of your rewards! You'll be amazed at how fast the money you used to spend on cigarettes adds up and how soon you'll be able to buy your rewards!

I would like to reward myself by:

- _____
- _____
- _____
- _____
- _____

Saving Money

Now that you aren't buying cigarettes, you probably have more spending money. For example, if you smoke one pack a day*, you can save:

AFTER...	YOU'VE SAVED
1 day	\$5
1 week	\$35
1 month	\$150
1 year	\$1,825
10 years	\$18,250
20 years	\$36,500

*Prices are based on an average cost of \$5 per pack of cigarettes. The cost of a pack may differ depending on where cigarettes are bought.

Meridian wants to reward you for keeping up with your coaching calls and your plan to quit!

You will receive a **\$10 gift card** after you complete 6 coaching calls with your Smoking Cessation Coordinator!

HANDLING DETOURS

Meridian Smoking Cessation Program

You've worked out how much money you can save by quitting smoking, now let's talk about more ways to cope with tough situations that you might face in the future or maybe have already faced.

TEMPTING SITUATIONS and winning ways to cope

Alcohol & Being Social

- **CHANGE WHAT YOU DO:** Limit your number of drinks
- **CHANGE HOW YOU THINK:** Review your reasons for quitting smoking

Negative Feelings

- **CHANGE WHAT YOU DO:** Take deep breaths
- **CHANGE HOW YOU THINK:** Remind yourself that smoking never made anything better

Feeling Bored

- **CHANGE WHAT YOU DO:** Carry a book or magazine with you
- **CHANGE HOW YOU THINK:** Tell yourself that it is okay to do nothing every so often

Seeing Other Smokers

- **CHANGE WHAT YOU DO:** Leave the scene
- **CHANGE HOW YOU THINK:** Feel sorry for smokers. They are still slaves to cigarettes



**KEEP
UP
THE
GOOD
WORK!**

REWARDS AND BENEFITS

Each time you successfully deal with a temptation, give yourself a pat on the back. Take a moment to focus on what you did or thought in order to get through the situation. Remember, this is the next time the same temptation comes up.

Instead of focusing on the loss of cigarettes, start looking at how you benefit from being a non-smoker.

Fill in the blanks below. What good things have happened to you since you quit?

I've enjoyed _____

I've realized that _____

I've been able to _____

I've been told that _____

I've finally _____

I've become proud of _____

I've _____

I've _____

Think about all the benefits that being smoke-free will bring to you in the future.

Fill in the blanks below. What good things do you think the future now holds for you?

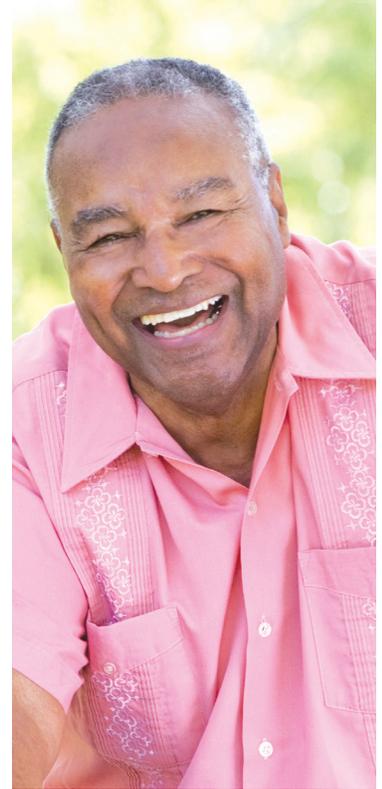
I'll enjoy _____

I'll be sure to _____

I'll be able to _____

I'll try _____

I'll _____



Continue to reward yourself.

Quitting smoking is a huge deal! Take a look at the worksheet on page 23. How much money did you save since you quit? Think about what you could spend it on.

Try new stress management techniques.

It is important that you keep teaching yourself new ways to deal with stress. At the same time, remind yourself that cigarettes never really made anything better.

Don't fool yourself into thinking that you can smoke just one or two cigarettes here and there.

If you could have done that when you smoked, you would have. You are not that kind of smoker. Even having one cigarette keeps smoking in control of you.

Don't become over-confident.

Many people stop using their new coping techniques too soon. When they stop coping, they can become overwhelmed when an urge to smoke suddenly sneaks up on them. Urges can occur at any time. Keep this in mind and be prepared by remembering to use your new coping skills.

If you are using nicotine replacement products, be sure to use the entire recommended amount.

Many people slip or return to smoking if they stop nicotine replacement therapy too soon. Talk to your Smoking Cessation Coordinator if you have any questions about how long you should use a nicotine replacement product.

Above all, celebrate the freedom of being a non-smoker!



ARE WE THERE YET?

Meridian Smoking Cessation Program

You've done a great job reviewing more coping strategies. Let's talk about all the ways cigarettes were hurting you and those around you.

CIGARETTES are bad news!

Cigarettes contain **CANCER-causing tars.**

They also have particles that clog your airways and prevent your lungs from naturally cleaning themselves. If you smoke one pack of cigarettes a day for one year, your body absorbs about one pound of tar!

Cigarette smoke contains **carbon monoxide.**

Carbon monoxide is a gas that pushes oxygen out of your system and lowers your energy level. This is the same gas that comes out of your car's tail pipe!

Cigarettes contain DDT, arsenic, formaldehyde, strychnine, freon, cyanide and over 4,000 other chemicals! The ones listed above are poisons!



About 500 people die each day from heart diseases connected with smoking.

One out of every six deaths in the United States can be linked to smoking.

Over 419,000 deaths each year are linked to smoking. Thirty percent of all people who die from cancer are smokers.

The Surgeon General's Report shows that smoking can be harmful to non-smokers.

People who are only exposed to cigarette smoke, especially those with asthma and other lung diseases, can be hurt by smoking.

Women who smoke typically have babies with a lower birth weight.

Smoking has also been shown to increase the chance of Sudden Infant Death Syndrome (SIDS).

Children of smokers have more cases of colds, upper respiratory infections, ear infections and asthma.

Smoking is responsible for over one million cases of chronic bronchitis and emphysema each year.

WHAT'S IN A CIGARETTE?

There are over 4,000 chemicals in a cigarette. Many of these chemicals occur naturally in tobacco.

Other chemicals are added to the cigarettes. These added chemicals include insecticides and fertilizers, which act as flavor enhancers and make the paper burn evenly and longer.

Still, other chemicals exist as a result of the burning process itself.

Here's a sample of the chemicals you put into your body every time you puff on a cigarette!

- **Acetone:** Paint thinner
 - **Ammonia:** Household cleaner
 - **Arsenic:** Rat poison
 - **Benzene:** Used in making dye
 - **Butane:** Lighter fluid
 - **Carbon Monoxide:** Comes out of your car's tail pipe
 - **Cadmium:** Used in batteries
 - **Cyanide:** A deadly poison
 - **DDT:** The banned insecticide
 - **Formaldehyde:** Used in embalming
 - **Hydrogen cyanide:** The poison used in gas chambers
 - **Lead:** A heavy metal
 - **Methoprene:** Insecticide
 - **Naphthalene:** Used to make mothballs
 - **Polonium:** A cancer-causing radioactive element
 - **Tar:** Used to fill potholes
- ...and 36 other known carcinogens (cancer-causing chemicals)



Nicotine

Nicotine is the addictive substance in cigarettes. It's what keeps you hooked.

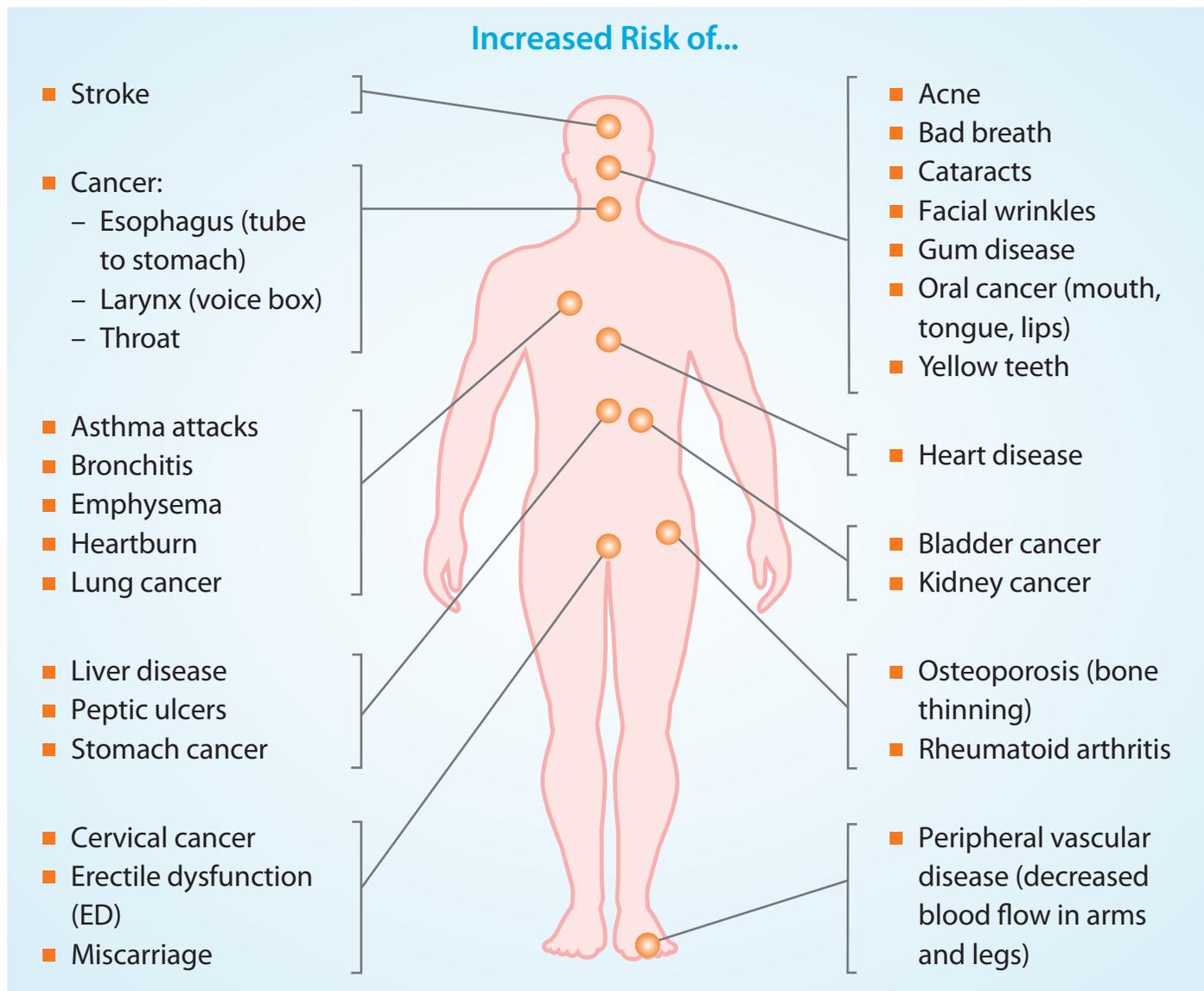
However, nicotine does not cause the medical problems linked with smoking. All the chemicals listed above add to the cancers, heart problems, emphysema and the other negative health consequences that result from smoking.

Now you know the dangers of smoking and what's in a cigarette.
Stay strong and stick to your quit smoking plan!

*Remember, a Smoking Cessation Coordinator is always there to help you.
Call them if you need to!*

Smoking Hazards...Head to Toe

Almost every part of your body is affected when you smoke tobacco. But it is never too late to stop smoking. Your body starts to get healthier within weeks after you stop smoking.



Stop smoking now and your whole body will be healthier...head to toe!

For more information and “quit-smoking” help, visit www.smokefree.gov

THE LAST MILE

Meridian Smoking Cessation Program

Now you know what's in a cigarette and how they hurt you and those around you. Since you've been working on your quit plan for a while, let's talk about ways to keep going strong. We'll also talk about what to do if you slip up.

YOU CAN DO IT!

Beating an addiction to nicotine takes a lot more than just willpower and determination. You should feel great about yourself for making it this far!

Now is the time to focus on sticking with it. To continue your success, make sure you keep your guard up!

For a long time, you connected certain people, places, activities and feelings with smoking a cigarette. Your brain has learned to crave nicotine. Even though you quit smoking, the urge to smoke often hits at the same times as when you used to smoke. The urge can be caused by triggers like drinking coffee or using your cell phone.

These urges don't just disappear. These triggers may cause you to want to smoke again.

Be careful and understand that most of the cravings connected to your triggers should disappear within a few months, but others may last longer. That's why you should never take a puff again, no matter how long it's been since you quit.

Continue to review your craving journal to see when you might be tempted. Then use the skills you've learned with your Smoking Cessation Coordinator to get you past your urges without smoking.

PROGRESSIVE Muscle Relation

Quitting smoking can be stressful. Follow these steps to help you reduce body tension caused by stress.

Difficulty: Easy

Time Required: 5 Minutes

1. Find a quiet place and sit or lie down. Make yourself comfortable.
2. Begin by tensing (squeezing) all the muscles in your face. Close your eyes tightly. Clench your teeth; even move your ears up if you can. Hold this position and inhale (breathe in) while you count to 8.
3. Now exhale (breathe out) and relax completely. Let your face completely relax, like you were sleeping. Feel the tension flow away from each the muscles in your face. Enjoy the feeling!
4. Next, completely tense your neck and shoulders, inhale and count to 8. Then exhale and relax. Tighten your chest, again inhale and count to 8. Then exhale and relax.
5. Squeeze your stomach muscles. Inhale and count to 8. Then exhale and relax.
6. Tighten your upper legs. Inhale and count to 8. Then breathe out and relax.
7. Next, tighten your lower legs. Inhale and count to 8. Then exhale and relax.
8. Tighten your feet and toes. Inhale and count to 8. Then exhale and relax. Do you feel more relaxed?



WHAT TO DO IF YOU SLIP!

DON'T GET DISCOURAGED IF YOU SLIP

If you slip and smoke one or two cigarettes, it is not a lost cause. At least you didn't smoke a whole pack! But just because you only smoked one or two cigarettes doesn't mean you can safely smoke every once in a while. No matter how long ago you quit, one cigarette can quickly lead back to your old smoking habits.

Many ex-smokers try stopping many times before finally succeeding. When people slip, it's usually within the first few months after quitting. During this time, it can be especially hard to resist the urge to smoke.

REALIZE YOU SLIPPED

You've had a small setback. This doesn't make you a smoker again. Feel good about all the time you went without smoking. Focus on making your coping skills stronger by practicing them.

DON'T BE TOO HARD ON YOURSELF

One slip doesn't make you a failure. It doesn't mean you can't quit for good. But don't be too easy on yourself, either. If you slip, don't say, "Well, I've blown it. I might as well smoke the rest of this pack."

It's important to get back on the non-smoking track right away. Remember, your goal is no cigarettes—not even one puff.

UNDERSTAND WHY YOU SLIPPED

Find the trigger. What was it that made you smoke? Be aware of that trigger. If you are using medication to help you quit, don't assume that it isn't working. If you slip and have a cigarette or two, stay with your medicine. Stay with your quit smoking plan. They will help you get back on track.

LEARN FROM YOUR EXPERIENCE

What has helped you the most to keep from smoking? Make sure to do that on your next try. If you need to visit your doctor again, visit them. He or she can help motivate you to continue your

effort to quit. Talk to your family and friends. It's okay to ask for support. You can also call your Smoking Cessation Coordinator.

Use the tips you learned in this newsletter to help you. People with even one coping skill are more likely to stay ex-smokers than those who don't know any.

START to stop again!
It's never too late to try.

STAY UPBEAT

As you go through the first days and weeks without smoking, stay positive. Don't blame yourself if you slip and smoke a cigarette. Don't think of smoking as "all or nothing." Take it one day at a time.

REMEMBER—you didn't learn to smoke overnight. You may have taken months or even longer to adjust your routines to smoking. Quitting is a learning process too.



Staying positive will help you choose new activities and patterns to replace old habits.



YOU'VE ARRIVED!

You have come so far! Here is some information about what a great choice you made to quit smoking! After you quit smoking, you are so much healthier!

REMEMBER THE LONG-TERM REWARDS

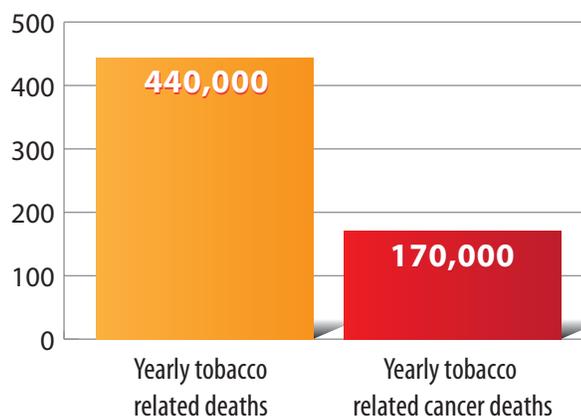
Tobacco use in the United States causes more than 440,000 deaths each year. Of those deaths, 170,000 are from cancer.

Once you quit smoking, you will add healthy days and years to your life. And you will significantly lower your risk of death from lung cancer and other diseases, including:

- Heart disease
- Stroke
- Emphysema
- Cervical cancer
- Kidney cancer
- Acute myeloid leukemia
- Pancreatic cancer
- Stomach cancer
- Bladder cancer
- Esophageal cancer
- Laryngeal cancer
- Oral cancer
- Throat cancer

Tobacco related deaths

In thousands



Your loved ones will also be healthier when you quit smoking. They won't have to breathe in dangerous secondhand smoke anymore.

Finally, by quitting smoking, you're setting a good example. You're showing others, especially young people, that a life without cigarettes is a longer, healthier, happier life.

Within 20 minutes of smoking that last cigarette, your body starts making healthy changes that will continue for years. You can look forward to dramatic changes the moment you become an ex-smoker.

CRAVING Journal

Fill out the Craving Journal by writing in the information across the row for each craving you have. If you have questions, call your Smoking Cessation Coordinator.

Rate your cravings like this:

0 = I didn't crave it at all **1** = I craved it just a little **2** = I craved it some **3** = I craved it a lot

Cigarette Number	What was I doing?	Craving Level	How did I feel?	What did I do instead of smoking?
Example	Watching TV	3	Bored	Walked around the block
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If you need more Craving Journal pages, call your Smoking Cessation Coordinator and they can mail them to you!

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