

- different scents. By all means, use a favorite mouthwash.
- Temporarily avoid other tobacco users, spend more time with non-smoking employees and friends. Involve your spouse, friend or someone as your stop-smoking “buddy.”
- Dispose of all your tobacco paraphernalia, lighters, ashtrays, spittoons, and other tobacco-related items at your work site, in your home or vehicle. If your ashtray is an heirloom or favorite gift, float flowers in it as a hint to your smoking friends and relatives not to smoke in your home, or use it as a low-calorie snack dish.
- Avoid situations that encourage you to smoke, such as sitting in your favorite chair watching television, chatting with fellow employees at the coffee percolator, or going to the lobby during intermissions at the theater or playhouse.
- Put something other than tobacco in your mouth. Keep a variety of oral substitutes handy such as carrot and celery sticks, fresh or dried fruits, sugarless gum or mints, cinnamon sticks, toothpicks, etc. Cut drinking straws into cigarette-size pieces and inhale and exhale air.
- Spend time in places where tobacco is not permitted, such as public libraries, museums, theaters, churches or synagogues. Sit in the non-smoking section of restaurants, trains, etc.
- Once you have determined to quit smoking, do it at the first good chance. Go with the fever of enthusiasm to be a nonsmoker. If you let your determination gradually die while you postpone, or weakly tell yourself, “later,” you never will quit. Pick the right time and DO IT.
- Visualize yourself as a nonsmoker. At restaurants or at work watch what nonsmokers do with their hands and emulate them.
- Remember to reward yourself. Buy yourself a treat after your first 24 hours as a nonsmoker. Plan a celebration for yourself at certain end points such as one week, one month, one year, etc. Set about making a list of things you would like to purchase for yourself, your family or friends. One way to do this is to estimate the cost of your daily tobacco habit and put the money aside for those treats and celebrations.

Distributed by: North American Division. *Director:* DeWitt Williams
Produced by: North American Division Health Ministries. *Director:* DeWitt Williams
Coordinator—Editor: Gordon Botting. *Design—Assistant Editor:* Ed Fergusson



Five Steps to Winning or Quitting

By Gordon Botting, DrPH, CHES

This article is designed so you can help your family, friends, co-workers, or associates who are struggling with stopping smoking.

Of the 43.4 million adult Americans (19.8%) who still smoke, four out of five say that they would like to quit. That is the problem — your friends are hooked with a substance as addictive as heroin, which creates strong physical and psychological dependences and has unpleasant withdrawal symptoms.

Step 1

The first and most important step people can do for themselves is to **decide positively that they want to quit.**

Not just because their health professional described the medical consequences of continuing their habit or their spouse pleaded with them to quit before there were holes in all their furniture, (even though they cannot argue with these and hopefully they are influenced by them), but it is **what they want for themselves.** No anti-tobacco person can force them to quit; no cessation program will take away the desire to smoke; no magic pill will cure them of the habit, only their **choice, their willingness to participate** 100% is the determining factor.



The key to success is self-motivation.

Step 2

To break this insidious habit, encourage your friend to **develop a list of strong personal reasons** for wanting to successfully stay off cigarettes.

These could include: “I’m sick of having a smoker’s cough.” (health); “Smoking is such a waste of good money.” (financial); “Cigarettes make my clothes and hair smell real bad.” (social). Remind

your clients to keep this list handy and reread it when the urge to smoke strikes. It will help them to think in terms of benefits gained rather than what they are giving up.

The key to success is self-analysis.

Step 3

Prepare to have them quit by **cutting down the number of cigarettes** they smoke.

They can begin by eliminating those they smoke out of habit rather than for real need, be it pleasure or coping with a difficult situation, people or problems. Have your friend take a sheet of paper and write down when, where with whom and why they smoked each cigarette. Let them try some of these tips: Postpone lighting their first cigarette 15 minutes the first day, 30 minutes the next, 45 the next and so on. Design certain time periods as non-smoking hours and gradually extend them. Refuse to light up the moment an urge to smoke hits. Have them take a walk around the block, drink a glass of fruit juice or mild; imagine their favorite sport or place of relaxation.

The key to success is reduction.

Step 4

They will need to prepare in advance for those situations that **trigger the urge to smoke**.



Some typical triggers will be positive, such as finishing a delectable meal or having a drink at a party, while others will be negative, such as watching another person lighting up or after a fight with their spouse. To weaken those urges, particularly in high risk situations or times you have noted on your sheet, as the most difficult to avoid smoking (see above), suggest to them sitting in the non-smoking section of the commuter train or bus or by taking the midmorning break with non-smoking employees and at the same time substituting coffee for fruit juice or herbal teas.

The key to success is knowing those triggers.

Step 5

For people to stop for good, they must **pick a “Quit Day.”**

Remind them that under no circumstances will they let anything change that date. To reinforce the importance of “Q” day suggest they write a binding contract that they do the dishes plus laundry for the next month for their whole family if they don’t stop smoking on that target day. On the positive side, remind them that quitting will add at least \$50-70 extra per week to their budget. When that day comes, have them also

strengthen their commitment by letting their family, social or work friends know what they are about to do and ask them for their unequivocal support. “Going public” will give them added incentive to accomplish their goal to be a nonsmoker.

The key to success is having a “Quit” day.



Quick Tips For Quitting

To provide additional support for smokers who are quitting and who wish to substitute smoking with positive new health habits, listed below are a few helpful tips:

- Each night before retiring to bed concentrate on one positive reason for quitting and repeat that reason ten times out loud or, better still, write it down ten times and place in ten strategic places in your home.
- Be informed. Read all the authoritative material you can on how tobacco affects your body and its various systems. The more you know the more likely and determined you’ll be to quit and remain a non-smoker for good.
- Be aware of the major “booby” traps such as alcohol and caffeine. Alcohol can work in two ways: it will lower your resolve not to smoke by inhibiting your powers of reason and it may also intensify your desire for another cigarette. Caffeine products such as coffee, tea, and carbonated beverages that have a high concentration of caffeine (Mountain Dew, Coca Cola, Pepsi, etc.) stimulate the desire for a cigarette and often are associated with the habit of smoking.
- Find activities that make cigarette smoking difficult such as washing the car, exercising, taking a shower, etc. For spitting tobacco, become involved in activities such as singing with the radio, etc.
- Find diversions to keep your hands busy – doodle, play darts, knit, crochet, do crossword and jigsaw puzzles, hand-held video games, peel an orange, even get a punching bag, etc.
- Develop a clean, fresh, smoke-free environment in and around you – schedule an appointment with your dentist or dental hygienist to have your teeth cleaned. Resolve to keep your teeth stain-free. Have your clothes and drapes dry-cleaned to rid them of the lingering aroma of tobacco. Purchase your favorite fresh cut flowers and be surprised by how much you can enjoy their