YOUR GUIDE TO STOP SMOKING
I can do it!

FIND YOUR MOTIVATION
Think about what you will gain as a non-smoker and write down the rewards you want the most. Check this list every day. Staying motivated is an important part of becoming a non-smoker.

<table>
<thead>
<tr>
<th>Never have a raging cough again</th>
<th>Be a role model for family and friends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Save money</td>
<td>Be healthy and strong</td>
</tr>
</tbody>
</table>

FACE YOUR FEARS
Stopping smoking can be hard. Thoughts of quitting may feel overwhelming. Acknowledge your fears of becoming free from tobacco and make a plan to face these fears.

My fears of being a non-smoker:

Withdrawal may hurt

I will overcome these fears by:

Using a nicotine replacement therapy properly.

I am afraid I can’t cope without cigarettes. Skills before my stop date:

Learning from new relaxation techniques.

TAKE THE NICOTINE ADDICTION SELF-TEST
Check the box for every “yes” answer:

☐ Do you usually smoke your first cigarette within a half hour after waking up?

☐ Do you find it hard not to smoke in non-smoking areas?

☐ Do you smoke 10 or more cigarettes a day?

☐ Do you smoke 25 or more cigarettes a day?

☐ Do you smoke more during the morning than during the rest of the day?

☐ Do you smoke even when you’re sick?

If you checked three or more boxes, you may be physically addicted to nicotine. Withdrawal symptoms can include: anxiety, irritability, restlessness, feeling fidgety, difficulty concentrating and headaches.

GET HELP WITH NICOTINE REPLACEMENT THERAPY (NRT)
Nicotine Replacement Therapy (NRT) combined with a stop smoking program has been shown to double your chances of success in becoming a non-smoker.

NRT come in many forms and it is important to take time to learn how to use NRT effectively. And remember, even if you have tried a method in the past, you can try again. Persistence is key—learn from your previous attempts at stopping, and keep trying.

Learn more: http://bit.ly/nrtinfo

GET HELP WITH RESOURCES
CA Smokers’ Helpline 1-800-NO-BUTTS
• Free one-on-one counseling over the phone
• Services are available in six languages

tobaccofree.berkeley.edu
Resources for students, faculty and staff
• Calendar of campus programs
• Referrals to online and community programs
• Links to free apps and text messaging programs
• Tools to help friends and loved ones stop smoking

UNIVERSITY HEALTH SERVICES Tang Center
4 STEP PLAN TO STOP SMOKING

1. SET A STOP DATE
Ready to become a non-smoker? Follow the tips in this guide to help you quit. Don’t be discouraged if you don’t succeed right away. It can often take more than one try. Learn from what worked for you and what went wrong. The key is don’t give up – keep trying and you will succeed!
Pick a stop day within 2-4 weeks and put it on your calendar.

My date to stop smoking is:

2. TELL YOUR FAMILY, FRIENDS AND CO-WORKERS
Stay accountable – spread the word. Enlisting support will increase your chance of success. Co-workers, family, friends and classmates can be part of your support network.

<table>
<thead>
<tr>
<th>My support network</th>
<th>Who will help me by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashley</td>
<td>Putting a check mark on the calendar every morning showing I am a non-smoker.</td>
</tr>
<tr>
<td>Sam</td>
<td>Telling me when I am getting moody and it’s time to take deep breaths.</td>
</tr>
</tbody>
</table>

3. ANTICIPATE AND PLAN FOR THE CHALLENGES
Use specific strategies to help combat cravings. List your daily smoking habits and triggers, and your plan for what you will do instead. Being prepared is the key to having the confidence to stop smoking.

My triggers: Smiling after meals. Taking breaks during the day to smoke. Going out with fellow smokers. Drinking coffee or drinking alcohol.

Instead, I will: Brush my teeth after each meal. Schedule 5-10 minute walk breaks with a friend. Tell my friends I am working on becoming a non-smoker. Avoid drinking and going to bars or parties during this time. Switch to tea.

Feeling stressed, nervous, lonely or bored.

Practice self-talk and visualize myself as a non-smoker. Learn relaxation techniques such as yoga, meditation, or deep breathing.

4. REMOVE TOBACCO FROM YOUR ENVIRONMENT
Smoke-proof your environment. Quitting is even harder when you have extra cigarettes lying around. As your quit date approaches, make a plan for your cigarettes starting with cleaning out your car, backpack, purse or workbag.

CONGRATULATIONS ON BEING A NON-SMOKER
Congratulations! Keep practicing being a non-smoker. Look at all the commitments you have made to yourself on this guide. Follow your quit plan to get through the urge to smoke. Continue to get help from the California Smokers’ Helpline, your health care provider, and your support network.

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