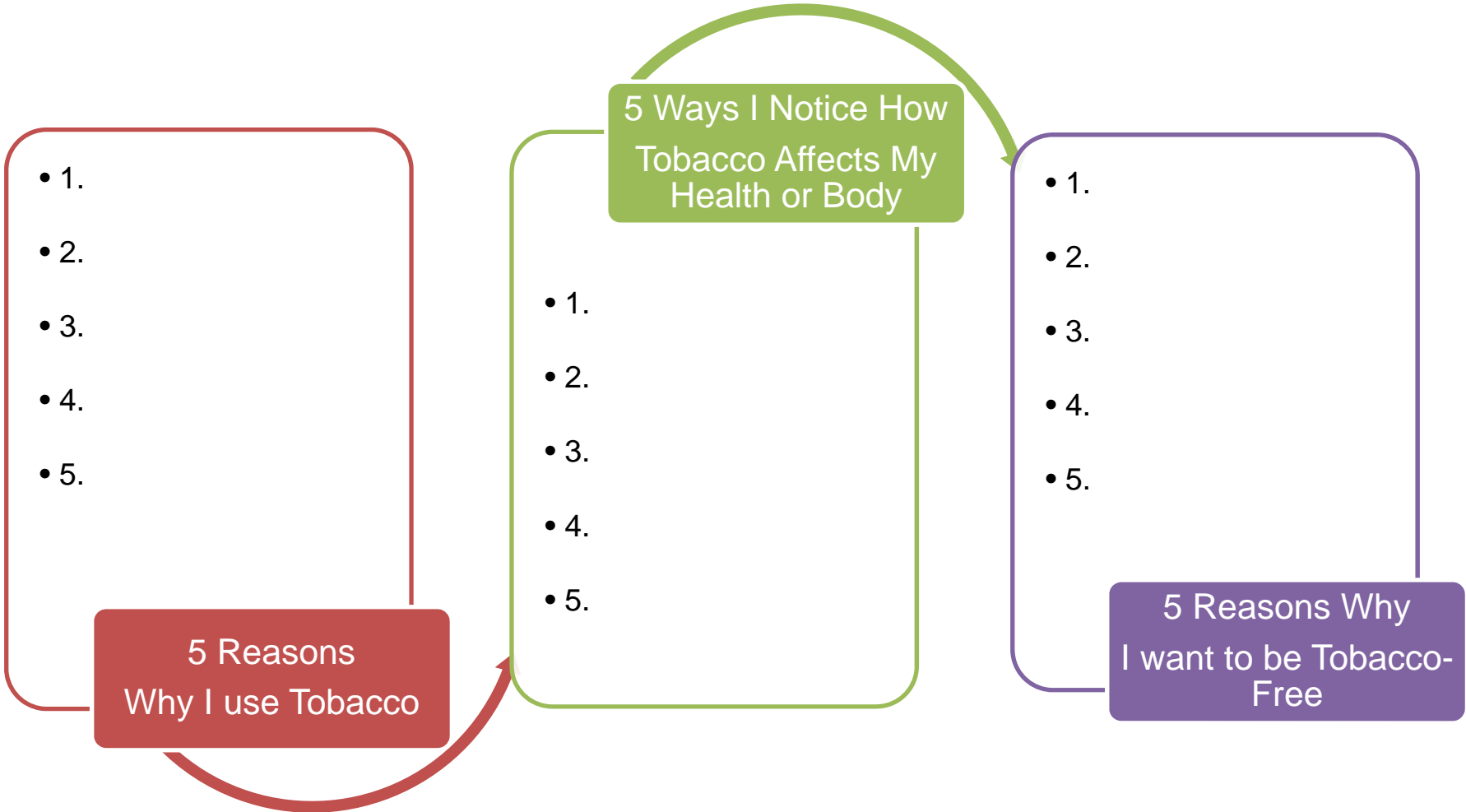


HOW TOBACCO AFFECTS ME



WHY I WANT TO BE TOBACCO-FREE

List your reasons for becoming tobacco-free. Add to this list later when you think of new benefits. Be as specific as possible.

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

If I didn't smoke, I could...

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

WHAT AM I SMOKING/VAPING?

What's in a cigarette?



What's in an e-cigarette?



HOW MUCH DOES SMOKING COST YOU?

Amount of Money Spent on Cigarettes @ \$9.50 per pack















Number of Cigarettes Smoked per Day	Per Day	Per Month	Per Year	10 Years	20 Years	30 Years	40 Years
10	\$4.75	\$142.50	\$1,733.75	\$17,337.50	\$34,675.00	\$52,012.50	\$69,350.00
20	\$9.50	\$285.00	\$3,467.50	\$34,675.00	\$69,350.00	\$104,025.00	\$138,700.00
30	\$14.25	\$427.50	\$5,201.25	\$52,012.50	\$104,025.00	\$156,037.50	\$208,050.00
40	\$19.00	\$570.00	\$6,935.00	\$69,350.00	\$138,700.00	\$208,050.00	\$277,400.00
50	\$23.75	\$712.50	\$8,668.75	\$86,687.50	\$173,375.00	\$260,062.50	\$346,750.00
60	\$28.50	\$855.00	\$10,402.50	\$104,025.00	\$208,050.00	\$312,075.00	\$416,100.00

What can I do with this \$?

HOW TO GET THROUGH THE ROUGH SPOTS

Take it one day at a time. Remember that these rough spots will pass and are proof that your body is adjusting to being tobacco-free. The truth is your body is healing everyday. Don't give up! YOU WILL FEEL BETTER SOON! You can do it!

	Symptom	Action
	Boredom/ Restlessness	Give your hands something to do. Bounce a ball, squeeze a stress ball, do puzzles, twist paper clips, practice knitting, snap rubber bands, play electronic games, doodle, play cards. Take something with you to stay busy throughout the day.
	Constipation, gas, stomach cramps	Eat lots of fruits and veggies (aim for 5-6 half cup servings per day), granola bars, whole-grain crackers, raisins and prunes etc. Avoid processed foods and white flour products, and be sure to drink enough water...6-8 glasses per day
	Coughing more than usual	It's normal to cough more... this happens to about 20% of all ex-smokers and it will decrease as your lungs get back to a healthy state. Try cough drops, hard candy, and drink lots of water.
	Coughing up black junk	Don't freak out! This happens to some people. Your body is getting rid of the toxins. It won't last long and you will feel better. See above solution.
	Dizziness	Take care to move more slowly and carefully. Avoid sudden movements. Get out of a chair or the bathtub slowly.
	Dry mouth, sore throat, nasal drip	Drink cold water, fruit juice, green tea, chew gum or eat hard candy.
	Fatigue	Take short naps or meditate. Try to get at least 8 hours of uninterrupted sleep at night. It is normal to want more sleep for a while until your energy returns.
	Headaches	Lie down in dim light with a cold compress on your head. Deep breaths. Make sure you are drinking enough water.
	Hunger or cravings	Nibble on healthy snacks. Watch portion sizes. You don't want to turn your nicotine addiction into a snack addiction. Limit your snacking to times when you know your body needs nutrition.
	Insomnia	This typically lasts about two weeks. Avoid caffeine in the afternoon. Develop a new night time routine to help you relax and fall asleep: try a warm bath, or relaxing music. Make sure you are getting enough exercise during the day.
	Irritability or anxiety	Practice deep breathing, take a walk. Talk it out with a friend.
	Lack of concentration	Organize your days and commitments to minimize stress, especially during the first two weeks. Make lists to keep on track. Schedule breaks throughout the day. Take three deep breathing breaks every day. Reward yourself.

CIGARETTES AND COFFEE: A HAPPY MARRIAGE?



Remember the old song “Love and Marriage”, they went together like “a horse and carriage?” Well, as the classic old song says, some things just naturally go together. There is a long list of such word mates: peanut butter and jelly, bread and butter, milk and cookies, and so forth...

Sometimes there are bad habits that make bad partners: ***smoking cigarettes and drinking coffee are one of those combinations.***

Research shows that coffee makes you smoke more

Dr. J.E. Rose, of the Veteran’s Administration Hospital, noted that most cigarette smokers were also coffee drinkers. He wanted to know how the two drugs interacted.

The results were interesting. Smoking blocked the “upper” energizing effects of coffee. When you drink coffee and smoke, you get no buzz. In addition, coffee caused smokers to inhale more deeply and have higher levels of carbon monoxide (toxin) in their blood. **The end result of all this is that combining the two habits will cause you to drink more coffee to try to get your buzz, and that in turn, will cause you to smoke more.**

What should I do about my coffee habit?

When you quit smoking you may need to cut down on the amount of coffee you drink. And if coffee is a trigger for you, you may want to switch to green tea or another hot beverage.

What other combinations should I watch out for?

When you do the following things together you probably do not realize how much you are smoking. Sometimes you might have a cigarette lit and not realize it and light another. Being very aware of your smoking habit is the first step toward being free to choose not to smoke.

See if you can uncouple these activities:

- Smoking and watching TV
- Smoking and eating or snacking
- Smoking and talking on the phone
- Smoking and waiting

Awareness Exercise

Try smoking and doing nothing else. Just smoke.