

CLASS THREE—TOBACCO-FREE WEEK

PURPOSE

To develop a personal tobacco-free plan. And get inspired to keep their commitment.

AGENDA

Item	Time
3.1 Welcome and Review Agenda	5
3.2 Guest Speaker – Relapse Prevention Group Discussion OR -Round Table Conversation	20
3.3 Your Personal Tobacco-Free Plan	20
3.4 Questions About NRT/Medications	15
3.5 How to Deal with Cravings	15
3.6 Short Break	10
3.7 Progressive Relaxation	20
3.8 Take Home Activity and Next Week	10

MATERIALS

Each Class:

- Sign In Sheet
- Water
- Blank flipchart/easel
- Purell Hand Sanitizer
- Container of Miscellaneous Supplies
- Pens
- Whiteboard Markers
- Box of Tissues
- Cinnamon Sticks

Class 3 Materials

- My Personal Tobacco-Free Plan
- Dealing with My Cravings (2 Handouts)
- Reward Yourself

PREPARE AHEAD:

- Display board or flip charts
 - Nicotine Replacement Therapy options from Orientation
- Incentives:
 - Golf pencils and/or pens with your program's phone number
 - Local Quit Line phone number and/or materials
 - In California: 1-800-NO-BUTTS
 - Fidgets, cinnamon sticks, toothpicks or other similar items



CLASS CONTENT

3.1 Welcome (5 minutes)

- Give positive feedback for attending
- Explain purpose of session
- Review agenda

3.2 Guest Speaker – If available (20 minutes)

Invite a speaker who is an ex-smoker to come talk about their experiences becoming tobacco-free. This is a chance for the participants to see a real live non-smoker who has previously completed the class. Listening to the speaker's experiences may validate the rough time the participants are having now and re-emphasize the hope that they really *can* be tobacco free if they follow the program.

- Participants have a chance to ask the guest speaker questions.
- Check in and see how people are doing in anticipation of their tobacco-free date.
- Emphasize that it's important to get rid of all their cigarettes (in the car, in the jacket pocket, on the patio, etc).
- Remind participants to use the 5 D's that they have been practicing.



3.2 No Guest Speaker Option: Round Table Discussion (20-30 minutes)

Facilitator Script:

We know a lot of you will have a lot on your mind during this process of becoming tobacco-free. We will be doing a round table share in which everyone goes around and shares about how they are doing. We want to make sure everyone has time, so as we go around, don't rush but do be aware that everyone needs a turn.

Questions:

1. *If/when you became tobacco free.*
2. *How do you feel right now?*
3. *What strategies have you used to deal with cravings and triggers?*



3.3 Your Personal Tobacco-Free Plan (20 minutes)

- Talk briefly about the importance of creating their own plan out of what they have learned in the past two weeks.
- Using the **handout** “*Your Personal Tobacco-Free Plan*” the facilitator will go through the “plan” with the participants.
- Direct everyone to fill out their tobacco-free day, their method, and their main reason for becoming free. To help facilitate ideas, go over each topic asking them to suggest possible solutions (everyone can just call them out).
- Help them get the idea for the 7 topics by suggesting 1 or 2 answers if they seem stuck

Facilitator Note:

Since everyone's smoking habit is different, participants will devise or create their own plan from what they have learned from the first two weeks of the class. All the information can be found in the previous handouts "Getting Ready to Be Tobacco Free" and "Becoming Tobacco-Free". Help everyone fill it out – some may not be comfortable writing. If there are some particularly good answers on the sheet that did not get mentioned by the group be sure to mention them, but only after the group has given it a try. Hand out extra copies for the people who want to take redo it.

You may actually need to let the class know that the non-smoking muscle does not exist anywhere in the human body. One woman actually asked us where her non-smoking muscle was located. Every time they resist a craving or use the 5D's to put off a cigarette they are exercise their non-smoking muscle-they are becoming stronger and gaining confidence. Remind them that it is part of "practicing becoming tobacco-free."

3.4 Questions about NRT and Medications (15 minutes)

- Ask if everyone has their method.
- Troubleshoot and make suggestions for those who need help. Offer to call their pharmacy.
- Review how to use the patch since most people will be using that.
- Review Chantix use, if anyone is starting that.
- Refer them to the handouts from the Orientation.



3.5 How to Deal with Cravings (15 minutes)

- Review these two handouts with participants.

3.6 Pre-Hypnotherapy Break (10 minutes)

Facilitator Script:

“Most smokers don't realize that they can deeply relax without a cigarette. Our next activity will be a deep relaxation exercise that will show you that you can relax without a cigarette. Most people really love this part of the class. Everyone do whatever you need to do before we start. We will come back in 10 minutes.”

- Allow 10 minutes for everyone to stand up and stretch, go to the bathroom, have a drink of water etc...
- Ask that everyone do whatever they need to do so that they can relax quietly for approximately 15 minutes, include: getting a cough drop, blowing their nose, finding what they need in their bag/purse, throwing away garbage, etc.
- Stress that everyone will be going into a deeply relaxed state and no one will want to be interrupted. The more specific you are about this, the less disruption there will be during the relaxation session.
- Tell them that after a deep relaxation exercise there will be some stop smoking suggestions/affirmations. These will help them tap into and strengthen the part of themselves that really wants them to tobacco-free.

3.7 Progressive Relaxation (15-20 minutes)

<http://hypnosistrainingacademy.com/3-surefire-power-words-to-gain-power-and-influence-people-fast/>

Close the door and dim the lights. Ask that the participants close their eyes and begin the process. Say “If you would allow your eyes to close.”

“Take a nice, deep breath in and exhale-letting go of any stress or tension. Take another deep breathe in and when you are ready, exhale, letting a peaceful wave of relaxing energy wash over your body and mind. Take one more deep breath in and when you are ready exhale, exhale and let a waterfall of relaxation flow from your head all the way down to your feet. Let yourself relax even more now. Allow yourself to just relax. Drifting, dreaming and floating. Breathe deeply and relax.

Now if you wish, just pay attention to your breathing, breathing in and breathing out...like the waves of the ocean, rising and then subsiding. If thoughts come, just let them come, and let them go, as if they were birds flying by or clouds floating across the sky. As thoughts float in, just let them float out. Then come back to your breathing and relaxing. If you hear any outside sounds just include them in your relaxation, let them relax you even further.

<Progressive relaxation> Now place all of your attention and awareness on your feet and let them relax. Releasing any tension. Release and relax. Feeling loose and limp. Now place your attention on your legs: your calves and knees, thighs and hips and allow them to relax. Now your back, letting all the muscles of your back, release and relax. Your abdomen and chest/ letting all the muscles and all the organs release and relax. Now your shoulders, arms and hands/ allowing them to release and relax. Now your neck-letting all the muscles in your neck release and relax. Now your scalp and forehead, eyebrows and your eyes and eyelids-letting all the muscles in and around your eyes release and relax. Now relax your cheeks, mouth and your jaw. Letting all the muscles in and around your mouth release and relax. Breathe in, release and relax.

And now as I count down from 25 to 1 you may relax even further, deeper and deeper, with each count relaxing more and more. Perhaps doubling or tripling your relaxation. 25, 24, 23, 22, 21, 20, ..., 5, 4, 3, 2, and 1. Deeply relaxed.

When you relax this deeply, you go within yourself to a peaceful place inside. In this place of great wisdom and comfort and you realize that you have made a very important decision. You have made the decision to become a non-smoker. You are in the process of giving up smoking. And because you have made this decision from such a deep inner place you will find and practice all the ways to become smoke-free that work for you. You will have no desire to smoke, and when you are ready, you will never smoke again. You will have few or no withdrawal symptoms. You will have no cravings. You will not want to smoke. You will not smoke.

From now on, you will experience an absolute distaste for smoking, and all the old feelings you've had of a desire to smoke are vanishing. You want to breathe in clean fresh air. Breathing freely is getting easier and easier for you. Smoking is distasteful in every way. In fact, the whole idea of putting such a poison into your body is highly distasteful to you. Your desire to stay away from cigarettes is permanent and long lasting.

You have a lot of good reasons for wanting to become a non-smoker. You are looking forward to feeling better and better. You can be assured that your health is improving and that your lungs are becoming cleaner and clearer. Your hands, clothes, and breath smell good. You don't worry about offending other people

You now realize that you want to be smoke-free in the morning when you get up. You are smoke-free when you take a break, or at the bus stop, or in your car, or at meal times. You want to be smoke-free all day every day You want to be smoke-free at all times. Imagine yourself at these times without a cigarette. See yourself with nothing in your hand. You chose health over cigarettes. You don't need to replace this habit with any other that isn't good for you. Good habits come naturally to you. You eat enough for you, and not too much. You get some exercise. You feel motivated to move more. It relieves stress and it makes you feel alive. You feel relaxed and comfortable in your smoke-free life. The changes come more and more easily to you every day.

There are plenty of other things you can do instead of smoking. You can do the 5 D's. You can use a cinnamon stick. You can eat fruit or popcorn. You can drink a lot of water. You practice the things you like to do from the class. You can put your thumb and your index finger together and say your affirmations, I'm a non-smoker...I'm in charge. I want to be free. I deserve to be healthy!

And when you see other people smoking – It is unappealing to you. It's your strength that you are becoming smoke-free. You are strong. You are in control. You feel no desire to smoke when other people are smoking. You have no withdrawal symptoms. You have no cravings. You simply do not smoke. You don't need it. You don't have to.

And now that you're becoming a non-smoker and giving up cigarettes for good, your body is repairing itself, renewing itself. You have more energy now. You're restoring everything in your body-all the tissues, organs and cells. Your vitality is strong. You're more energetic and wide awake. YOU feel better and better. You are resolved to be a non-smoker no matter what.

Now I'm going to count from 1-3 and bring you back. 1 thinking about waking up. 2-wiggling your hands and feet. 3 opening your eyes, feeling calm, relaxed and awake and alive.

Facilitator Note: *Never command the participants - always suggest or guide them in a gentle manner. Use calming, neutral, and gentle tone. At the end of the process, reinforce the **positive smoke-free messages:***

"I am a non-smoker, I'm in charge. I deserve to be healthy, I practice the 5 D's every day, it's possible for me to be smoke-free, I am putting my plan to work. Being smoke-free is getting easier and easier. **I am a non-smoker.**"

Take-home Activities:

- Read your folder especially before bedtime.
- Complete Your Personal Tobacco-Free Plan
- Read the two "Cravings" handouts