

CLASS FOUR – SUCCESS OVER STRESS

PURPOSE

To affirm the act and process of becoming tobacco-free and staying with the program. To promote an ongoing plan of action. To review benefits of stopping smoking and discuss stress and emotions and the grieving process.

AGENDA

Item	Time
4.1 Welcome and Review Agenda	5
4.2 Deep Breathing	10
4.3 Round Table	30
4.4 Benefits of Being Tobacco-Free	15
4.5 Stress and Emotions	25
4.6 The Grief Process – Letting Go	10
4.7 NOPE and Walking Meditation	20
4.8 Homework review - Plan Ahead Part 2	5

MATERIALS

Each Class:

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

Class 4 Materials

- Coping with Feelings
- Benefits of Being Tobacco Free
- Am I Stressed?
- 33 Proven Stress Reducers
- Plan ahead – Part 2 (ALA)
- Letting Go - the Grief Cycle
- Meditation Resources

PREPARE AHEAD:

- Class materials listed above
- Incentives



CLASS CONTENT

4.1 Welcome and review agenda (5 minutes)

- Give positive feedback for attending
- Review agenda

Facilitator Script:

Today we will talk about benefits of being free of tobacco as well as how to deal with stress and emotions, and the grieving process - letting go of your smoking life. Remember that this program is very successful for those who regularly attend class sessions. Keep coming back whether you are free from tobacco yet or not.

Some of you may feel nervous or doubtful about becoming a non-smoker. Some of you may feel angry, scared, anxious, happy, relieved, and confident – or even all of those emotions at once! All these feelings are a *normal part of the process*. Feelings come and go. Remember that you don't have to be at the mercy of negative emotions. You can be free of tobacco and stay that way even if you're feeling anxious or unsure. Your emotions don't have to direct your actions. Even if you feel uncertain, keep doing the work of staying tobacco-free and you will succeed.

4.2 Deep breathing (10 minutes)

- Review handout, six breathing exercises
- Lead 10 minute guided deep breathing or progressive relaxation exercise

Facilitator script:

Tonight we will spend several minutes practicing deep breathing. This will be a good way for us all to bring our energy into the present moment, slow down our thoughts, and relax our bodies and minds.

4.3 Round Table (50 minutes)

Facilitators Note: *Emphasize that there is plenty of time for everyone to share.*

Round Table Questions:

1. If and when they became tobacco-free
2. How they feel right now
3. What strategies are you using to deal with cravings and triggers?

Alternative round table discussion: *Ask each person how many cigarettes they have NOT smoked.*

- Keep a tally of # of cigarettes they did not smoke
- Applaud their efforts and the health benefits of not smoking
- Remind them it's about the cigarettes they DID NOT smoke



4.4 Benefits of stopping smoking (15 minutes)

Discussion Question:

What are some benefits that you've experienced already from becoming tobacco-free?



- Take several responses – record them on a white board or flip chart
- Distribute “Benefits of Being Tobacco-Free” **handout**. Review the benefits and discuss health benefits
- Ask participants to write benefits that they've already noticed & short term benefits they are looking forward to on back of worksheet
- Encourage them to add to the sheet for homework

4.5 Stress and Emotions (30 minutes)

Facilitator Script:

Feeling stressed is an emotional response to situations in our lives, and the act of becoming tobacco-free is very stressful for most people. When you first begin this journey, small irritations can seem like major problems – your overall sensitivity may be heightened. For many years you probably relied on smoking as a way to cope, and it may appear to help you relax. Cigarettes may have actually masked your feelings, and now you have the opportunity to develop some new skills for managing stress and emotions.

Sometimes people try to stop or numb stress. Smoking, drinking and overeating are some coping mechanisms/survival techniques that people use. Burying feelings can make stress worse over time. Stress will always be a part of life, so we need some healthy ways to cope. Short-term coping techniques are important for getting through intense feelings. Techniques that may help you include:

- Keeping busy;
- Calling a friend to vent;
- Counting to 10;
- Walking or some other way to physically release pent-up energy;
- Journaling

Discussion Question:

What are some ways that you have been dealing with stress that feel healthy?



Pass out and review stress-related handouts listed below and ask for other ideas:

- “Coping with Feelings”
- “33 Proven Stress Reducers”
- “Am I Stressed?”

4.6 The Grief Process – Letting Go

Facilitator Script: Some of you may have profound feelings of loss at having to give up your “best friend.” While you may be fully committed to stopping smoking, you may have strong emotions surface along the way. Giving up something you have been doing for such a long time is bound to bring up a whole range of feelings. Let’s take a look at what may be happening for some of you.

- Hand out and Review “Grief”
- Ask the participants about feelings that may be present as they navigate the process of becoming smoke-free.
- Respond to questions about coping with anger and other difficult emotions. Refer to the handout “Coping with Feelings.”



4.7 NOPE and Walking Meditation

- Show the class the NOPE finger meditation.
- Participants say “**N**ot **O**ne **P**uff **E**ver” while moving their fingers through a series of mudras. (Hindu finger positions).
- After they have practiced a bit, add in the walking meditation and have the participants walk around the room and see what is like.

Facilitators Note: *This is a beneficial activity for transitioning from one thing to another and staying oblivious to the smokers around you. Attention and focus on the individual self and the process is key.*

4.8 Homework review (5 minutes)

1. Ask participants to read their folder, particularly ‘How to Get Over Rough Spots’ and ‘Becoming Tobacco-Free’. Refer to their Personal Tobacco-Free Plan and your reasons to be tobacco-free to help them be motivated to quit.
2. Write down as many benefits as you can on the handout you received earlier. Try to fill the page – and try to think of some creative benefits that aren’t listed on the front.
3. Distribute Plan Ahead – Part 2 hand out. Express importance of planning. Tell them to continue to develop coping strategies to stay smoke-free. The assignment will help them name situations that may come up that will trigger them to smoke and their alternative.

Take-home Activities:

- Plan Ahead - Part 2
- Complete “Benefits of Being Tobacco Free” if have not done so in class
- Review portfolio contents and personal tobacco-free plan