

STOP SMOKING CLASS OUTLINE

Orientation	An Overview of the Program What it Takes: Class Commitments Nicotine Replacement Treatment Making the Decision
Class One Getting Started	Welcome and Introductions Class Overview Becoming Aware of Your Smoking Habit Folder Review Using Pack Track
Class Two Smoking & Your Body	Paired Sharing Plan Ahead Smoking and Your Health Tools for Change Setting a Quit Date Introduction to Deep Breathing
Class Three Tobacco-Free Week	Guest Speaker or Round Table Conversation Tobacco-Free Plan Nicotine Replacement Therapies How to Deal with Cravings Guided Imagery
Class Four Success Over Stress	Roundtable Discussion Benefits of Becoming Tobacco-Free Smoking, Stress and Emotions Letting Go and Saying Goodbye-The Grief Cycle
Class Five Your New Tobacco-Free Lifestyle	Check-In: Maintaining Your Tobacco-Free Lifestyle Getting a Healthy Makeover Getting Back on Track
Class Six Relapse Prevention & Graduation	Class Evaluation Smoking Scenarios Overcoming Challenges to Stay Tobacco-Free Resources Graduation and Next Steps

STOP SMOKING PROGRAM ORIENTATION

PURPOSE

To introduce the program, tell the participants what to expect, and set an overall positive tone for the series.

AGENDA

Item	Time
Acknowledgement	5
Introduce program and facilitators	10
An overview of the program	5
You can do it!	5
What It Takes	10
20 minute break, "Are you enjoying this cigarette exercise?"	20
Quit Smoking Methods-NRT and Medications	30
The decision making process	10
Are you ready to quit smoking?	20
"I'm a non-smoker" exercise	10
Next week	5

MATERIALS

Each Class:

- | | |
|---|---|
| <input type="checkbox"/> Sign In Sheet | <input type="checkbox"/> Pens |
| <input type="checkbox"/> Water | <input type="checkbox"/> Whiteboard Markers |
| <input type="checkbox"/> Blank flipchart/easel | <input type="checkbox"/> Box of Tissues |
| <input type="checkbox"/> Purrel Hand Sanitizer | <input type="checkbox"/> Cinnamon Sticks |
| <input type="checkbox"/> Container of Misc Supplies | |

Orientation Materials

- | | |
|---|---|
| <input type="checkbox"/> Decision Guide | |
| <input type="checkbox"/> Class Calendar & Outline | <input type="checkbox"/> Are you ready to quit smoking? |
| <input type="checkbox"/> Class Agreement | <input type="checkbox"/> Are you kidding yourself about cigarettes? |

PREPARE AHEAD OF CLASS

- ☐ Orientation Packets & Handouts
- ☐ Flip Board on NRT Pros and Cons

CLASS CONTENT

0.1 Acknowledgement (5 minutes)

- Thank participants for coming and acknowledge that it is a big and courageous step for participants to come to check out the class.
- Allow for extra time for stragglers to come to the class, starting it at 5:40PM
- Ask for a raise of hands or acknowledgement to the question: How many of you have been thinking of this for quite a while?

0.2 Introduction (10 minutes)

- Facilitator introduces self and describes connection to the program.
- If facilitator was a former smoker, describe their quitting experience and speak about how that will enable them to empathize with the participants.
- For those who are not former smokers, this may mean talking about their commitment to making a difference or overcoming another health challenge. Sharing about a difficult experience is a good way to relate to the group.

0.3 An Overview of the Program

- Started in 1988 and has helped many people become smoke/tobacco-free
- Free program and paid through tobacco taxes and by a big settlement by the tobacco companies
- Share overall organization of class structure:

Week 1-2 Preparing to Quit	Class will help you understand your smoking habit and discover the best method for you to become smoke-free
Week 3-4 Deciding on a Quit Date	Participants get to choose a quit date that works best for you between Class 3 & 4. Classes will be structured to provide support in managing cravings and dealing with emotions so that you will be successful at becoming smoke-free
Week 5-6	Class will help you maintain being smoke-free by addressing lifestyle changes, being healthy and preventing relapse.

- Explain that today is about deciding whether or not right now is a good time for people to quit. The rest of the orientation will provide information to help participants make that decision.

0.4 You can do it!

- Express how the combination of individual desire, quit methods and group support is a recipe for success in quitting. A few points to touch on:
 - Millions of people have successfully quit with the right tools and support.

- Explain that 7 out of 10 (70%) of smokers say they want to quit smoking
- The facilitators are experts in successful tools and methods to quit. The support group structure is key in being there for you through the process and an addition to your quit method (ie. NRTs).
- There are many ways to quit, each person is different. Class will help you identify what will work for you

0.5 What it Takes (20 Minutes)

- Pass out agreements handout. The agreements handout has all the dates of the class on it and what is expected of the class.
- Explain that there are 3 things to consider to ensure success in the program:
 1. **Come to all the sessions-** Coming to all the sessions makes a **big** difference in success
 - Each session builds on the previous session.
 - Make a commitment to yourself and the class to come to every session.
 - Only six sessions to be together, provide support, and get down to the business of quitting.
 - If you have an emergency we would like you to call us to let us know that you won't be coming. You should commit to being at every session -- it is that important.
 2. **Do everything that the program suggests.**
 - There is no one way that will work for everyone, try all ideas provided to see which techniques will work for you.
 - You will be asked to change what you **do** every day by replacing unwanted smoking- behavior with new healthier behaviors.
 - At first some of the things we ask you to try may be awkward or feel uncomfortable. But if you keep at it, eventually, it will become easier and more automatic. That's how you change a habit.
 3. **The third requirement is that you give and receive support.**
 - Come to class and be open to share your experiences- what is working, what is not, and how you are feeling
 - Be willing to be there to support others who may be having a harder time. That is how support groups work. We help each other and we do it together.
- Remind participants that stopping smoking is not about giving something up. It is about getting their life back and discovering their non-smoking selves.
- Explain that one last suggestion is for participants to attend relapse prevention classes after the class concludes.

0.6 Break (20 Minutes)

- Facilitators tell the class that at this class *only*, there will be a break. This will be the only chance during the series for them to go outside and smoke.
- Tell them that if they want to they can go outside and have a cigarette but their assignment is to really think about it and to really enjoy it! For some this will be a very revealing exercise. Smokers who want to take a break are told where to go outside.
- When smokers return, they are asked what they noticed and felt.

0.7 Quit Methods (30 minutes)

- Invite participants to pull out the Quitting Methods packet and follow along
- Use the flip chart and go through the pro's and con's of each method.
 - One post-it per NRT: outline use; advantages and disadvantages; time of treatment

0.8 The Decision Making Process (10 minutes)

- Remind participants that a decision to quit take time and careful consideration.
- Ask participants to consider the following in making the decision to quit:
 1. **Resolve ambivalence.** While it is perfectly normal to have some feelings that you might not want to quit, you will want to make a commitment to quitting. Acknowledge your feelings but resolve to not let those feelings stop you.
 2. **Believe that it is possible to quit.**
 3. **Have confidence in this program**
 4. **Have confidence in yourself.** Remember you are in charge. No one is making you quit and you can decide to remain a smoker. That is the life you have been leading and you can continue to do what you have been doing. It really is your choice. Or you can choose to go smoke-free. If you choose to continue the class you have a good chance to become smoke-free.

0.9 Are You Ready to Quit Smoking? (20 minutes)

Walk through the “Are you Ready” assessment tool with the group, explaining each question and allow time for participants to mark “Yes” or “No”. Make sure to get a lot of participation from the group.

Facilitator Script:

1) ***Do I want to quit smoking for myself?***

It's important that you are coming for yourself not because someone else wants you to. Not because your husband, doctor or children want you to because although they can support your efforts, it is you that will be doing the real work of change every day.

2) ***Is quitting a No 1 priority for me?***

Can you take the next 6 weeks and devote yourself to this process? Can you make your health a priority? As we said, if you are going through a major life change such as moving, job loss or death of a loved one perhaps another time might be better.

3) ***Have I tried to quit smoking before?***

How many of you have tried before. Can you let go of your past quit attempts and see them in a new light. Perhaps they were just practice. Say goodbye to the past and begin the process with a fresh perspective. Many of you tried to quit in the past but did not have support. This time will be different.

4) ***Do I believe that smoking is dangerous to my health?***

Are you noticing and feeling the bad health effects of smoking? Has your health care provider advised you to quit smoking? Many people want to deny that smoking is harming them but the older you get, the more you will notice. If you have any doubts, read the handout, "Are you kidding yourself about smoking?"

5) ***Am I committed to quitting smoking even though it may be tough?***

This is where making a commitment to coming every time makes a difference. You may face some challenges and it will not always be easy. This is where group support can help you the most. Keep coming and sharing what's going on. We make it a point to "meet you where you are" and not judge you along the way.

6) ***Are my friends, family and co-workers willing to help me quit smoking?***

This is a tricky one! Surely there are people who will positively support you in being smoke-free. See if you can engage one person in being there for you. Let them know how to support you...or how you want to be supported...taking a phone call, being a sounding board during tough times...etc. There may be other people such as family members who smoke or your smoking buddies who may actively discourage you. They may say, 'I liked you better when you were smoking.' Or they may keep offering you cigarettes. Or leave packs around the house. They may not want to think about quitting smoking themselves or may fear they will lose you as a friend. You may have to arrange to spend more time with people who don't smoke until you are confident that you can avoid joining them in smoking.

7) ***Besides health reasons, do I have other personal reasons for quitting smoking?***

Most people answer that they want to save the money that they spend on cigarettes. Depending on how much you smoke you can save between \$1200 to \$2000 per year or more. Imagine how you will use this extra money. People in our classes report going on trips, going back to school, paying back loans, buying furniture and smaller things like eating better, getting massages or going to the movies. What will you do with the money you save?

8) ***Will I be patient with myself if I slip up?*** This is very important. If you slip up will you use this as an excuse to just go back to smoking? Will you give up on yourself? How many of you started smoking when you were teenagers? Despite the health warnings most did not know how hard it would really be to quit! You really could not make an informed choice. Many of you had parents or siblings or friends that smoked. Have compassion for yourself. Know that it takes some people many quit attempts to finally get there. Don't give up on yourself.

0.10 “I’m a Non-Smoker” Exercise

This is a “try it and see what happens” exercise. Facilitators model the interaction by going up to someone in the front row and sticking out their hand and introducing themselves as non-smokers. Participants are encouraged to say hello to everyone in the room and not just those right next to them.

- Invite participants to get up, introduce themselves to another participant as a non-smokers.
- Ask them to go around the room and say the following: “Hi my name is _____ and I’m a non-smoker!”

0.11 Closing

- Ask participants to stay if they have any questions
- Thank them for attending
- Remind them that the next class is next week.

ARE YOU KIDDING YOURSELF ABOUT SMOKING?

Our Responses for 10 Common Excuses for not Quitting

Excuse # 1

I only smoke once in a while. I don't smoke enough to get sick.

Any level of smoking is harmful to your body; cigarette smoking has immediate and rapid effects on almost every organ. Smoking causes lung disease, heart disease, almost all types of cancers—smokers die 14 years before nonsmokers.

I use "Natural" "Low Tar" "Lite" Cigarettes so I don't have to worry about my health.

Excuse # 2

Smokers who switch to brands labeled "light" or "mild" inevitably compensate for the lower levels of tar and nicotine by inhaling smoke more deeply or by smoking more of each cigarette. Any level of cigarettes smoke and tar is unsafe. These labels are used by the tobacco companies to trick smokers into thinking the product is safe.

Excuse # 3

If I stop smoking, I'll gain weight, and that's bad for my health.

Smokers who quit may gain weight if they are not prepared to take on other healthy habits. But the risk of continuing to smoke outweighs the health risks of weight gain. You can also develop healthy habits like exercising and balanced nutrition to prevent weight gain!

I exercise, eat well, and stay healthy which makes up for my smoking habit.

Excuse # 4

Eating a healthy diet and exercising doesn't reduce the health risks associated with smoking. Smoking has long-lasting effects on every organ system in the body, you cannot counteract that with just healthy habits.

Excuse # 5

Smoking keeps me relaxed. Quitting will only stress me out!

Withdrawal from tobacco can be stressful; however, the long term benefits of becoming smoke-free will improve your overall wellness- mental, physical and financial! Other habits like practicing mindfulness, deep-breathing, and other coping skills can help reduce stress and help you relax.

Smoking is a social thing for me. If I quit, my social life will be ruined!

Even though you may be a social smoker, any level of smoking is harmful to your health. Having a better quality of life and improving your health is worth compromising your social life a little bit. Plus, becoming smoke-free will make you smell smoke-free and prevent premature aging. That can lead to making new friends! ☺

Excuse # 6

Excuse # 7

I've tried quitting once and I failed. There is no use in trying again.

If at first you don't succeed, try, try again! On average smokers take 8 to 11 quit attempts before becoming entirely smoke-free. Participating in counseling or trying a different nicotine replacement therapy method may help you succeed this time.

It's too hard to stop smoking. I don't think I can go cold turkey!

Excuse # 8

You're right, partly—going cold turkey isn't the best way to quit. Smokers are more likely to succeed if they take advantage of counseling and smoking medications (ie. nicotine gum, patches, inhalers, lozenges, etc) and other prescription drugs. Counseling increases the odds of success by 60% and taking medication doubles that!

Excuse # 9

I've been smoking for ages, it won't make any difference if I quit now.

Quitting at any age brings health benefits. The health benefits of quitting begin the day you stop smoking, and within your risk of a heart attack will be cut in half! Quitting while you are young has the greatest benefit- quitting before 50 years old halves the risk of dying within the next 15 years compared to someone who continues to smoke.

When I smoke, I'm only hurting myself.

Excuse # 10

Second-hand smoke contains 7,000 chemicals, hundreds that are toxic and 70 that are carcinogenic. Second hand smoke harms people and animals around smokers and can cause heart disease, lung cancer, and stroke. Young children are particularly vulnerable to second-hand smoke, which causes ear-infections, sudden infant death syndrome, severe asthma attacks, and respiratory disease and infections.



Sources: www.webmd.com/smoking-cessation/features/10-persistent-myths-about-smoking
American Lung Association- Freedom from Smoking Curriculum

ARE YOU READY TO BECOME A NON-SMOKER?

This test helps you determine if you are ready to start your journey as a non-smoker. To succeed in this process, confidence, commitment and circle of support are essential. Be honest with yourself when you answer below to see how ready you are to quit. There are no right or wrong answers.

Please answer questions by checking Yes or No

	Yes	No
1. Do I want to quit smoking for myself?		
2. Is quitting smoking a #1 priority for me?		
3. Have I tried to quit smoking before?		
4. Do I believe that smoking is dangerous to my health?		
5. Am I committed to trying to quit even though it may be tough at first?		
6. Are my family, friends, and co-workers willing to help me quit?		
7. Besides health reasons, do I have other personal reasons for quitting smoking?		
8. Will I be patient with myself if I experiences challenges along the way?		
9. It's the right time for me to quit (ie. not a crisis or competing priorities)		
10. I'm willing to choose a day I want to quit by (quit date)		

WHEN A SMOKER QUIT:

Battle with a 3-Headed Dragon

Declaring that you want to become smoke-free is like tackling a 3-headed dragon. Smoking consists of three areas that make it difficult for people to quit. The first step to successful quitting is identifying and knowing what you will be coming up against.



① HABIT

How much and how many years have you been practicing this habit?



20 cigarettes X 10 inhalations
=200 times per day
of practiced and reinforced habit



1 Year = 200 per day X 365 days = 73,000 a year of “practiced habit”
5 years = 365,000 times practiced habit
10 years = 730,000 times practiced habit
20 years = **1.5 million times practiced habit**

② ADDICTION

Nicotine is found in ALL tobacco product and most e-cigarettes. Nicotine is highly addictive. Addiction is a continued use of a substance despite adverse consequences.

③ EMOTIONAL (PSYCHOLOGICAL)

People smoke for many psychological reasons, addressing these psychological reasons will help you become smoke-free. Which is the reason you smoke?

- Boredom
- Anger
- As a Reward
- Happy
- Don't Know
- Cravings
- Instead of Eating
- Sad/Lonely
- To think
- Avoid Weight Gain
- Like It
- Hide
- Relax
- Stress
- Ritua

CHOOSING YOUR NICOTINE REPLACEMENT THERAPY

Nicotine Replacement Therapy (NRT) helps smokers become tobacco-free by replacing the nicotine from cigarettes and other tobacco products. NRTs make it more likely for a person to become tobacco-free, increasing their chances by 50-70%. A research study of NRTs found that there are no overall differences in the effectiveness between different types of NRTs. However, the combination of a nicotine patch with a rapid delivery form of NRT (ie. gum) or any NRT and bupropion is more effective than just using one NRT.¹

Your choice of NRT is up to your needs: tolerability, convenience, and cost. To help guide your decision, here's a simple comparison guide of NRTs.

Nicotine Replacement Treatment Guide

All forms of NRT and cessation treatment below are covered by Medi-Cal/Medicaid

Type	Over the Counter	Treatment Length	Dosage	Cost for 6 Weeks ^{2, 3}	Use
Patch	Y	1.5-2 months	21mg, 14 mg or 7 mg	Up to \$160	1 new patch every day; best in combination with Wellbutrin or Bupropion or a fast acting NRT (gum or lozenge)
Gum	Y	3 months	2 mg or 4 mg	Up to \$200	Chew and park 12-24 pieces gum in mouth per day, tapering over time to 3-6.
Lozenge	Y	3 months	2mg or 4 mg	Up to \$200	12-20 lozenges day; tapering over time until 3-8 per day
Inhaler	N	3 months	10mg per cartridge; only absorb 2 mg	Over \$300	Inhale 10-16 cartridges per day for the first month, tapering over time to less than 6
Nasal Spray	N	>1.5 months	1mg per spray	Up to \$200	1-2 sprays per hour; tapering after 1.5 months
Wellbutrin	N	2-3 months	150mg, non-nicotine	Up to over \$300	1 tablet for Day 1-3; 2 tablets on Day 4 and on; may have mental side effects
Chantix	N	3-6 months,	0.5mg -1mg; non-nicotine	Up to \$200	1 x 0.5 mg dose for Day 1-3; 2 x 0.5 mg Day 4-7; 2 x 1mg dose for remaining treatment; some mental/emotional side effects

California Smokers' Helpline 1-800-NO-BUTTS (1-800-662-8887) may be able to provide free nicotine patches sent directly to callers who live with children under age 5

¹ Stead LF, Perera R, Bullen C, Mant D, Hartmann-Boyce J, Cahill K, Lancaster T. Nicotine replacement therapy for smoking cessation. Cochrane Database of Systematic Reviews 2012, Issue 11. Art. No.: CD000146. DOI: 10.1002/14651858.CD000146.pub4.

² LaraSig.com "Cost of Nicotine Replacement Therapy During Initial treatment" Access from <http://www.larasig.com/node/6522>

³ Tobacco Cessation.Org "Medications" <http://tobacco-cessation.org/whatworkstoquit/medications.html>

Tips on Making Your NRT Work For You! ⁴

Adapted from Kozlowski et al and Cochrane Review

1. NRT is ONE good tool to help you quit smoking, BUT NRT can't do all the work for you- you have to do your part – and it is not the only tool to help you stop smoking. Ask your doctor about other medications and counseling resources that can help you give up tobacco for good.
2. NRT is a SAFE alternative to cigarettes for smokers. There is no evidence that NRTs can increase risk of heart attacks.
3. Be cautious about using NRT while pregnant. Check with your doctor first.
4. NRT is less addictive than cigarettes and it is NOT creating a new addiction.
5. Stop using NRT only when you feel VERY SURE you can stay off cigarettes.
6. If the amounts of NRT you are taking do not help you stop smoking, talk with your health care provider about using:
 - More NRT,
 - More than one type of NRT at the same time,
 - Other smoking cessation medicines at the same time, or
 - Telephone, online, or in person counseling/advice
7. If NRT helps you stop smoking, but you go back to smoking when you stop using NRT, you should seriously think about using NRT again the next time you to stop smoking.
8. Make sure you are using the gum or lozenge in the best way:
 - Chew the gum slowly – fast chewing doesn't allow the nicotine to be absorbed from the lining of the mouth and can cause nausea.
 - Don't drink anything for 15 minutes before and nothing while you are using nicotine gum or the lozenge so your mouth can absorb the nicotine.
 - Make sure you get the right amount of nicotine – people who smoke more than 10 cigarettes per day should use a 4mg piece of gum or lozenge.
9. Make sure you are using the patch in the best way:
 - Use the patch a few days prior to your planned quit date to increase chance of success
 - If you can't stop having a few cigarettes while using the patch, it is best to keep the patch on. Don't let a few slips with cigarettes stop you from using the patch to quit.
 - You may need to add nicotine gum or lozenges to help get over the hump or you may need to use more than one patch at a time. Talk to your healthcare provider about this.
10. If the price of NRT is a concern, try to find “store brand” (generic) NRT products, which are often cheaper than the brand name products.
11. Do whatever it takes to get the job done – it is not a weakness to use medicine to stop smoking.

⁴ Kozlowski, L. T., Giovino, G. A., Edwards, B., DiFranza, J., Foulds, J., Hurt, R., ... & Bowen, D. (2007). Advice on using over-the-counter nicotine replacement therapy-patch, gum, or lozenge-to quit smoking. *Addictive behaviors*, 32(10), 2140-2150.

WHAT YOU SHOULD KNOW ABOUT CHANTIX-VARENICLINE

Chantix is a non-nicotine pill that you take for 12 weeks that has helped millions of people quit smoking. Chantix partially stimulates the brain like nicotine and it also has a blocking effect so cigarettes do not feel the same while you are taking the medication. Chantix works by releasing dopamine, the pleasure chemical in your brain to help with signs of withdrawal, like crankiness and trouble concentrating. Chantix also blocks cigarettes from having the effect you are used to, so your wish to smoke will most likely decrease.

Chantix has been used safely since 2007. In rare cases people taking Chantix may have serious suicidal thoughts and erratic behavior. Be sure to discuss this with your doctor. It always requires a prescription from your doctor. It is not automatically covered by Med-iCal. It is covered by Medicare with a Prior Authorization form, depending on your plan.

HOW DO I GET READY TO USE CHANTIX?

1. Talk to your doctor about using Chantix, especially about:

- Any mental health condition that you have had before taking Chantix. Chantix may be linked to mental health problems like mood changes, erratic behavior and suicidal thoughts in some users.
- Kidney problems or if you are on dialysis
- Heart Disease
- Don't use Chantix if you are pregnant or planning to get pregnant soon or breast feeding

2. Get Chantix while preparing to quit before your quit day.

- Chantix comes in a 30 day supply. Be sure to get more before you run out. Call your pharmacy.
- Start taking Chantix the week (up to 2 weeks) before you quit so you have some help even before you quit.
- Chantix comes in 0.5mg (white) or 1mg (blue) tablets. Most doctors prescribe a 12 week program.

Duration	Dosage
Days 1-3	1 x 0.5 mg (white)
Days 4-7	2 x 0.5 mg (white)
Weeks 2-12	2 x 1 mg (blue)

DO NOT TAKE MORE THAN 2mg PER DAY

How do I use Chantix?

Before taking Chantix read all of the instructions carefully. If you have any questions, talk to your health care provider.

- Start a week before quit day (up to 2 weeks) or as directed by your doctor.
- Chantix can cause nausea. To help decrease nausea, take your first dose with breakfast or some food in the morning and drink 2 glasses of water with the pill. Take your second dose with dinner or some food in the evening and drink 2 glasses of water.
- Try to link taking the pills to something you automatically do - like brushing your teeth - to help you remember. If you miss a pill wait until the next dose—Do not double up without doctor's advice.

Tips:

- **Don't stop using Chantix before the recommended time.** Even if you feel better in a couple of days, continue to use Chantix. It will keep you comfortable and reduce cravings as you are quitting. It is important to use Chantix for the full 12 weeks as recommended.
- Smoking cigarettes while using Chantix may prevent you from quitting smoking. If you continue to smoke or have urges to smoke while using Chantix, work with your doctor, or cessation counselor to find other tips to let go of triggers.

Side Effects of Chantix

Nausea, headache, vomiting, gas, trouble sleeping, vivid dreams, changes in how food taste. Most of these side effects get better as your body adjusts to the medication and withdrawal of nicotine.

Some people feel agitation, depression and suicidal thoughts. May interfere with ability to drive and manage machinery.

If you are taking Chantix and have any of these problems you should stop right away and contact your doctor or other health professional

SUPPORT YOUR PROGRESS TO BECOMING SMOKE-FREE BY:

1. Attend the San Francisco Stop Smoking Program Group, more information at www.sfsmokefree.org | phone:415-206-6074
2. Call the California Smoker's Helpline: 1-800-NO-BUTTS (1-800-662-8887)
3. Talk to someone who can support you, if you have a slip and pick up a cigarette.
4. Take good care of yourself: Try meditation, go to a park, try an old hobby, ask for help and support

WHAT YOU SHOULD KNOW ABOUT NICOTINE GUM

Nicotine gum is a safe method to reduce cravings for cigarettes when used as directed. The gum provides you with a small dose of nicotine directly in the mouth and will help you to quit smoking and eventually nicotine altogether. You can buy the gum over-the-counter without a prescription. Nicotine gum does not cause cancer or heart attacks like smoking cigarettes. Nicotine gum won't give you the same feeling as cigarettes – it is not a complete substitute. It will reduce your cravings and keep you comfortable while you are in the process of quitting.

HOW DO I GET READY TO USE THE GUM?

1. Talk to your doctor about nicotine gum

Consult a doctor before using nicotine gum, if you...

- Have had a heart attack in the last 2 weeks;
- Are pregnant or nursing;
- Have severe heart rhythm problems;
- Have angina, a chest pain in the area of your heart.

Work with your provider to figure out what will work best for you in terms of dosage and use. Sometimes your doctor will want you to use the nicotine gum with the patch or Wellbutrin (Bupropion) if you have breakthrough cravings.



2. Get the gum before your planned quit day and be sure to get more before you run out.

Nicotine gum usually comes in 2mg and 4mg doses

- If you smoke more than 25 cigarettes or a pack a day, use the 4 mg dosage.
- If you smoke less than 25 cigarettes, use the 2mg dosage

Recommended Dosage for 3 months			
	Week 1-6	Week 7-9	Week 10-12
Dosage	1 piece/ 1-2 hours	1 piece/2-4 hours	1 piece/4-8 hours
Total Per Day	12 -24	6-12	3-6

DO NOT USE MORE THAN 24 PIECES PER DAY.

HOW DO I USE NICOTINE GUM?

Before using nicotine gum, read all of the instructions carefully. If you have any questions, talk to your health care provider.

1. Stop smoking completely when you begin using the gum.
2. Start the morning of your quit day, as soon as you wake up.
3. Don't eat or drink 15 minutes before using nicotine gum or while chewing the gum (food or drinks can keep you from absorbing the nicotine). If you have eaten within 15 minutes, rinse your mouth out with water before using the gum.
4. Bite or chew slowly on and off, just enough to let the peppery flavor or tingling out, then "park" the gum between your cheek and gum-line for a minute, so the nicotine can be absorbed.
5. When the taste or tingling goes down, go back to slowly chewing it again. Continue to alternate chewing and "parking" for 15-30 minutes until you no longer feel the tingly or peppery flavor. Then throw the gum away where it will **not be picked up by children or pets**.
6. Nicotine is absorbed only through the lining of the mouth. It is used differently than regular gum so very little will get in the stomach where it can cause heartburn, hiccups, and upset stomach. Do not swallow the nicotine or your saliva. Let the nicotine be absorbed through your mouth.

Warning!! Too much Nicotine can cause:

Nausea, diarrhea, vomiting, Rapid heartbeat, Cold Sweats, Blurred Vision, Dizziness, Headaches, and Drooling

If you are having any of these symptoms, stop using the gum and talk to your healthcare provider.

Tips:

- Carry the gum where you used to carry your cigarettes. Carry the gum for 3-12 months so you can use it if you have a major craving, urge to smoke, or are under extreme stress.
- **Don't stop using the gum before the recommended time.** Even if you feel better in a couple of days, continue to use the gum. Nicotine gum will keep you comfortable and reduce cravings as you are quitting. It is important to use the gum for the recommended time – usually 8 weeks and then taper off after a few months.

SUPPORT YOUR PROGRESS TO BECOME SMOKE-FREE BY:

- Attend the **San Francisco Stop Smoking Program Group**, more information at www.sfsmokefree.org | phone: 415-206-6074
- Call the California Smoker's Helpline: 1-800-NO-BUTTS (1-800-662-8887)
- Talk to someone who can support you, if you have a slip and pick up a cigarette.
- Take good care of yourself: deep breathing, take breaks, play music

WHAT YOU SHOULD KNOW ABOUT NICOTINE LOZENGE

Nicotine lozenges are a safe method to reduce cravings for cigarettes when used as directed. You can buy nicotine lozenges without a prescription. The nicotine lozenge does not cause cancer or heart attacks like smoking cigarettes does. The lozenge gives small amounts of nicotine through the lining of your mouth.

HOW DO I GET READY TO USE THE LOZENGE

1. Talk to your doctor about using nicotine lozenge, especially if you
 - Have had a heart attack in the last 2 weeks;
 - Are pregnant or nursing;
 - Have severe heart rhythm problems;
 - Have angina, a chest pain in the area of your heart.

If you have any of the above conditions, do NOT use nicotine lozenge without a doctor's specific recommendation. Sometimes your doctor will want you to use the nicotine lozenge with the patch or Wellbutrin (Bupropion) if you have breakthrough cravings.



2. Get the lozenge in the proper amount before you quit smoking

- Lozenges come in 2mg or 4mg
- Use the lozenge on a fixed schedule, recommended:

Week	1 lozenge per	Lozenges per day
1-6	1-2 hours	12-20
7-9	2-4 hours	8-12
10-12	4-8 hours	3-8

- Do not use more than one lozenge at a time or continuously use on lozenge after another since this may cause hiccups, heartburn, nausea or other side effects.
- Do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.
- Many people stop using the nicotine lozenge at the end of 12 weeks. If you still feel the need to use nicotine lozenges, talk to your doctor.

HOW DO I USE THE LOZENGE?

Before using the lozenge, read all of the instructions carefully. If you have any questions, talk to your health care provider

Determine which dose works for you:

- If you smoke your first cigarette within 30 minutes of first waking up, use the 4mg lozenge
- If you smoke your first cigarette more than 30 minutes after waking up, use the 2mg lozenge

1. Place the lozenge in your mouth and allow the lozenge to slowly dissolve (about 20 – 30 minutes). Minimize swallowing. Do not chew or swallow lozenge. You may feel a warm or tingling sensation.
2. Do not eat or drink 15 minutes before using or while the lozenge is in your mouth (food or drink can keep you from absorbing the nicotine). If you have eaten within 15 minutes, rinse your mouth out with water before using the lozenge.
3. Occasionally move the lozenge from one side of your mouth to the other until completely dissolved (about 20-30 minutes). If the lozenge is dissolving slowly, you may want to cut it into smaller pieces or try the mini lozenge.

Tips:

- If you use the 2mg lozenge and have withdrawal symptoms, such as: restlessness, irritability, anxiety, difficulty concentrating, or depressed mood – switch to the 4mg lozenge or use the 2mg lozenge more often.
- If you use the 4mg lozenge and have nausea, vomiting, lightheadedness, or palpitations (rapid heartbeat) – switch to the 2mg lozenge
- **Do not** stop using the lozenge before the recommended time. Even if you feel better in a couple of days, continue to use the lozenge for recommended 8 weeks. The nicotine lozenge will keep you comfortable and reduce cravings as you are quitting.
- Learn how to use it and carry it with you for a good 6 months in case you have overwhelming urges or cravings.
- Carry it with you when you are in the middle of a high stress or high risk situation.
- The lozenge comes in 2 flavors: Mint or Cherry. It can taste chalky. Try a different flavor or cut it in half to minimize gummy texture. Remember to switch sides of your mouth. Do not swallow the nicotine: let it be absorbed through your cheek.

Warning!! Too much Nicotine can cause:

Nausea, diarrhea, vomiting, Rapid heartbeat, Cold Sweats, Blurred Vision, Dizziness, Headaches, and Drooling

If you are having any of these symptoms, stop using the Lozenge and talk to your healthcare provider.

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- Call the California Smoker's Helpline: 1-800-NO-BUTTS (1-800-662-8887)
- Talk to someone who can support you, if you have a slip and pick up a cigarette.
- Take good care of yourself: Deep Breathe, Take breaks, SING, ask for help and support

WHAT YOU SHOULD KNOW ABOUT THE NICOTINE PATCH

Nicotine patch is a safe method to reduce cravings for cigarettes when used as directed. You can buy the patch over the counter without a prescription. Nicotine patch does not cause cancer or heart attacks like smoking cigarettes. The patch delivers small amounts of nicotine through your skin. The patch will help you to quit smoking and eventually nicotine altogether. The patch won't give you the same feeling as cigarettes – it is not a complete substitute. It WILL reduce your cravings and keep you comfortable while you are in the process of quitting.

HOW DO I GET READY TO USE THE PATCH?

1. Talk to your doctor about using a patch, especially if

- Have had a heart attack in the last 2 weeks;
- Are pregnant or nursing;
- Have severe heart rhythm problems;
- Have angina, a chest pain in the area of your heart.



Do NOT use the patch without a Doctor's specific recommendation if you have any of the above conditions.

2. Get the patch in the proper amount before you quit smoking.

- Starting the patch a few days before your quit time may increase the chance of success
- The patch comes in doses for 2 weeks at a time. Get more before you run out.
- Nicotine patch (covered by MediCal, but not Medicare) usually comes in: 21 mg, 14 mg, or 7 mg

	Week 1-6	Week 7-8	Week 9-10
More than 10 cigs	21 mg	14 mg	7mg
10 cigs or less	14mg	7mg	

HOW DO I USE THE PATCH?

Before using the patch, read all of the instructions carefully. If you have any questions, talk to your health care provider.

1. Open the patch package with scissors. Peel off the protective cover. Try not to touch the sticky side of the patch as you put it on a hairless part of your body, between your neck and your waist. Press firmly for ten seconds to make it stick.
2. Put on a new patch each morning to a relatively hairless spot on the upper chest, back, or outer arm (shave if necessary, but do not put the patch over a cut in the skin). Use a fresh patch every day, as it loses strength after 24 hours.

3. Put the patch on a different spot each day to be easier on the skin. Try not to reuse the same spot for 2 weeks. When you do reuse the spot, change it a little. Don't put patches on areas where you have used lotions and creams. These areas may prevent the patch from sticking. If the patch falls off, put on another one. If this continues to happen, try putting tape (such as sports tape, a large band aid) or ace bandage over it.
4. Wash your hands after handling new or used patches. Nicotine on your hands may get into your eyes and nose and cause redness, irritation, itching, or more serious problems. Nicotine is poisonous if swallowed.
5. The patches should be folded in half and thrown away out of reach of children and pets.
6. Water will not harm the patch if it is put on right. You can bathe, swim, and shower while the patch is on. If your patch falls off during the day, put on a new patch.

Tips for Nicotine Patch

1. **Combining your patch with a faster acting form of NRT (ie. gum or lozenge) or Wellbutrin (Bupropion) increases your chance of success.**
2. **Leave the patch on overnight** if you normally smoked in the middle of the night, or first thing in the morning. Vivid dreams may happen. If this is a problem, try taking off the patch at night.
3. **If your skin gets red, develops a rash, or is itching** so much that it is bothering you, buy 1% hydrocortisone cream in the drug store and put a little bit on the red areas 2-3 times a day. Do not use the hydrocortisone cream under the patch. Call your doctor if problems persists more than 4 days. You can also use baby oil to remove all the adhesive from your arm. Do not use the patch on the same spot for two weeks. Try a different brand of patch.
4. **Smoking cigarettes while using the patch may prevent you from quitting smoking and could be harmful.** If you continue to smoke or have urges to smoke while using the patch, you may need a higher dosage patch or you may need to add nicotine gum or lozenges to keep the cravings down. Consult your doctor, or cessation counselor right away.
5. **Don't stop using the patch before the recommended time.** Even if you feel better in a couple of days, continue to use the patch. The patch will keep you comfortable and reduce cravings as you are quitting. It is important to use the patch for the full 6 to 8 weeks.

Warning!! Too much Nicotine can cause:

Nausea, diarrhea, vomiting, Rapid heartbeat, Cold Sweats, Blurred Vision, Dizziness, Headaches, and Drooling

If you are having any of these symptoms, stop using the patch and talk to your healthcare provider.

SUPPORT YOUR PROGRESS TO BECOME SMOKE-FREE BY:

1. Attending the **San Francisco Stop Smoking Program Group**, more information at www.sfsmokefree.org | phone:415-206-6074
2. Call the California Smoker's Helpline: 1-800-NO-BUTTS (1-800-662-8887)
3. Talk to someone who can support you, if you have a slip and pick up a cigarette.
4. Take good care of yourself: Do deep breathing, Take nature breaks, Do something new

WHAT YOU SHOULD KNOW ABOUT WELLBUTRIN (BUPROPION)

Wellbutrin (Bupropion- generic) is a safe pill that you take for 8-12 weeks that has helped thousands of people quit smoking. It requires a prescription from your doctor. It is covered by Medi-Cal and Medicare Part D. Wellbutrin (Bupropion) will lower cravings and withdrawal symptoms. It also delays and possibly decreases weight gain. Wellbutrin (Bupropion) may be helpful for people with histories of depression. It will help you feel better while you are in the process of quitting.

GETTING READY TO USE WELLBUTRIN (BUPROPION)

1. Talk to your doctor about using Wellbutrin (Bupropion), especially if you

- Have a seizure disorder, now or in the past.
- Have a history of severe head trauma.
- Have a severe eating disorder.
- Withdraw from alcohol or drugs at the same time.
- Used an MAO inhibitor in the last 14 days.
- Are nursing

Do NOT use Wellbutrin (Bupropion) without a doctor's specific recommendation if you any of the above conditions.

2. Get Wellbutrin (Bupropion) in the proper amount before you quit smoking

- Start taking Wellbutrin (Bupropion) 1-2 weeks before you quit so you have some help even before you quit.
- Wellbutrin (Bupropion) comes in 150 mg tablets. Wellbutrin (Bupropion) may come in a 30 day supply. Be sure to get more before you run out.



Day	Dose
Day 1-3	1 tablet
Day 4 and on (8-12 weeks)	2 tables, 8 hours apart

HOW DO I USE WELLBUTRIN (BUPROPION)?

Before taking Wellbutrin (Bupropion) read all of the instructions carefully. If you have any questions, talk to your health care provider.

- Take the first dose as soon as you wake up. Take the second dose 8 hours later. This will decrease trouble sleeping. Try to link taking the pills to something you automatically do - like getting out of bed to help you remember. If you miss a pill wait until the next dose— Do not double up.
- You may notice dry mouth. Drinking lots of water can help with this. Use mints or gum.

- You may feel a little ‘spacey’ or ‘angry’ the first few days. This usually gets better, so try hanging in there and check with your doctor if it continues to bother you.

Tips

- **Don’t stop using Wellbutrin (Bupropion) before the recommended time.** Even if you feel better in a couple of days, continue to use Wellbutrin (Bupropion). It will keep you comfortable and reduce cravings as you are quitting. It is important to use Wellbutrin (Bupropion) for the full 8 to 12 weeks as recommended.
- **Don’t smoke cigarettes when using Wellbutrin (Bupropion).** Set your quit date for a week to two weeks after you start taking Wellbutrin (Bupropion). Smoking cigarettes while using Wellbutrin (Bupropion) may prevent you from quitting smoking. If you continue to smoke or have urges to smoke while using Wellbutrin (Bupropion), you may need to add nicotine gum or lozenges to keep the cravings down. Consult with your doctor, or cessation counselor right away.
- Do not take Wellbutrin (Bupropion) less than 8 hours apart. If you have trouble sleeping on Wellbutrin (Bupropion), take your first pill as soon as you wake up and the second pill 8 hours later. If this does not help, talk to your doctor about decreasing the dose.
Or ask your Provider for Wellbutrin SR, the sustained release pill that you take once a day.

Side Effects of Wellbutrin (Bupropion)

In rare cases Wellbutrin (Bupropion) may be linked to mental health problems like mood changes, erratic behavior and suicidal thoughts in some users. If you are taking Wellbutrin (Bupropion) and have any of these problems you should stop taking Wellbutrin (Bupropion) and contact your doctor right away. A small number of people may experience an increase in blood pressure while taking Wellbutrin (Bupropion) especially if the person is also on the nicotine patch. Have your blood pressure checked while taking Wellbutrin (Bupropion). Have your blood pressure checked if you have symptoms of high blood pressure such as headaches, pounding etc.

If you are having any of these symptoms, stop using Wellbutrin (Bupropion) and talk to your health care provider.

SUPPORT YOUR PROGRESS TO BECOMING SMOKE-FREE BY:

1. Attend the San Francisco Stop Smoking Program Group, more information at www.sfsmokefree.org | phone: 415-206-6074
2. Call the California Smoker’s Helpline: 1-800-NO-BUTTS (1-800-662-8887)
3. Talk to someone who can support you, if you have a slip and pick up a cigarette.
4. Take good care of yourself: Try deep breathing, take walking breaks, listen to music, play games, cook a good meal.

CLASS ONE – GETTING STARTED

PURPOSE

For facilitators to set a positive tone, lay the foundation for subsequent sessions. In addition, the class will build participants' motivation to stop smoking and increase awareness of their personal smoking habits.

AGENDA

Item	Time
History of the Stop Smoking Program Facilitator Introductions Housekeeping (Bathrooms, water, etc)	10
Review agenda and give overview of upcoming sessions	15
Purpose of the session	5
Support Group Profile and Pre-Test	10
Ground Rules & Participant introductions	30
How smoking becomes a habit	10
Pack Track introduction	15

MATERIALS

Each Class:

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

Class 1 Materials

- ☐ 25-30 Folders
 - Right Side of Folder**
 - ☐ Class Calendar or Outline
 - ☐ Ground Rules
 - Left Side of Folder**
 - ☐ Why I Want to Be A Non-Smoker
 - ☐ ALT Figuring Out Your Smoking Habit
 - ☐ What Is Smoking Costing You?
 - ☐ Deadly Risk
 - ☐ How to Get Over the Rough Spots
 - ☐ Cigarettes and Coffee
- ☐ Preparing to Quit
- ☐ Actual Quitting
- ☐ Did You Know
- ☐ Pack Track Sheet
- ☐ Student Pre-Test and Profiles

CLASS CONTENT

1.1 Welcome (10 Minutes)

- Give brief history of SFGH Stop Smoking Program. Facilitators introduce themselves and talk about their smoking history and how they quit smoking.

History of Stop Smoking Program Brief

- Started in 1988 and has helped many people become smoke/tobacco-free
- Free program and paid through tobacco taxes and by a big settlement by the tobacco companies

1.2 Class overview (15 minutes)

- Review agenda and give overview of upcoming sessions
***Facilitators Note:** Point to folder and agenda and other resources in it for participants to follow along*

1.3 Session Purpose (5 minutes)

- Build your motivation to quit
- Increase your awareness of your smoking habit
- Introduce you to some tools that you'll be using over the next several weeks.

1.4 Paperwork (10 minutes)

- Instruct participant in purpose of paperwork and how to complete.
- Class One Paper Work Include: Pre-test and student profile

1.5 Check-in (30 minutes)

- Ground Rules: Read out loud from flip chart then ask for agreement to follow them. ***Facilitators Note:** Emphasis arriving on time.*
- Participants Introductions: Have each participant say their name, how long they've smoked, how much they currently smoke, and why they want to quit. Ask them to be specific – i.e. not just "health", but what specifically about their health.
***Facilitators Note:** Watch the time to avoid going overtime.*

1.6 How smoking becomes a habit (10 min)

Facilitator Script:

Smoking is NOT a natural state. It's a learned behavior that becomes habitual and automatic over time. It feels natural to you now after many years of "practicing" smoking. Think back to when you first had a cigarette. What happened?

If a person smokes a pack a day for 20 years, that amounts to about 1 ½ million drags!

Written on Post-it Easel:

1 pack = 20 cigarettes

1 cigarette = about 10 inhalations

20 cigarettes x 10 inhalations = 200 times/day of practiced and reinforcement of habit portion

200 x a day x 365 days/year = 73,000 a year “practiced habit”

Smoking for 5 years = 365,000 times practiced the habit

Smoking for 10 years = 730,000 times practiced the habit

Smoking for 20 years = 1.5 million times practiced the habit

Facilitator Script:

That’s a lot of this (mimic) hand-to-mouth motion. It will take concerted effort to learn new, smoke-free habits to replace smoking. With practice, you will succeed. You will become a non-smoker and unlearn the tobacco habit.

We know that with practice, patience and perseverance you can quit and stay quit. We are confident that you can do it, and we are here to do whatever we can to support you.

Smoking is a triggered behavior. Over time you have come to associate smoking with other activities or with certain situations.

Group Discussion Question: What are some of your triggers?

Allow 3-4 Participants share about their triggers, compare and contrast triggers. See if people have similar triggers.

Facilitator Script:

It has become automatic for you to light up a cigarette. Those days are over! By using the tools and increasing your awareness through an exercise we’ll discuss in a minute, your smoking will no longer be automatic. Nonsmoking is a natural state and will become habitual and automatic for you over time.

1.8 Pack Track Activity (10 minutes)

Facilitator Script:

The object of Pack Track is for you to keep track of how often and why you smoke. You will learn how strong your need for each cigarette is and what moods you're in when you smoke.

Every time you smoke, write down the time, mood, and how much you want the cigarette. This information will be important for you to increase your knowledge of your habit, which will, in turn, help you design your personal quit plan in future classes.

If you're in a good mood, check the column with the smiling face. If you're in a bad mood, check the sad face. If you don't feel strongly either way, check the middle face.

If you REALLY want the cigarette, check capital YES column. If you want it but not a whole lot, check lower case yes column. If you don't particularly want the cigarette but are smoking out of habit, boredom, etc., check the column with a "?".

Do Pack Track for at least 3 days; preferably 5. Before you come to class next week, look over the chart and see what patterns you noticed. We'll talk about the patterns in class.

It's hard to change what you are not aware of and emphasize that people often say that this exercise showed them things they did not know, such as how many cigarettes they were really smoking, their most important cigarette etc.

1.9 Closing (5 minutes)

- Review the importance of take home activities.
- Mention that the facilitator will be calling them to see how they are doing.

Take-home Activities:

- Fill out Pack Track exercise for at least 3 days
- Do the "Figuring Out Your Smoking Habit"
- Read your blue portfolio, especially "Preparing to Quit"

SUPPORT GROUP GROUND RULES

Support groups are an excellent way for people to share information. Participants talk about their experiences and help each other with the challenges of becoming non-smokers. Following these ground rules will make this support group a positive experience for everyone.

1. Be on time for class. We will begin at 5:30PM. Doors open at 5PM.
2. Attend all of the sessions. Call us if you cannot make it.
3. Keep track of your folder and **bring it to class each time.**
4. One conversation at a time. Side conversations confuse people and disrespect the person who is speaking. Please listen and your turn will come.
5. Everyone needs to feel safe in sharing their thoughts and feelings about quitting smoking. Everyone quits differently. Please no judging.
7. Respect others.
8. Keep it confidential. What is said in the room is only for those of us in the room.
9. Please no profanity.
10. Please respect the class and turn off your cell phone or put it on silent before the class. If you have to take a call please leave the room to talk on the phone.

GETTING READY TO BE TOBACCO-FREE

- ☐ Make a personal commitment to yourself to quit smoking during this series of classes.
- ☐ Pick a date to quit smoking.
- ☐ Write down the most important reasons you want to quit smoking on the sheet in your folder.
- ☐ Record the times you smoke on your Pack Track cards from your folder for three days.
- ☐ Focus on your smoking habit: when you smoke, do you have a cigarette because of physical cravings or because of habit? Can you eliminate some cigarettes each day due to routine or habit?
- ☐ When you smoke, don't do anything else. For example, don't eat and smoke, don't talk on the phone and smoke, don't drive and smoke, and don't watch TV and smoke...just smoke.
- ☐ Don't smoke unconsciously – slow your smoking way down, smoke in the moment – watch yourself smoke. Ask yourself if you are really enjoying this cigarette?
- ☐ Try this...smoke only in one place in your home or smoke outside. Make your home tobacco-free.
- ☐ Break up your routine! Carry your cigarettes in a different pocket and keep them in a different place at home. Try switching brands...to a cigarette with less nicotine or to one that tastes different. Smoke with a different hand.
- ☐ Learn and *practice* the 5 D's whenever you feel like having a cigarette. See 3 by 5 card



- ☐ Think about your Quit Date – prepare yourself mentally.
- ☐ Take deep breaths often – spend some time each day learning how to relax without smoking. Use your deep breathing card that we hand out in class. Practice in the morning to set the tone for the day and at nighttime to help you sleep.
- ☐ Find a jar for the money that you will save from not smoking!
- ☐ Give yourself nice rewards along the way.

BECOMING TOBACCO-FREE

It's a Journey!



- ☐ Get rid of ALL of your cigarettes. Don't hide them anywhere. Don't buy them. If you have them-you will smoke them.
- ☐ Get rid of all of your ashtrays. If you have to keep a favorite, put a candle or a plant in it or find another use for it.
- ☐ Get rid of anything you may have that might remind you of smoking such as, calendars, T-shirts with a brand logo's on them, free "gifts" from tobacco companies, etc.
- ☐ Spend as much time as possible with people who don't smoke.
- ☐ Plan how you are going to handle difficult situations. Some helpful methods include walking away, washing your hands, brushing your teeth, taking deep breaths, playing a game, etc.
- ☐ Remind yourself of your reasons for quitting...again and again. Carry your quitting cards with you to stay on track.
- ☐ Repeat: "I am a non-smoker, I am getting healthy now, I'm in charge, not one puff ever, smoking is not an option, and I'm on my way."
- ☐ Plan to have healthy snacks with you such as nuts, cheese sticks, apple slices. Keeping our blood sugar even has been shown to help in the quit smoking process.
- ☐ Start an exercise program without paying for a gym! Walk a few blocks two times a day. Start slowly if it's been a while. Go to free classes at the SFGH Community Wellness Center.
- ☐ Think of how much money you will save when you quit smoking. Imagine what you will do with the money, be specific and get excited!
- ☐ Use cinnamon sticks, strong mints, chewing gum, sunflower seeds or licorice root when you have the urge to smoke.

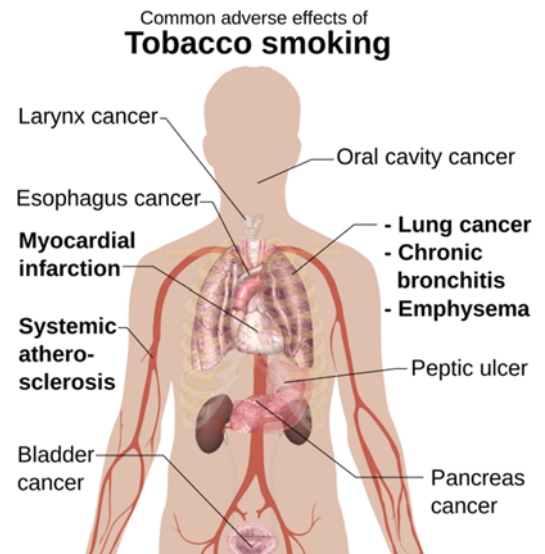


- ☐ When something happens and you want to smoke, talk to a non-smoking friend to get you through the tough times.
- ☐ Keep busy – make a list and do something from it when you get bored. ALWAYS have something to do. Being bored leads to slips.
- ☐ Instead of smoking, go to the park, go to the movies, go to the library, visit a museum, or check the internet for free events.
- ☐ Focus on how good you will FEEL when you finally quit. What will it be like? Imagine the NEW YOU.
- ☐ Remember Quitting takes Practice YOU can do it!.

DID YOU KNOW?

What are the health consequences of smoking on the smoker? On others?

Tobacco is still the leading cause of preventable death and disease; it causes almost every type of cancer, lung disease and heart disease. Every day the equivalent of two jumbo jets full of people die because of smoking. Smoking is not only harmful to the smoker, but also to those around them. Tobacco smoke, or second-hand smoke, contains many different cancer-causing substances, causing respiratory disease, heart disease and cancers to those exposed to secondhand smoke. Children whose parents smoke have more chest colds and ear infections, and increased likelihood of bronchitis, pneumonia, and asthma. Smoking during pregnancy increases the risk of miscarriage, low birth weight, and other complications.



How many times does it take before people successfully quit?

Successful quitters attempt to quit 4-5 times or more before finally succeeding. The key is to stay in the process, learn from each attempt and not to give up! Even if you are unable to quit the first time you try, every attempt at quitting should be viewed in a positive light. With each try, you gain valuable insights, new skills and a good idea about what might work next time.

Why is it so tough to be free of my smoking habit?

Changing the smoking habit involves fighting the addictive effects of nicotine, which changes normal brain chemistry. It is not simply a matter of willpower or strength of character, although your strong desire to quit will play a part. Once you understand that your brain and body are addicted to nicotine AND smoking is a habit that you have to unlearn, then you can start to be free of it.

How do I change my smoking habit?

You can change a habit by picking up one or two new behaviors, practicing them again and again, until they become automatic. It may feel awkward at first but it will get easier over time, then presto -- one day you are doing your new more healthy behaviors without thinking about them -- you have a new habit! Nicotine causes chemicals to be released in the brain which makes a smoker feel good. A person can get the same pleasant feeling from deep breathing, exercising, laughing, or even eating chocolate!

How many pounds do people gain from quitting?

Even though some smokers gain weight when they quit smoking, weight gain is usually limited to less than 10 pounds. Taking up walking, biking, swimming or other exercise can help you get fit and help you stay smoke-free.

HOW TOBACCO AFFECTS ME

I, _____, with the support of the Stop Smoking Group, want to become tobacco-free!

• 1.

• 2.

• 3.

• 4.

• 5.

5 Reasons Why I use Tobacco

5 Ways I Notice How Tobacco Affects My Health or Body

• 1.

• 2.

• 3.

• 4.

• 5.

5 Reasons Why I want to be Tobacco-Free

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 @ \$5.53 per pack















Number of Cigarettes Smoked per Day	Per Day	Per Month	Per Year	10 Years	20 Years	30 Years	40 Years
10	\$2.77	\$82.95	\$1,009.23	\$10,092.25	\$20,184.50	\$30,276.75	\$40,369.00
20	\$5.53	\$165.90	\$2,018.45	\$20,184.50	\$40,369.00	\$60,553.50	\$80,738.00
30	\$8.30	\$248.85	\$3,027.68	\$30,276.75	\$60,553.50	\$90,830.25	\$121,107.00
40	\$11.06	\$331.80	\$4,036.90	\$40,369.00	\$80,738.00	\$121,107.00	\$161,476.00
50	\$13.83	\$414.75	\$5,046.13	\$50,461.25	\$100,922.50	\$151,383.75	\$201,845.00
60	\$16.59	\$497.70	\$6,055.35	\$60,553.50	\$121,107.00	\$181,660.50	\$242,214.00

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 knit, 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. Eat veggies or low calorie foods. 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 you 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

Your Challenge: Break the Combination

Try smoking and doing nothing else to become aware of exactly how much you are smoking. It is the first step in becoming smoke-free!

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PACK TRACKS

CLASS TWO – SMOKING & YOUR BODY

PURPOSE

To increase participants' awareness of their smoking habits and build their motivation and confidence in quitting.

AGENDA

Item	Time
2.1 Welcome and Review Agenda	5 mins
2.2 Paired Sharing	10
2.3 Pack Track and Plan Ahead Part 1	20
2.4 CDC Booklet-Effects of Nicotine and Smoking	10
2.5 Media Presentation and Discussion	20
2.6 Tools for change and Reasons to be Tobacco-Free	20
2.7 Your Tobacco-Free Quit Date & Method Plus Nicotine Replacement Therapy Review	20
2.8 Closing Activity- Deep Breathing & Wrap Up	10

MATERIALS

Each Class:

- | | |
|---|---|
| <input type="checkbox"/> Sign In Sheet | <input type="checkbox"/> Pens |
| <input type="checkbox"/> Water | <input type="checkbox"/> Whiteboard Markers |
| <input type="checkbox"/> Blank flipchart/easel | <input type="checkbox"/> Box of Tissues |
| <input type="checkbox"/> Purell Hand Sanitizer | <input type="checkbox"/> Cinnamon Sticks |
| <input type="checkbox"/> Container of Misc Supplies | <input type="checkbox"/> |

Class 2 Materials

- | | |
|--|---|
| <input type="checkbox"/> How Tobacco Causes Disease- US Surgeon General 2010 | <input type="checkbox"/> Symptoms of recovery |
| <input type="checkbox"/> What's in cigarette smoke | <input type="checkbox"/> Plan Ahead – Part |
| <input type="checkbox"/> How Your Body Improves | <input type="checkbox"/> 5 D cards, "Why" cards, Deep breathing cards |
| <input type="checkbox"/> Media Presentation | <input type="checkbox"/> Paired Shared Exercise |
| <input type="checkbox"/> NRT Hand Outs | |

PREPARE AHEAD:

- ☐ **Display board and Flip charts:** Diseases caused by smoking & nicotine blood levels
- ☐ **Incentives:** Emery boards or lung rulers, green no smoking signs

CLASS CONTENT

2.1 Welcome (5 minutes)

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

“The purpose of this session is to increase your awareness of your smoking habit and build your motivation and confidence in becoming tobacco-free. You might be having doubts about your ability to be free from tobacco, but we know you can do it by following this program every day. We’re going to give you tools and support.”

2.2 Paired sharing (15 minutes)

Instructions: Pass out handouts Pair up participants (A & B) and explain that this is a listening exercise – when A talks, B listens then after 5 minutes, B will talk and A will listen. Give each person 5-7 minutes to share. Facilitator will say “Switch” to indicate when B should start talking.

2.3 Review Pack Track (20 minutes)

Facilitator Script:

Let’s review the Pack Track activity you did at home last week to see what you’ve learned about your smoking habit. How many of you worked with Pack Track last week? What did you learn about your habit? Do you smoke more or less than you thought? Did the tracking lead you to cut down? Were most of your cigarettes high, medium or low need?

(1) If you circled mostly happy faces, you probably smoke to enjoy good times and relax. Think about when and where you smoke.

Questions: What might you do instead?

Ex. Spend more time with non-smokers, cut down on alcohol, go places where smoking isn’t allowed with friends such as movie.

If you’re going to be with smokers, what is your plan?

(2) **If you circled mostly blah faces, you probably smoke out of boredom or habit.**

Question: What can you do instead?

Ex. Walk, do a puzzle, hold cinnamon stick, chew gum, call or visit a friend, do a hobby that keeps hands busy, say “I’m a non-smoker-I’m in charge.” Carry a book, notepad, deck of cards instead of pack of cigarettes.

(3) **If you circled mostly unhappy faces, you probably smoke mostly when you’re upset.** These may be the hardest to give up – but you can do it! Realize that smoking never actually solved a problem or made a situation different. In the coming weeks we’ll help you find better ways to deal with things like stress and anger.

Question: What can you do instead?

Ex. Squeeze a ball, walk, deep breathe, talk or write about your feelings

This week you’ll continue working with Pack Track at home.

Facilitator Note: Distribute “Plan Ahead Part 1” handout. Review with participants.

Facilitator Script: Notice the cigarettes where you wrote YES in large letters. Pick the cigarettes that were most important to you and write down what you could do instead.

- Talk participants through the Plan Ahead Part 1 Sheet
- Give participants 5- 7 minutes to fill it out

2.4 Effects of smoking and CDC Booklet (10 minutes)

Facilitator Note: Review the handouts and use flip chart that show nicotine levels in the bloodstream while discussing how nicotine affects the body from head to toe.

Facilitator Key Points

- There are over 7,000 possible chemicals in cigarettes, many are poisons that can lead to disease. 70 of which cause cancer. The more you smoke the more damage it can have on your body
- Nicotine is the highly addictive, psychoactive substance in tobacco. Cigarettes were designed by the Tobacco companies to be addictive. Nicotine goes from your lungs to your heart and brain within 7 seconds.
- Poison in cigarettes weaken your body’s ability to fight cancer and can even encourage cancer cells to grow.
- Smoking changes your blood by making it stick together and form clots which can be deadly. Smoking also causes plaque buildup in your arteries which then can lead to heart attack

- Smoking harms your respiratory system from your mouth all the way to your lung. Smoking causes lung emphysema and chronic bronchitis.
- Cigarette smoke replaces oxygen with carbon monoxide, so smokers have less oxygen delivered to the cells of the body. That is one reason that deep breathing is an important tool for you.
- Smoking increases your chance for type 2 diabetes and make it harder for people who have diabetes
- Even though smoking is harmful, your body adapts to smoking and becomes addicted due to nicotine. When you don't smoke, withdrawal begins and you feel a craving. When you get below the comfort level of nicotine molecules in the blood, cravings grow. This can cause symptoms such as irritability. This explains why smokers feel "relaxed" when they smoke - smoking stops the nicotine withdrawal symptoms. That's why the first cigarette of the day is often "the best" - it's stopping withdrawal symptoms.
- The brain "learned" to respond to nicotine. Now it can learn to respond to new, addiction-free cues and feel good. Moving your body, eating something yummy and healthy and trying something new and exciting are some good ways to stimulate "feel good" receptors in the brain."

2.5 Media Presentation (20 minutes)

Facilitator Key Points Explain that the video is fact based depiction of what happens to your body when you smoke. The videos may be graphic and shocking. Tell them that there will be time to discuss the videos afterwards.

- Give people permission to take a bathroom break if they do not want to watch these videos
- After the videos allow them to ask questions. Remember to validate and empathize with their feelings.

Facilitator Note: *Inevitably someone will ask: "Why are these chemicals in cigarettes?" or "Why doesn't the government make cigarettes illegal?" Point out that when they quit they will be denying the tobacco companies control over their lives; taking action and putting them-selves first will be their way of taking their lives back. One option is to have them say in unison: "I'm turning my anger into ACTION." Have the class create and say out loud say positive affirmations here. YOU can have the class get up and say these out loud.*

2.6 Tools and Reasons to Be Tobacco-Free -5 D, Deep Breathing Cards, Symptoms of Recovery (20 mins)

5 D Cards

- Introduce the 5 D's and discuss trying them when they feel the urge to smoke. Tell them to keep the card with their cigarette pack and to break the connection between having a thought or feeling that they would like to smoke and the action of lighting up

Deep Breathing Card

- Discuss the benefits of deep breathing (relaxation and physical well-being). Point out the deep breathing card in their folder and review. Lead the group in a deep breathing exercise, emphasizing the importance of abdominal breathing.
- Review **symptoms of recovery** and how to cope with them, including insomnia.

Facilitator Script:

Keep in mind that these symptoms are positive signs that your body is healing and recovering from many years of smoking.

Group Discussion Question: Staying focused on your desire to quit will help you overcome the urge to smoke. Last week you wrote down some reasons you want to quit. Would some of you share some reasons with the group?

2.6 Tobacco-Free Date & Quit Methods/NRTs (20 mins)

- Ask each participant what their tobacco-free date is and their chosen method (write on sign in sheet next to their names)
- Distribute handouts on the patch, gum, lozenge and medications.
- NRT is meant to ease the physical discomfort of nicotine withdrawal but it will not do the work for you. It takes care of the physical addiction but does not address habit and psychological dependence of smoking.
- Give an overview of how the nicotine replacement and medications work.
- Emphasize that with or without NRT, they need to pay a lot of attention to changing their behaviors to successfully stop smoking.

Positive statement: *Have everyone stand tall with feet firmly on the ground and say, "I am a Non-Smoker!"*

2.7 Deep Breathing Exercise & Wrap UP (10 mins)

- To end, lead the class in the deep breathing exercise and refer them to the card in their folders for practicing at home.
- Review homework and emphasize the importance of reviewing their folders and the week to help them learn.
- Applaud them for hanging in there, and remind them to come to every class no matter what.

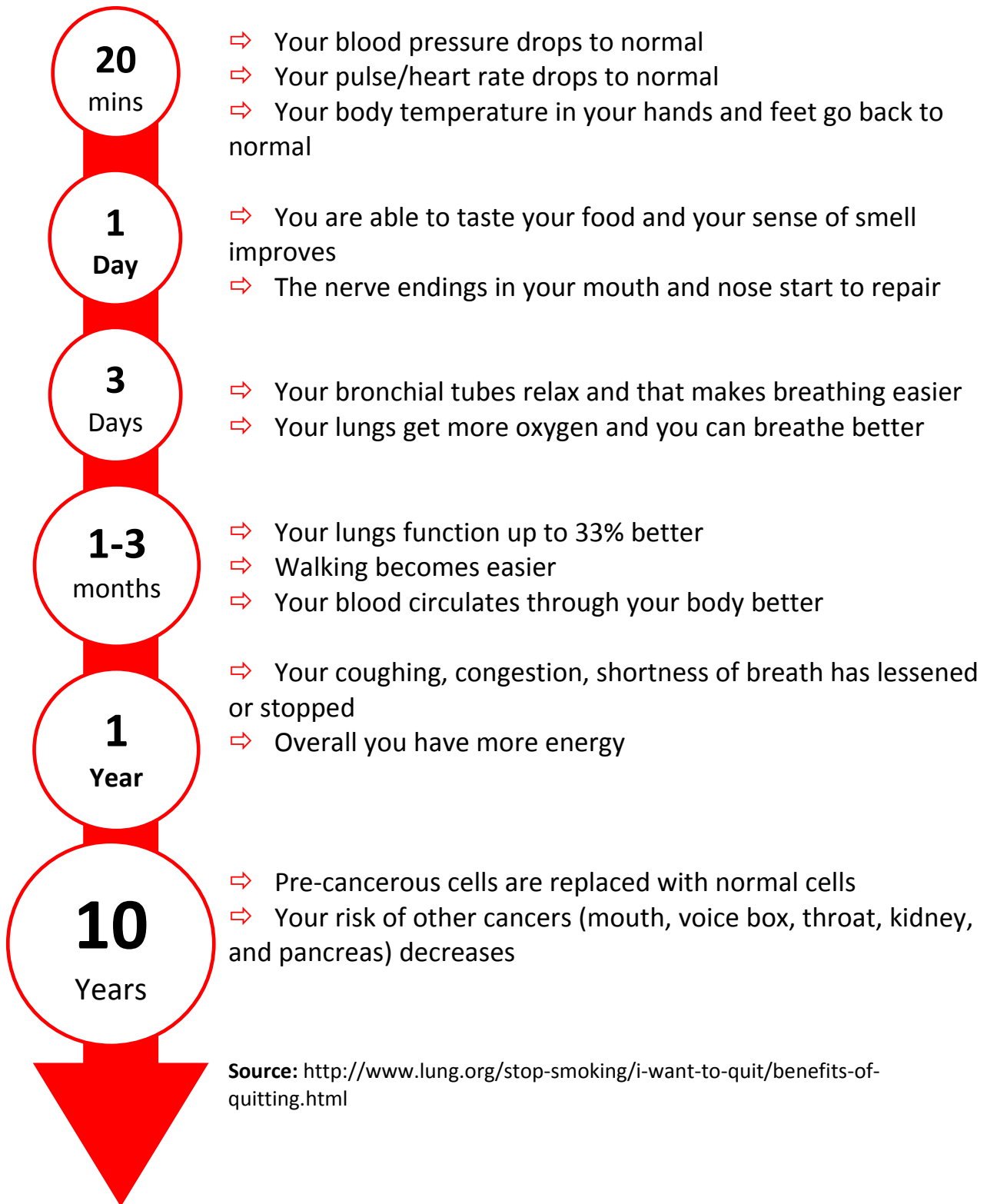
- Repeat positive statement.
- Say other affirmations and thank them for coming. Remind them to prep for pack track activity and to track for three days

Take-home Activities:

- Complete “Plan Ahead – Part 1”; what will you do instead of smoking cigarettes?
- Read “Preparing to Quit” carefully and try some of the techniques
- Use each of the 5D’s and practice deep breathing.
- Complete Why cards
- Practice positive statements: *I’m on my way to becoming tobacco-free. I can do it! I deserve it!*

How Your Body Improves After Quitting Smoking

Becoming Tobacco Free Means a Healthier You



THE TRUTH ABOUT MENTHOL TOBACCO

What is Menthol?

Menthol is a substance found in mint plants that is used as an additive in cigarettes. A cigarette is generally considered a menthol cigarette when menthol makes up at least 0.3% of the cigarette weight.ⁱ

Menthol hooks new smokers by making it easier to smoke.

New smokers often try menthol cigarettes when they first start smoking for 3 reasons:

1. **It makes smoking less harsh.** The cooling and pain-killing properties of menthol decreases the harshness of smokingⁱⁱ
2. **Minty fresh flavor is attractive.** Traditional tobacco flavor is less attractive, especially to new smokers
3. **Menthol makes tobacco more addicting.** Menthol tobacco product users have a harder time quitting than those who use non-mentholated

Tobacco Industry targets youth and minority communities with menthol products

1 in 2

youth smokers

use menthol cigarettes while only one in three 26-34 year olds smokers⁺

1 in 5

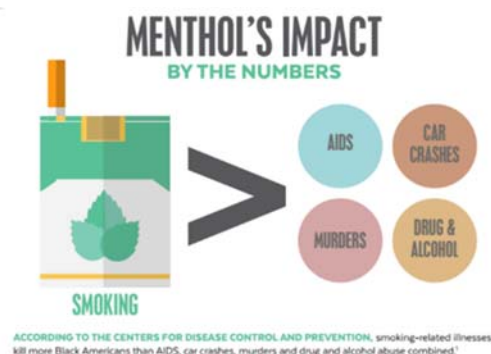
African Americans

smoke menthol cigarettes

African American smokers

11x more

likely to use menthol than White smokers



In the 1960s, the tobacco industry began advertising heavily in African-American media and using black models with their products.^{iii,iv} Menthol tobacco products contribute to 30% of the tobacco industry cigarette market.

An RJ Reynold executive highlighted the attitude the industry has toward its customers succinctly in a conversation with a former Winston model- *"We don't smoke the shit, we just sell it. We reserve the right to smoke for the young, the poor, the black and the stupid."*^v

If menthol tobacco products did not exist many tobacco users would quit^{vi}.

Like all cigarettes, menthol cigarettes are harmful and affect every part of the body and causes disease and death. The fact that more African American and youth use menthol and get hooked on tobacco means that more people in those communities are harmed by tobacco.

ⁱ Tobacco Products Scientific Advisory Committee. (2011). "Menthol Cigarettes and Public Health: Review of the Scientific Evidence and Recommendations."

ⁱⁱ Freiberg, M. (2015). ["The Minty Taste of Death: State and Local Options to Regulate Menthol in Tobacco Products."](#) *Catholic University Law Review*. Vol 64. 949-974.

ⁱⁱⁱ Hickey, A. (2013). ["If you're young and black and a smoker, you probably smoke menthols – that's because cigarette companies."](#) *Medill Reports*.

^{iv} Centers for Disease Control and Prevention. (2015). [African Americans and Tobacco Use](#).

^v BBC News. (1999). [Tobacco Wars](#).

^{vi} Moodie-Mills, A. (2011). ["Flavored Disease and Death for Minorities Why the FDA Must Ban Menthol Cigarettes."](#) *Center for American Progress*.

+Truth Initiative. (April 2014) Tobacco Fact Sheet- Menthol <http://truthinitiative.org/sites/default/files/LEG-FactSheet-Topical-Menthol-APR2014.pdf>

Class Two: Paired Sharing Exercise

Instructions:

1. Get into a pair with someone.
2. Introduce yourself to your partner
3. Choose who will be **A** and who will be **B**.
4. **A** will go first and answer the questions
5. **B** will get a chance to talk half way through the allotted time
6. It is important for each person to listen and not chime in with your story until we tell you to switch.

Answer the following questions:

- 1) What happened this week when you did your pack track activity?

If you did not do the pack track activity, answer the following questions:

- 2) What are your fears about becoming smoke-free?
- 3) What are you looking forward to about becoming smoke-free? Really think about it and be specific.

PLAN AHEAD – PART ONE

Adapted from American Lung Association- Freedom from Smoking Curriculum

To change your smoking habit, you need to know as much as you can about what causes you to smoke. Then you can make a plan to help you become smoke-free.

Step 1: Look over your “Pack Tracks” cards. If you mainly circled:

Happy Face



→ You smoke mostly to relax, feel good and enjoy good times. Think about where and when you smoke and who you are with.

Blah Face



→ You smoke out of boredom or habit. Think about where and when you smoke your “bored” cigarettes.

Unhappy Face



→ It's likely that you smoke when you are tense, angry or upset. Think about why, when, and where you smoke your unhappy cigarettes.

Step 2: Plan ahead for things you will do instead of smoking all of those cigarettes.

- Look at the cigarettes that you needed the most. These are the ones you marked “YES”
- Below, write the time, place, and mood for your THREE (3) MOST IMPORTANT cigarettes. Then fill in a substitute for smoking that can ease your mood

	Time /Place :	After dinner cigarette
Example	Mood:	Relaxed, happy, looking for a way to end the meal
	Instead of smoking I could:	Have some mint or other herbal tea or green tea
Cigarette 1	Time/Place:	
	Mood:	
	Instead of smoking I could:	
Cigarette 2	Time/Place:	
	Mood:	
	Instead of smoking I could:	
Cigarette 3	Time/Place:	
	Mood:	
	Instead of smoking I could:	

SECOND HAND SMOKE/ VAPE

What is Second-Hand Smoke/ Vape?

Second hand smoke/vape is the smoke or vape that:

1. Comes from a burning cigarette or electronic-cigarette
2. The smoke or vape being exhaled from a person's mouth



Is Second-Hand Smoke from a cigarette safe?

There is NO SAFE LEVEL of second-hand smoke from a cigarette. About 7,000 chemicals, including hundreds that are toxic and 70 that cause cancer, are in second-hand smoke from cigarettes. Second-hand smoke can cause heart disease, lung cancer, and other cancers for non-smokers. Every year, 42,000 non-smokers die due to exposure to second-hand smoke. Children, seniors and those with chronic- disease are especially at risk of being harmed by second-hand smoke or vape. Children who are exposed to second-hand smoke can get respiratory symptoms and infections, worsen asthma, and ear infections.



What about Second-Hand Vape—is that safe?

Electronic cigarettes are new devices and their impact on the health of vapers and non-vapers is still being studied. We do know that electronic cigarettes do not just emit water vapor, instead it the vapor contains nicotine, ultrafine particles and low level of toxins. Some research has found that the nicotine absorbed by non-vapers from second-hand vape is similar to that of non-smokers and second-hand smoke.

How can I protect people from Second-Hand Smoke or Vape?

Becoming tobacco-free is the best way to protect people from second-hand smoke or vape. If you do smoke or vape, please protect others by respecting smoke-free policies in your city or county. In San Francisco, all smoke-free areas are also vape-free, and almost all public spaces are smoke-free/vape-free spaces. If you must smoke or vape in public, you can do so at the curb of the sidewalk.



SF Health Code Article 10F(1)(2)

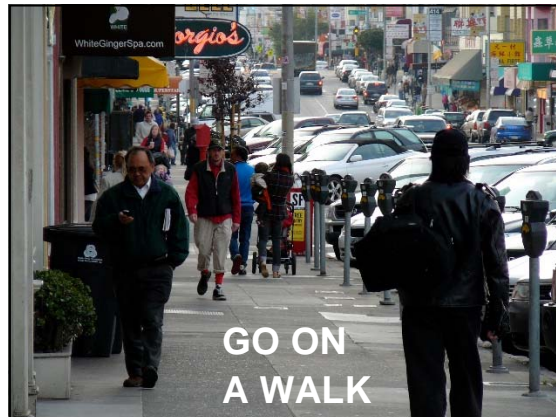
Smoking/Vaping only
1) at the curb, or
2) if no curb,
at least 15 ft. from
exits, entrances,
operable windows, and vents

When you smoke in your own home, second-hand smoke can still move through ventilation symptoms into other rooms and your neighbor's unit and harm others. Protecting other's health from second-hand smoke or vape is another reason to consider becoming tobacco-free!

SYMPTOMS OF RECOVERY

Adapted from American Lung Association- Freedom from Smoking Curriculum

Quitting smoking brings on a variety of recovery symptoms that are both physical and psychological. Most symptoms decrease after the first **THREE DAYS**. Other symptoms slowly go away over the next two to three weeks. For some people, dealing with recovery symptoms is like “riding a roller coaster.” Use this guide to help you gain relief from your symptoms.



SYMPTOM

RELIEF

Irritability

- ☐ Try walks, hot baths, relaxation techniques

Fatigue

- ☐ Take breaks and naps. Get more sleep.

Insomnia

- ☐ Avoid caffeine after 6PM. Try relaxation techniques.

Cough, dry throat, nasal drip

- ☐ Drink plenty of fluids. Try herbal lozenges or chewing gum..

Dizziness

- ☐ Take extra caution when moving around. Change positions slowly.

Lack of concentration

- ☐ Plan workload accordingly. Avoid additional stress during first few weeks.

Constipation, gas, stomach pains

- ☐ Drink lots of fluids, add roughage to your diet (fruits, vegetables, whole grain cereal).

Hunger

- ☐ Drink water or low calorie liquids. Try a handful of nuts or apple slices with almond butter.

Craving for a cigarette

- ☐ Wait out the urge. Cravings last only a few minutes. Distract yourself-have a list of things to do instead and pick one.

CLASS 3—TOBACCO-FREE WEEK

PURPOSE OF THE SESSION

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

AGENDA

Item	Time
Welcome and Review Agenda	5 mins
Guest Speaker – Relapse Prevention Group OR -Round Table Conversation	20
Your Personal Tobacco-Free Plan	20
Questions About NRT/Medications	15
How to Deal with Cravings	15
Short Break	10
Guided Imagery	20
Deep Breathing, Take Home Activity and Next Week	10

MATERIALS

Each Class:

- | | |
|---|---|
| <input type="checkbox"/> Sign In Sheet | <input type="checkbox"/> Pens |
| <input type="checkbox"/> Water | <input type="checkbox"/> Whiteboard Markers |
| <input type="checkbox"/> Blank flipchart/easel | <input type="checkbox"/> Box of Tissues |
| <input type="checkbox"/> Purell Hand Sanitizer | <input type="checkbox"/> Cinnamon Sticks |
| <input type="checkbox"/> Container of Misc Supplies | |

Class 3 Materials

- | | |
|--|--|
| <input type="checkbox"/> My Personal Tobacco-Free Plan | <input type="checkbox"/> Reward Yourself |
| <input type="checkbox"/> Dealing with My Cravings (2 Handouts) | |

CLASS CONTENT

3.1 Welcome (5 minutes)

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

3.2 Guest Speaker – Relapse Prevention Group (20 minutes)

Invite speaker from the Relapse Prevention Group to come talk about their experiences becoming tobacco-free. This is a chance for the participants to see a real live non-smoker who having taken our class, will validate the rough time they are having and will re-emphasize the hope that they really can be free if they follow the program.

- Participants have a chance to ask the guest speaker questions.
- Check in and see how people are doing anticipating their free date.
- Emphasize that it's important to get rid of all their cigarettes and use the 5 D's that they have been practicing.

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

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 by answering 3 questions. 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 1st 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". (See following copy of the "Plan" filled out.) Make sure everyone is filling it out. 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 those people who want to take it home and 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.

3.6. How to Deal with Cravings (15 Minutes)

- Review these two handouts with participants.

3.7 Pre-Hypnotherapy Break (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 for approximately 15 minutes, include: coughing and going into their bags or packs, drinking water, getting a cough drop, blowing their nose.
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.
- Say "Everyone do whatever you need to do before we start" and give them plenty of time do it.
- Emphasize that this is a deep relaxation exercise that will help them experience that they can relax without a cigarette. You can even say "most smokers don't realize that they can deeply relax without a cigarette."
- 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.
- Tell them this will be greatly beneficial for all of them and that they will get a lot out of it. Tell them that most people really love this part of the class.

- Let them know that if they don't want to follow along with the suggestions, it is perfectly all right for them to just listen to the music or the nature sounds.
- Ask them to inhale through their nose and exhale through their mouth as they listen to the rhythm of the ocean.
- Tell them they will be safe and all they need to do is focus on their breathing and listen to the music.
- Make sure everyone is back from the bathroom and is settled in their seats. Close the door and dim the lights.

3.8 Progressive Relaxation and Stop Smoking Suggestions (15-20 minutes)

Ask that they 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 release and 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 your cheeks, mouth and especially your jaw/ letting all the muscles in and around your mouth release and relax. Breathe, 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, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 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 no longer have the desire to put that old substance in your body. It is not appealing to you in any 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.

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 no longer want to smoke in the morning when you get up or when you take a break, or at the bus stop, or in your car on the way home or at meal times. You have no desire to smoke at these times or at any time. Imagine yourself at these times without a cigarette. See yourself with nothing in your hand. You have no desire to smoke. You have no interest in smoking. You don't want cigarettes. You don't feel the need to drink and smoke. In fact you chose health over cigarettes. You chose health over cigarettes. You desire health far more than any cigarette. 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 the appropriate amounts for you. 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 easily to you. 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 deserve to be healthy!

And when you see other people smoking, you see it as a weakness. It's unappealing and unattractive 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 them—always suggest or guide them in a gentle manner.

- At the end of the process, reinforce the positive smoke-free messages:

Positive statement:

"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 practice becoming tobacco-free every day. I am putting my plan to work every day. I'm a non-smoker."

3.9 Deep Breathing & Review Take Home Activities (10 Minutes)

- Review the best way to relax using your breath.
- Have participants try a couple new deep breathing exercises. (Example. Instead of 4-4-8, try 5-5-5 or introduce circular breathing.)
- Ask who is practicing deep breathing and encourage the class to practice a few times each day.
- Review through take home activities.

Take-home Activities:

- Read your folder
- Complete Your Personal Tobacco-Free Plan
- Read the two "Cravings" handouts

WHAT TO DO WHEN A CRAVING COMES

(Adapted from ALA's Freedom from Tobacco)



HELPFUL TIPS

I'm feeling the urge! I really need a cigarette!

Tip: The urge passes whether you choose to smoke or not. Acknowledge the urge and choose to do a positive action!

I'm hanging out with my friends and they asked me if I wanted a cigarette.

Tip: Kindly tell them no thank you, and explain that you are trying to be tobacco-free. Hanging out with friends who don't smoking can help too!

I couldn't resist and smoked a cigarette. I feel like it is too hard to be tobacco-free.

Tip: Don't be too hard on yourself! Becoming tobacco-free is challenging. Remind yourself of the number one reason why you decided to quit. And try again!

I'm feeling stressed and I really need a smoke to help me relax.

Tip: Try taking a few deep breaths or some relaxation exercises. Use your deep breathing card

I don't know what to do when I am bored.

Tip: Try something new. Go on a walk, listen to music, read a book, do a cross-word puzzle. Anything that makes you happy!

TIPS FOR DEALING WITH YOUR CRAVINGS



Drink Water

Focus on
Becoming
Tobacco-Free

Relax & Meditate



This Too Shall Pass

Try Something
New!



Exercise

Eat
YUMMY
Good Things!



Visit Non-
Smoking Areas

Join
QuitNet.Com
a quit smoking
online community

Get Support



Embrace the
BRAND NEW
YOU!



Distract Your
Hands & Mind

Be patient
with yourself.
It will happen!

MY PERSONAL TOBACCO-FREE PLAN

Ideas for your tobacco-free plan can be found in your blue folder from these handouts: **Getting Ready to be Tobacco Free & Becoming Tobacco Free**

My quit date is: _____

My quit method is: _____ My biggest challenge: _____

My main reason for wanting to be tobacco-free: _____

Positive things I can tell myself to help me become a nonsmoker (affirmations):

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Ways I can become aware of my smoking habit:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Some negative thoughts or actions that may get in the way of sticking to my plan:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Changes I will make before my quit date (preparations):

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Things I can do to keep busy when I feel the urge to smoke:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Rewards I will give myself along the way and when I become a nonsmoker

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |



MY REWARDS FOR BECOMING TOBACCO-FREE

Becoming tobacco-free is a challenging process. Be kind to yourself by rewarding yourself for the times you've gotten through an urge to smoke and followed through with your non-smoking plan. You deserve it!

Examples of Rewards:

- Stay in bed on a weekend morning to read a novel/watch TV
- Buy new sports equipment
- Listen to your favorite music
- Take a long bubble bath
- Buy new clothes
- Get a new hair style
- Have someone do your chores
- Plan a trip
- Call a friend for a long chat
- Read a new book
- Eat your favorite meal
- Buy yourself a treat
- Get a back rub or full massage
- Get a mani/pedi
- Get new materials for your hobby
- Get some flowers or a plant
- Go to your favorite restaurant or café

MY LIST OF REWARDS

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

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
Welcome and review agenda	5
Deep breathing	10
Round Table	30
Benefits of stopping smoking	15
Stress and Emotions	25
The Grief Process – Letting Go	10
NOPE and Walking Meditation	20
Homework review - Plan Ahead Part 2	5

MATERIALS

Each Class:

- | | |
|--|---|
| <input type="checkbox"/> Sign In Sheet | <input type="checkbox"/> Pens |
| <input type="checkbox"/> Water | <input type="checkbox"/> Whiteboard Markers |
| <input type="checkbox"/> Blank flipchart/easel | <input type="checkbox"/> Box of Tissues |
| <input type="checkbox"/> Hand Sanitizer | <input type="checkbox"/> Cinnamon Sticks |
| <input type="checkbox"/> Container of Miscellaneous Supplies | |

Class 4 Materials

- | | |
|---|---|
| <input type="checkbox"/> Coping with Feelings | <input type="checkbox"/> Plan ahead – Part 2 (ALA) |
| <input type="checkbox"/> Benefits of Being Tobacco Free | <input type="checkbox"/> Letting Go - the Grief Cycle |
| <input type="checkbox"/> Am I Stressed? | <input type="checkbox"/> Meditation Resources |
| <input type="checkbox"/> 33 Proven Stress Reducers | |

4.1 Welcome and review agenda (5 minutes)

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

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 sessions and do the work we suggest. Keep coming back whether you are free from tobacco yet or not.

We'll discuss emotions in more detail later in the session.

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. We'll discuss emotions in more detail later in the session."

4.2 Deep breathing (10 minutes)

- 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.

- Review handout, six breathing exercises

4.3 Round Table (50 minutes)

Facilitators Note: Emphasize to participants 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?
4. **Alternative round table discussion:** Ask each person how many cigarettes they haven't 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
- Distribute "Benefits of stopping smoking". 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)

- Hand out "Coping with Feelings", "33 Proven Stress Reducers", and "Am I Stressed?"

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, feeling like it helped you relax. Cigarettes may have actually masked your feelings, and now you will need to develop some new skills for managing stress and emotions.

Often the first thing people try to do when they feel stress is to stop or numb it. Smoking, drinking and overeating are some typical unhealthy responses to stress. Burying feelings will usually 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. Such 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?

- Review stress-related handouts and ask for ideas
- Coping with Feelings- Ask them about feelings that may be present as they navigate the process. Respond to questions about coping with anger and other difficult emotions.

4.6 The Grief Process – Letting Go

- Hand out and Review "Grief"

Facilitator Script: Some of you may have profound feeling 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.

4.7 NOPE and walking meditation

- Show the class the NOPE finger meditation.
- Participants say “**Not One Puff Ever**” while moving their fingers thru 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 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”) 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 for smoking and their alternative.

Take-home Activities:

- Plan Ahead Part 2 (ALA)
- Fill out “Benefits of stopping smoking” (ALA)
- Review portfolio contents and personal tobacco-free plan

6 Breathing Exercises

to Relax in 10 Minutes or Less

While stress, frustration, and other daily setbacks will always be there, the good news is, so will our breath.

From: Time Online, “6 Breathing Exercises to Relax in 10 minutes or Less,” by Jordan Shakeshaft.

1. Sama Vritti or “Equal Breathing”

How it’s done: Balance can do a body good, beginning with the [breath](#)¹. To start, inhale for a count of four, then exhale for a count of four — all through the nose, which adds a natural resistance to the breath. Got the basic [pranayama](#)² down? More advanced yogis can aim for six to eight counts per breath with the same goal in mind: calm the nervous system, increase focus and reduce stress.

When it works best: Anytime, anyplace — but this is one technique that’s especially effective before bed. “Similar to counting sheep,” Pacheco says, “if you’re having trouble falling asleep, this breath can help take your mind off the racing thoughts, or whatever might be distracting you from sleep.”

Level of difficulty: Beginner

2. Abdominal Breathing Technique

How it’s done: With one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs. The goal: Six to 10 deep, slow breaths per minute for 10 minutes each day to experience immediate reductions to heart rate and blood pressure, McConnell says. Keep at it for six to eight weeks, and those benefits might stick around even longer.

When it works best: Before an exam, or any stressful event. But keep in mind, “Those who operate in a stressed state all the time might be a little shocked how hard it is to control the breath,” Pacheco says. To help train the breath, consider biofeedback tools such as McConnell’s [Breathe Strong app](#)³, which can help users pace their breathing wherever they are.

Level of difficulty: Beginner

3. Nadi Shodhana or “Alternate Nostril Breathing”

How it’s done: A yogi’s best friend, this breath is said to bring calm and balance, and unite the right and left [sides of the brain](#)⁴. Starting in a comfortable meditative pose, hold the right thumb over the right nostril and inhale deeply through the left nostril. At the peak of inhalation, close off the left nostril with the ring finger, then exhale through the right nostril. Continue the pattern, inhaling through the right nostril, closing it off with the right thumb and exhaling through the left nostril.

When it works best: Crunch time, or whenever it’s time to focus or energize. Just don’t try this one before bed: Nadi shodhana is said to “[clear the channels](#)”⁵ and make people feel more awake. “It’s almost like a cup of coffee,” Pacheco says.

Level of difficulty: Intermediate

¹ <http://tinyurl.com/TFP4breath>

² <http://www.yogajournal.com/practice/709>

³ <http://www.breathestrong.com/apps/>

⁴ <http://www.yogajournal.com/poses/2487>

⁵ <http://tinyurl.com/TFP4namaste>

4. Kapalabhati or “Skull Shining Breath”

How it’s done: Ready to brighten up your day from the inside out? This one begins with a [long, slow inhale](#),⁶ followed by a quick, powerful exhale generated from the lower belly. Once comfortable with the contraction, up the pace to one inhale-exhale (all through the nose) every one to two seconds, for a total of 10 breaths.

When it works best: When it’s time to wake up, warm up or start looking on the brighter side of things. “It’s pretty abdominal-intensive,” Pacheco says, “but it will warm up the body, shake off stale energy and wake up the brain.” If alternate nostril breathing is like coffee, consider this a shot of espresso, she says.

Level of difficulty: Advanced



5. Progressive Relaxation

How it’s done: To nix tension from head to toe, close the eyes and focus on [tensing and relaxing](#)⁷ each muscle group for two to three seconds each. Start with the feet and toes, then move up to the knees, thighs, rear, chest, arms, hands, neck, jaw and eyes — all while maintaining deep, slow breaths. Having trouble staying on track? Anxiety and panic specialist [Dr. Patricia Farrell](#)⁸ suggests we breathe in through the nose, [hold for a count of five](#)⁹ while the muscles tense, then breathe out through the mouth on release.

When it works best: At home, at a desk or even on the road. One word of caution: Dizziness is never the goal. If holding the breath ever feels uncomfortable, tone it down to just a few seconds at most.

Level of difficulty: Beginner

6. Guided Visualization

How it’s done: Head straight for that “[happy place](#),”¹⁰ no questions asked. With a coach, therapist or helpful recording as your guide, breathe deeply while focusing on pleasant, [positive images](#)¹¹ to replace any negative thoughts. Psychologist Dr. Ellen Langer explains that while it’s just one means of achieving mindfulness, “Guided visualization helps puts you in the place you want to be, rather than letting your mind go to the internal dialogue that is stressful.”

When it works best: Pretty much anyplace you can safely close your eyes and [let go](#)¹² (e.g. *not* at the wheel of a car).

Level of difficulty: Intermediate

⁶ <http://tinyurl.com/TFP4inhale>

⁷ <http://tinyurl.com/TFP4relax>

⁸ <http://www.drfarrell.net/>

⁹ <http://tinyurl.com/TFP4count>

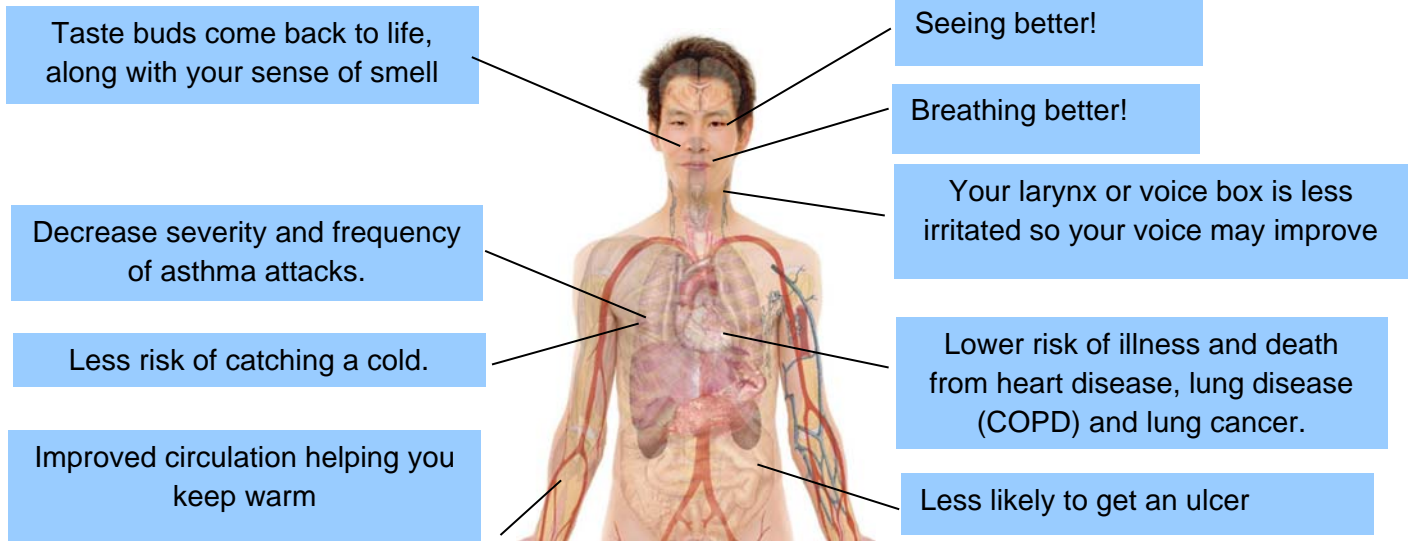
¹⁰ <http://tinyurl.com/TFP4happy>

¹¹ <http://tinyurl.com/TFP4visual>

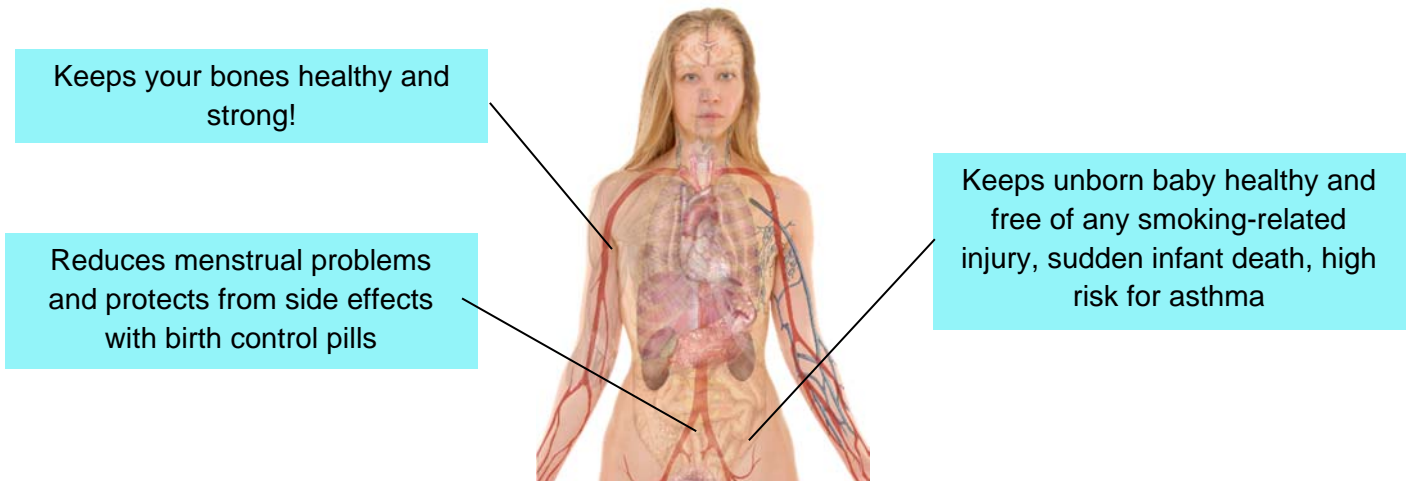
¹² <http://tinyurl.com/TFP4letgo>

THE BENEFITS OF BEING SMOKE-FREE

For My Well-Being



Additional Benefits for Women



Other Benefits in My Every Day Life

1. Saving money that would have been used on cigarettes.
2. Increased energy and stamina.
3. Not having the smell of smoke clinging to your clothes and hair.
4. Less risk of fire in your home.
5. Setting a good example for your children, which will decrease the likelihood they will become a smoker.
6. Having two free hands again.

Flip the Page to Write Down Benefits You are Experiencing or Looking Forward to

Some benefits I've already noticed from not smoking are:

Some benefits I'm looking forward to as a non-smoker are:

COPING WITH FEELINGS

Maybe you have used alcohol, drugs, and tobacco to cope with feelings and to even out your emotions. Here are some suggestions on how to cope when you feel overwhelmed by feelings.

Feeling Lonely?



Drugs, alcohol, and tobacco may have been like a friend that helped you through good and bad times. When you first quit it can feel like you've lost a friend. It's okay to feel sad, most people have experienced sadness and got through it just as you will. **Some things you can do to cope:**

- Talk to a supportive friend
- Write a letter
- Start a journal
- Curl up in a comfy blanket
- Hug a pet or stuffed animal
- Get up and move!
- Start a new hobby

Feeling Angry?



You may feel like smoking when you're angry. Now that you're quitting, **here are some strategies to help you deal with anger:**

- Talk about your anger (vent) – don't let it build up!
- Squeeze a stress ball, pop packing plastic
- Exercise
- Take long deep breaths
- Count to ten

Feeling Restless?



Some people feel really hyper when they first quit, like they have more energy than they know what to do with. **Here's what you can do with that energy:**

- Close your eyes and take a long deep breath
- Take a walk in your favorite park or nature spot
- Play a game with some friends or start a group
- Put on some dance music and dance!

Feeling Bored?



Sometimes people smoke, drink, or use drugs just to pass the time. **Try some of these options instead:**

- Learn something new!
- Do something for someone else
- Doodle, sketch, do a puzzle or journal

AM I STRESSED?

What is Stress?

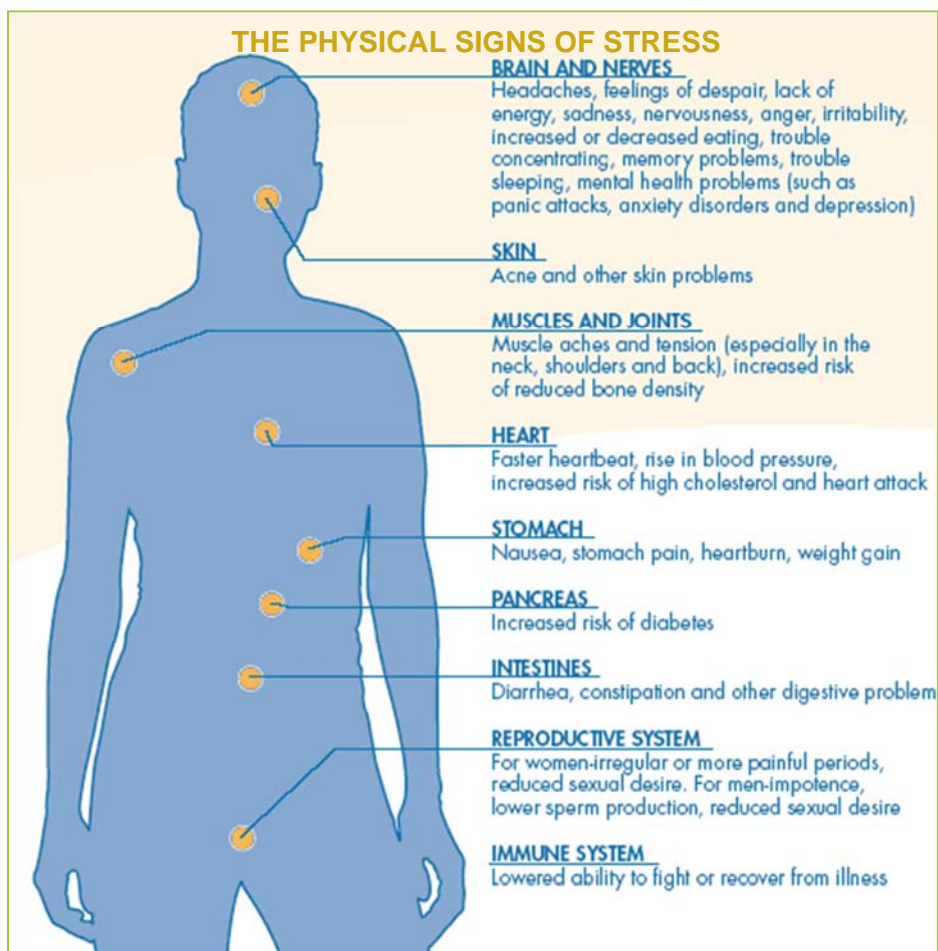
Stress is your body's automatic response to danger. Your muscles tighten, blood pressure goes up, your heart races, and your adrenaline is pumped. Possible stressors can range from everyday annoyances-missing the bus to a major loss in your life.

What are signs of Stress?

Signs of stress can be physical or emotional or both. They can be demonstrated by one or a combination of these symptoms: headaches, fatigue, depression, changes in sleeping eating, reduced sex drive, feelings that you are out of control, mood changes, confusion, inability to think clearly, increased use of alcohol or other drugs.

What is the effect of stress on my health?

Stress that is not managed can affect your health, contributing to ulcers, allergies, high blood pressure, heart attacks and strokes.







What can I do to control my stress level?

Managing stress will help you feel calm instead of anxious or nervous. You will feel more peaceful and in control. Here are some ways you can control your stress level:

- Make time for yourself everyday, take a nap, read, meditate, do things you enjoy!
- Make exercise a part of your life, even a few minutes a day will help
- Do breathing exercises to relax yourself-take a depth breath through your nose and let your abdomen and chest fill with air. Repeat a few times
- Get enough sleep
- Talk about your worries, don't bottle them up
- Eat right, maintain a balanced diet and drink plenty of water.
- Limit alcohol and caffeine
- Manage your time wisely, set goals that are realistic
- Get support

33 Proven Stress Reducers

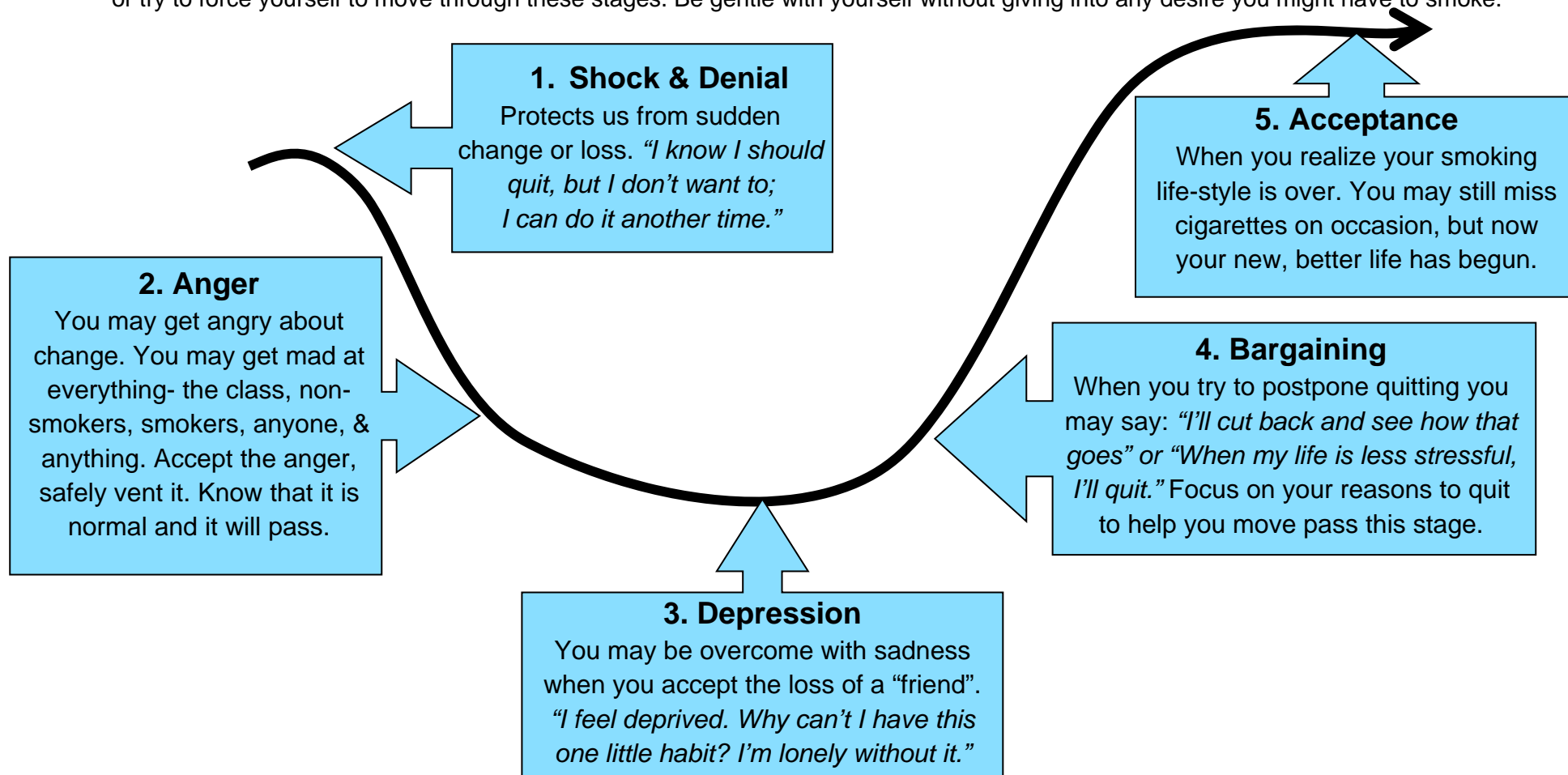
1. Get up fifteen minutes earlier in the morning – make time for mishaps.
2. Do your morning preparations (lay out clothes, make lunches...) the night before.
3. Keep a calendar for appointments, pick up times, due dates, etc.
4. Don't do anything that you will have lie about later.
5. Make copies of all keys and put them somewhere you can have access them.
6. Regularly check up your car, appliances, home, relationships, etc. This will reduce the chance that things break down at the worst possible moment. 
7. Have a plan for handling wait times. A book/e-book, game app, or any app can help pass the time.
8. Avoid procrastinating. Procrastination can come back to haunt you.
9. Don't put up with something that doesn't work properly. If it is always causing you stress, fix it or get a new one.
10. Allow extra time to get to appointments such as interviews, flights, etc.
11. Eliminate or restrict the amount of caffeine in your diet. Drink enough water. 
12. Don't be afraid to ask questions. Getting clarification may save you a lot of time.
13. Be willing to say no. Don't let yourself get stretched too thin. Take care of yourself.
14. Turn off your phone. Take some time for yourself to relax.
15. Take many stretch or walking breaks when you spend a lot of time sitting.
16. Use ear plugs if you can't find a quiet place.
17. Make sure you get enough sleep! 
18. Organize your things so you don't lose them. Losing things is stressful.
19. Catch stress signs (upset stomach or shallow breathing) and take time to relax.
20. Write your thoughts and feelings down. It can help you process events and let go.
21. Try deep breathing: inhale through your nose counting to eight. Then slowly exhale to the count of 16. Repeat.
22. Visualize success. Imagine how great you will feel when you succeed. 
23. Take breaks. Breaks can help refresh you and regain your focus.
24. Do something you enjoy every day.
25. Baths and showers can help to relieve tension.
26. Do a favor for someone else every day.
27. Avoid negative self-talk like "I'm too old, too fat, etc..." Try saying "I'm awesome!"
28. Do the tough/unpleasant tasks first. This will make the rest of your day easier.
29. Be willing to delegate tasks to people you trust.
30. Take lunch breaks to get away from your work.
31. Count to 10 before you say something that could make matters worse.
32. Forgive people and events. Holding onto grudges only hurts you.
33. Have an optimistic view of the world.

Source: California Smoker Helpline

UNDERSTANDING THE GRIEF PROCESS

Recovering from the psychological dependence on tobacco follows a grief cycle. Anytime we experience a major life change, it is normal to grieve the old in order to make way for the new. You may find yourself grieving the loss of your old “friend”—cigarettes. It can help you keep on track as a non-smoker if you understand that these feelings are a normal reaction to loss.

The following cycle is not always linear; your emotions may go back and forth. Although acceptance is the goal, do not judge yourself or try to force yourself to move through these stages. Be gentle with yourself without giving into any desire you might have to smoke.



PLAN AHEAD – PART TWO

Adapted from American Lung Association- Freedom from Smoking Curriculum

Now that you are tobacco-free, you need to check your coping strategies. Here are two steps to help you think about what works and doesn't work and how to plan ahead for situations in which you may be tempted to smoke.

Step 1: Write three things that you have done that have helped you stay away from tobacco:

→ **Example:** *I take a deep breath when I have the urge to smoke*

① _____

② _____

③ _____

Step 2:

Now, name two or three situations coming up this week that may make you want to smoke. Then write in things you could do instead.

Situations I may face this week:

① _____

② _____

③ _____

What to do Instead:

→ _____

→ _____

→ _____

→ _____

→ _____

→ _____

→ _____

→ _____

→ _____

FREE Meditation in SF

San Francisco Main Library | <http://tinyurl.com/TFP4freemeditation>

FREE meditation Wednesdays at 12 noon in the 3rd floor LGBT center.

Yoga Society of San Francisco | <http://yogasocietysanfrancisco.com/>

FREE Vedic Fire Ceremony daily at 7 am and 7 pm.

2872 Folsom street, between 24th and 25th

Vedic Fire Ceremony is a short chanting around the fire followed by 30 minutes of meditation.

Mission Dharma | <http://www.missiondharma.org/>

FREE meditation every Tuesday night at 7:30 pm – 9:00 pm. 40 minutes of meditation, followed by a talk by the meditation teacher.

St. John's Episcopal Church, 1661 15th Street at Julian Ave. (between Valencia & Mission). The church entrance is on Julian St. through the beautiful garden.



Online Stress Management Resources

WebMD



1. WebMD:

- <http://tinyurl.com/TFP4stress>
- <http://tinyurl.com/TFP4metabolism>

2. Visual presentation: “The Single Most Important Thing You Can Do For Your Stress”

- <http://tinyurl.com/TFP4video>

3. Video: Yoga for stress management - Mayo Clinic

- <http://tinyurl.com/TFP4mayo>

Guided Meditation Resources

7 Best YouTube Guided Meditations

- <http://tinyurl.com/TFP4youtube>

I-tunes App: “Calm”

Meditate & relax with guided mindfulness meditation for stress reduction

- <http://tinyurl.com/TFP4calm>

UCLA Mindfulness Awareness Research Center

Free guided medication audio

- <http://tinyurl.com/TFP4ucla>



CLASS FIVE – YOUR NEW NON-SMOKING LIFESTYLE

PURPOSE

To give the participants a wide range of healthy options to consider adopting as they strive to become and stay smoke-free.

AGENDA

Item	Time
Welcome and review agenda	5
Deep Breathing	10
Check-In	50
Your New Non-Smoking Lifestyle	5
Get Healthy Make-over & the Benefits of Exercise	25
Healthy Snacks	20
Getting Back on Track	10
Next Class	5

MATERIALS

Each Class:

- | | |
|--|---|
| <input type="checkbox"/> Sign In Sheet | <input type="checkbox"/> Pens |
| <input type="checkbox"/> Water | <input type="checkbox"/> Whiteboard Markers |
| <input type="checkbox"/> Blank flipchart/easel | <input type="checkbox"/> Box of Tissues |
| <input type="checkbox"/> Hand Sanitizer | <input type="checkbox"/> Cinnamon Sticks |
| <input type="checkbox"/> Container of Miscellaneous Supplies | |

Class 5 Materials

- | | |
|--|---|
| <input type="checkbox"/> USDA 10 Tips: Add More Vegetables to Your Day | <input type="checkbox"/> The Top 6 Reasons for Gaining Weight When you Quit Smoking |
| <input type="checkbox"/> USDA 10 Tips: Focus on Fruit | <input type="checkbox"/> Detoxing After Quitting |
| <input type="checkbox"/> New USDA Healthy Plate Guidelines | <input type="checkbox"/> Tips to Help Sleeping |
| <input type="checkbox"/> ADA Fiber Tip Sheet | <input type="checkbox"/> The Benefits of Exercise |
| <input type="checkbox"/> Nutrition Labels | <input type="checkbox"/> Simple Stretches |
| <input type="checkbox"/> Sugary Drinks Handout | <input type="checkbox"/> Get Healthy Make-Over |
| <input type="checkbox"/> Importance of Water | <input type="checkbox"/> How To Get Back on Track |

PREPARE AHEAD

- ☐ Healthy Snacks for participants to try:
 - Celery sticks or apple slices and almond butter (if no one has nut allergies)
 - Mini oranges
 - Multi-grain chips or veggie chips w/flax seed
 - Hummus
 - Dark chocolate
 - Prunes or dried plums
- ☐ Paper Plates, Napkins, utensils

Class Content

5.1 Welcome (5 minutes)

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

5.2 Deep Breathing (5 Minutes)

- Review the best way to relax using your breath.
- Have participants try a couple new deep breathing exercises. (Example. Instead of 4-4-8, try 5-5-5 or introduce circular breathing.)
- Ask who is practicing deep breathing and encourage the class to practice a few times each day.

5.3 Check-in (50 minutes)

- Emphasize to participants that they are entering the Maintenance phase of the quitting process which can be difficult for some. Stress the importance of “staying on course” and using the tools they have and following their plan in order to succeed.

Facilitator Note: For some of them they will still be extremely elated that they have been able to be smoke-free for two weeks. On the other hand, some of them may be realizing that the process is a long one and they have just begun it. They may be struggling with the symptoms of recovery and with the day-to-day vigilance that remaining smoke free requires. It will be necessary to emphasize that after the initial period of quitting, their smoking addiction may rear it's ugly head and faced with the reality that “we are really going to do it this time” makes things difficult.

- Invite participants to share about how they are doing in their process of becoming smoke free.

Check In Questions:

1. How are you feeling right now in their maintenance phase?
2. What has been a challenge? What has been helping them most in maintain being smoke-free?

5.4 Your New Non-smoking Lifestyle (5 minutes)

Facilitator Script:

Someone once said that smokers live from the neck up. Now that you have given up smoking it may be time to focus on other aspects of living a more healthy life-a new non-smoking healthy life style. As with any change it is important to take it slowly and to make small lasting changes overtime. Some of you will start out eating more fruits and veggies. Others may begin eating breakfast. A few will begin a walking program. We will give you lots of options. The point is “everything in moderation”-to try one or two things and not overwhelm yourself by taking on too much.

5.5 Get Healthy Make-Over: Healthy Eating and Exercise (30 minutes)

- Explain that healthy eating and exercise is key in becoming healthy
- Review “Get Healthy Make Over” and explain that small changes over time is key
- Encourage participants to choose one thing from the list of suggestions (Ex. Eating breakfast or taking a multi-vitamin) then add more lifestyle changes
- Ask participants what they want to try out or learn more about based on the handouts:
 - Top reasons for Gaining Weight
 - Healthy Beverages/ Water
 - Importance of Exercise/ Simple Stretches
 - Healthy Snacks/ Healthy Eating/ My Plate/ Fiber
- Review Simple Stretches and the Importance of Exercise. Stress the importance of starting out slowly if they haven’t exercise in awhile.

Group Question: What is one new habit you want to add to your non-smoking life style?

5.6 Healthy Snacks (20 minutes)

- ☐ Pass out healthy snacks for them to try.
- ☐ Talk about the benefits of each.
- ☐ Ask participants what they think of the snacks

5.7 Getting Back on Track (15 minutes) – ALTERNATE

- Review “Getting Back On Track” hand out
- Ask participants to share what they will do this week to “Get back on track”

5.8 Next Class (5 minutes)

- Remind participants that next week is the last class, and they don’t want to miss out!
- Next Class includes: Relapse Prevention and a fun exercise to help participants face situations that may tempt them to smoke & graduation celebration!

GET A HEALTHY MAKEOVER



Take a Multi-Vitamin

EAT BREAKFAST

Try oatmeal, cereal, fruit and yogurt instead of donuts, pastries and white flour bagels



Drink Low or Non-fat milk and dairy products

Replace Unhealthy Fats

Use trans-fat free spread instead of butter. Eat nuts, avocado and peanut butter



Try Olive Oil or Canola Oil

Drink to Your Health!

Choose water and teas over sodas and coffee.



Eat More Cancer-Fighting Fruits & Vegetables

Eat 5-6 ½ cup Fruits & Vegetable Servings a Day

Eat fresh and various colors: red, blue, green, yellow.



Whole Wheat/Grain Bread is Better!

Eat White Meat

Chicken and Turkey has less saturated fats than beef or pork. Animal fat causes high cholesterol levels which can lead to heart disease.



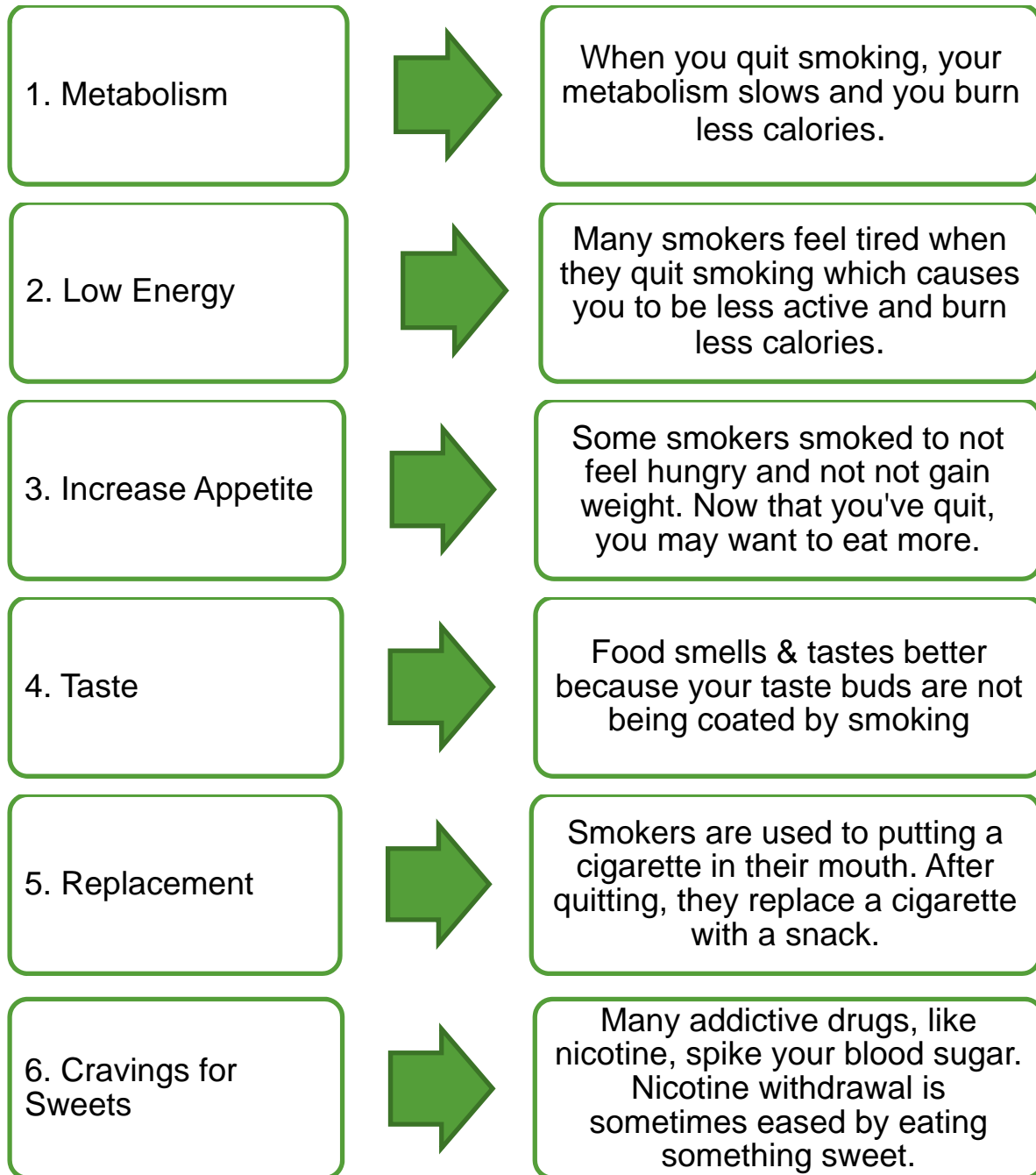
Get your Omega-3s by Eating Fatty Fish: Tuna, Salmon, Sardines, & Halibut

Eat Whole Grains, Beans & Legumes

For fiber for problems with constipation. Try Metamucil or Citrucel if you need it.

THE TOP 6 REASONS WHY YOU GAIN WEIGHT WHEN YOU BECOME TOBACCO-FREE

DON'T FREAK OUT! The average weight gain is only 5-7 pounds.



6 THINGS TO PREVENT WEIGHT GAIN AND STAY HEALTHY

Some of these are taken from the book, YOU The Owner's Manual by Michael Roizen, MD and Mehmet Oz, MD (Harper Collins)



1. **Use a smaller plate.** Your smaller portions will seem normal and you will feel like you have enough. Swap a 13" plate for a 9" inch one. There are studies to support this suggestion.



2. **Eat something small every 3-4 hours to prevent over eating.** And it will keep your blood sugar level stable and keep you energized.



3. **Go on an easy walk after dinner or any meal.** Keep yourself active, especially if you ate a large meal and you feel sleepy.



4. **Drink water, at least 8 cups a day, instead of sodas or sugary beverages.** Sugary beverages contain high fructose corn syrup and can cause diabetes, obesity, and cavities.



5. **Eat fruit instead of desert with your meal, especially in the morning with breakfast.** You can train your taste buds to like the less intense sweetness. View desert as something special not commonplace.

6. **Choose whole grain or whole wheat over white flour.** Try whole wheat breads, bagels, tortillas, pastas, muffins and more!



The Importance of Water



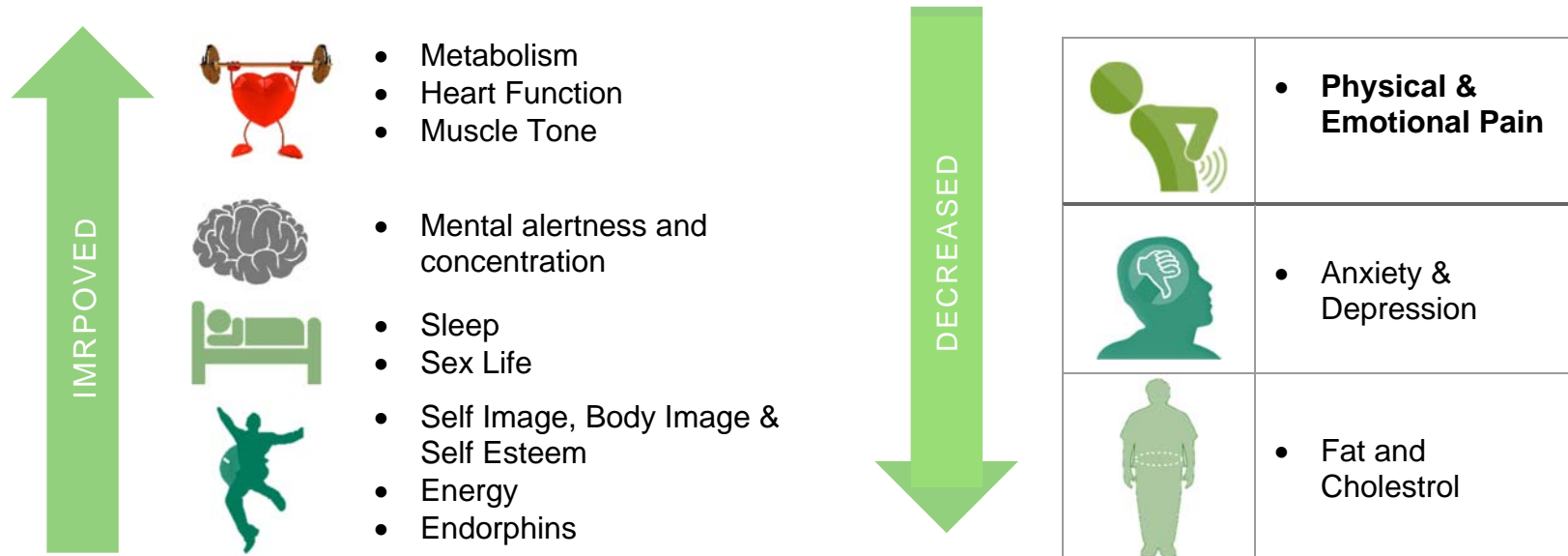
To Be Healthy You Need to Drink 8 Glasses of Water Every Day

1. Water is your coolant, lubricant, solvent, and transportation system. It regulates your body temperature, maintains body fluids, carries nutrients, removes waste, and is the medium for every cellular reaction
2. You need to drink enough water to keep you hydrated. The average person loses two cups of fluid through normal perspiration, two cups are exhaled as water vapor while breathing and the kidneys and the intestines use six cups a day. That's 10 cups just living, not counting any water lost through physical exertion or exercise.
3. Drinking water can help eliminate the accumulated toxins that have resulted from years of smoking. Soda, coffee and other drinks cannot because your body still has to digest it.
4. Water revives the body and keeps us energized. The next time you are so tired you can hardly move off the couch, cannot concentrate or are having a bad day, pour yourself a big glass of water. The cure may be just that simple.

The Many Benefits of Exercise

For people who are trying to quit smoking, exercising is one of the most powerful solutions to deal with the symptoms brought on by nicotine withdrawal.

What are the Advantages of a Regular Exercise Program?



How Much Exercise do I Need Each Week?

2 hours and 30 minutes of aerobic physical activity at a MODERATE LEVEL (ie. walking, yoga, gardening etc)

OR

1 hour and 15 minutes of aerobic physical activity at a VIGOROUS LEVEL (jogging, running, biking).

But What If ...?

Excuses to Not Exercise

- I don't have time
- I'm not athletic
- It will make me tired and sweaty
- It reminds me of how out of shape I am
- It's hard
- I will ache
- It takes too long to notice the results
- I've got other things to do

Try These Steps To Get Moving!

- Make a commitment to get started
- Decide on a Start Date
- Focus on the benefits
- Buy books or watch exercise videos for inspiration and knowledge
- Create a plan for exercising to help you begin
- Find an exercise buddy
- Do simple stretches

Where are some physical activity classes I can participate in San Francisco that are free or low cost?



YMCA –San Francisco

(415) 777-9622

<http://www.ymcasf.org/classes-schedule>



SF Recreation and Parks

(415) 831-2700

<http://sfrecpark.org/>



Planet Fitness Gym (only \$10!)

(415) 433-3033

<http://tinyurl.com/TFP5fitness>

Stretching Exercises



1. Neck Flexion/Extension Stretch
(forward, then back)



2. Neck Lateral Flexion Stretch
(one side, then the other)



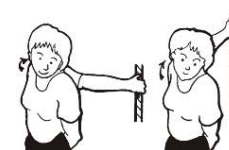
3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



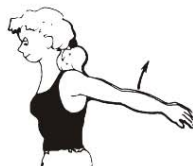
4. Triceps Stretch
(pull elbow across and down)



5. Shoulder Rotator Stretch
(using towel, pull up with the top arm then down with the other)



6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



7. Bicep Stretch
(hands apart)



8. Supraspinatus Stretch
(keep elbow parallel to ground)



9. Wrist Extensor Stretch
(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



11. Lateral Flexion Stretch
(one side, then the other, push pelvis across as you bend)



12. Lumbar Extension and Abdominal Stretch
(be gentle if sore)



13. Lumbar Flexion Stretch
(be gentle if sore)



14. Lumbar Rotation Stretch
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



15. Hamstring Stretch
(straighten leg)
i. with foot pointed
ii. with foot pulled back towards the knee



16. Hamstring Stretch
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch
(push down with elbows on knees very gently, keep back straight)



18. Gluteal Stretch
(pull knee and lower leg towards opposite shoulder)



19. Gluteal and Lumbar Rotation Stretch



20. Quadriceps Stretch
(keep pelvis on floor)



21. Quadriceps Stretch



22. Adductor Stretch
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



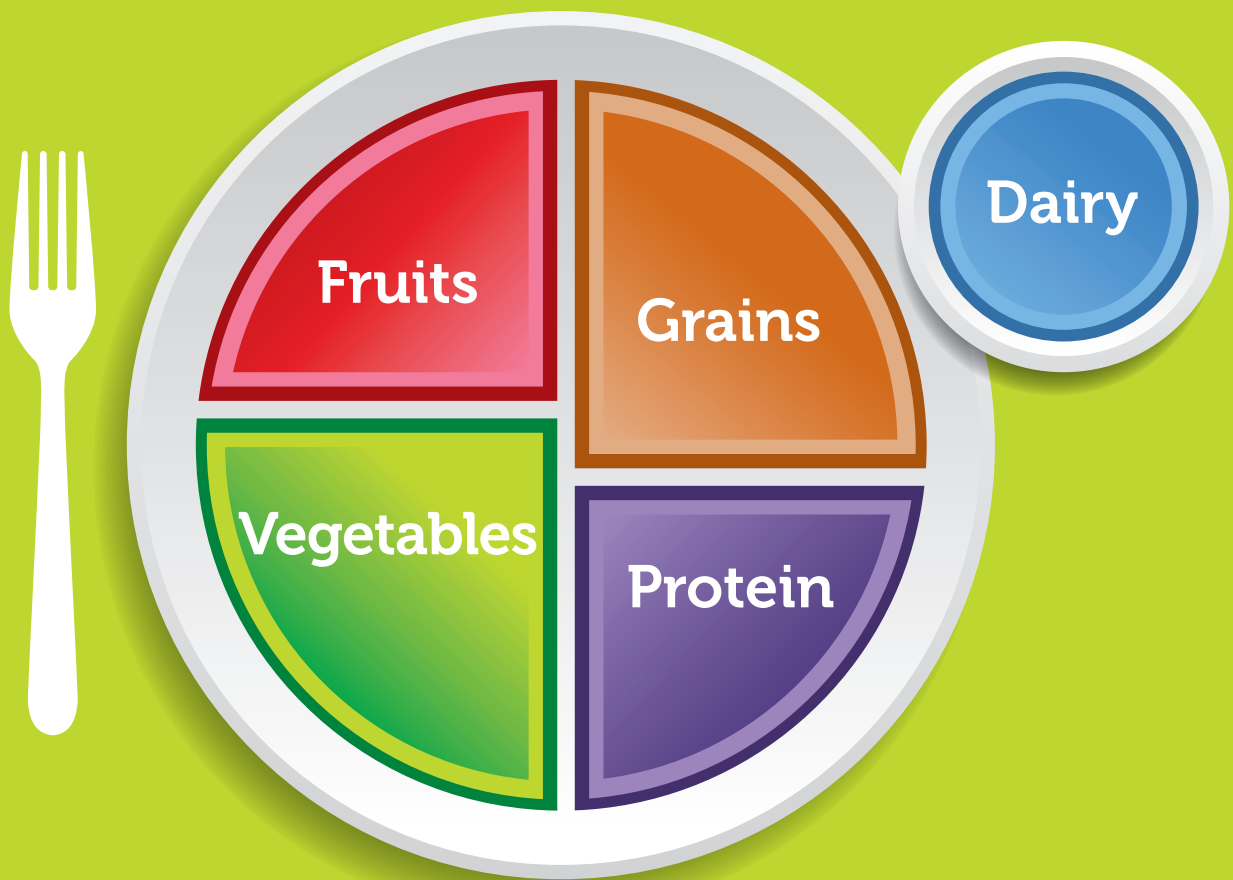
23. Hip Flexor Stretch
(keep back straight, tuck bottom under, lunge forward on front leg)



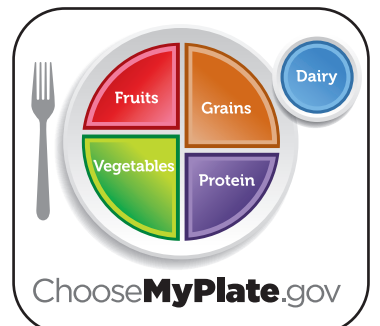
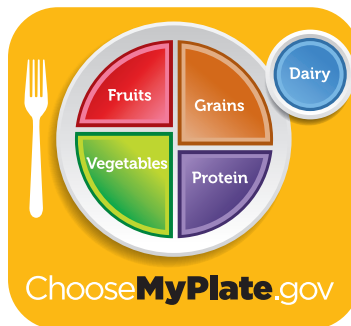
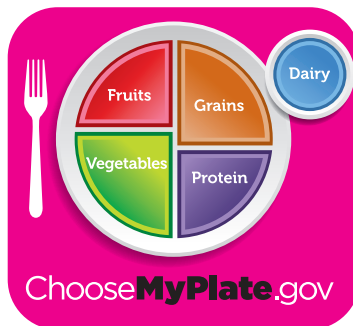
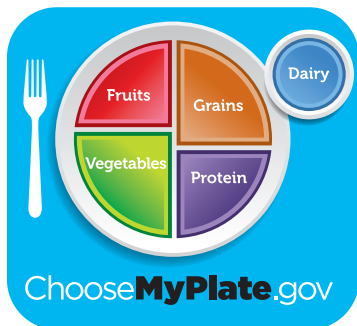
24. Tensor Fascia Stretch
(continue to push bottom forward, whilst pushing hip to the side)



25. Gastrocnemius Stretch
(keep knee straight and heel down, feet facing forward)



Choose**MyPlate**.gov



Tips to Help You Fall Asleep

When quitting smoking some people experience problems falling asleep. It is a good idea to get as much rest as you can as your body adjusts to being without cigarettes.

Here are some suggestions to help you get some zzzz's.

Get some **exercise** during the day. Start with 5-10 minutes and work up to 20-30 mins.



If you are is physically tired, you'll have an easier time falling asleep.

Do some deep and steady breathing

Place your hand on your lower belly and breathe way down deep, sloooooow-ly.

Keep regular hours



Try to go to sleep and wake up at the same time every day.

Create a relaxing evening routine. Try a cup of herbal or decaf tea.

TURN OFF ALL ELECTRONICS

One (1) hour before bed, and take the time to relax and wind down.

Get a sleep machine, or phone apps.



Try rhythmic soothing nature sounds like the ocean surf or rainfall.

Eliminate all sources of artificial light:

Clocks, cellphones, tablets, computers, nightlights...

Even the street light shining outside of your window can affect sleep

It can be hard to fall asleep when hungry. Eat a banana, drink a glass of warm milk, or try a small, warm sweet potato.



These foods boost serotonin which promotes sleep.

If you really can't sleep, and you have tried the above suggestions, **get up and do something and try to fall asleep a little later.**

Avoid electronics, like your phone. Try to read a book, browse a magazine, knit, solve a puzzle, or play solitaire with a deck of real cards.

Is something bothering you? Do you keep thinking about your To-Do's?



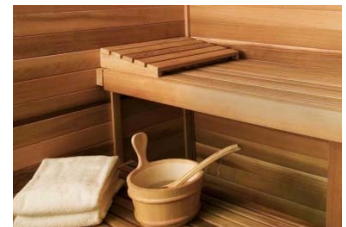
Keep a pad of paper and a pen by your bed, and **write it all down** until there's nothing more left to say.

Detoxing After Quitting

Now that you have quit smoking you may want to accelerate feeling better by cleaning out your body.

Here are a few ways to help clear you out:

1. Drink 6-8 glasses of water per day, every day (not soda, juice, coffee, etc.).
2. Morning detox-drink 16oz (tall glass) of warm water with a quarter of a lemon squeezed into it each morning before breakfast.
3. Build up your sweat equity - start exercising now if you haven't already started. Start slowly. Get to the point where you are actually sweating! The idea is to MOVE your body on most days of the week.
4. Get a skin brush from the health food store and brush your skin in the morning before your shower.
5. Take some hot baths. Pour in 2 cups Epsom salts (from any drug store), and relax...
6. Better yet...book some time at a sauna. You will feel great!
7. Eat plenty of fruits and veggies. Get plenty of Vitamin C, either by eating oranges, grapefruit, lemons and other fruits and veggies or taking Vitamins C tablets (Ester C is buffered and easier on your stomach). Aim for 1 gram to 3 grams per day. Chewable is good, too. (Former smokers need more Vitamin C)
8. Get out in nature-get to someplace where pollution is less. Ocean Beach, Golden Gate Park, the Marin Headlands are good bets and are accessible by bus. Breathe deeply. Keep it up. This **does** aid in clearing out your lungs.
9. Drink Milk Thistle tea. Or try Dandelion Tea. Both are very beneficial for the liver. Both are mild and generally regarded as safe herbal teas. If you decide to add sugar, be aware of how much you're adding!



HOW TO GET BACK ON TRACK- THE 3 DAY PLAN

Becoming tobacco-free takes more practice for some than for others. While trying to be tobacco-free, a few cigarettes here and there can too easily turn back into a regular habit. Here are some helpful hints to get you back on track.

DAY 1

- (1) Remind yourself about the reason you decided to become tobacco-free. Say it out loud for motivation!
- (2) List your trigger situations and develop a plan for coping with each situation without smoking.

TRIGGER	PLAN
_____	_____
_____	_____
_____	_____
_____	_____

- (3) Decide which part of the day is the hardest to get through without smoking. Plan to practice not smoking during that time.

HARDEST PART OF THE DAY	TOMORROW I WILL BE TOBACCO FREE FROM
_____	_____ to _____

DAY 2

- (1) Don't smoke or use tobacco during the time period you selected.
- (2) Call your buddy _____ or your Facilitator: _____ to support you.

DAY 3

- (1) Be tobacco-free for one full day (24 hours). Arrange to have your Facilitator call you to give you support.
- (2) Reward yourself for whatever progress you've made. Forget these words: failure or lack of willpower. Keep practicing until you make it! You can do it!

CLASS SIX- STAYING TOBACCO FREE & GRADUATION

PURPOSE

To provide direction for long-term success as a nonsmoker and to celebrate the accomplishments of the participants.

AGENDA

Item	Time
Welcome and review agenda	5
Deep Breathing	10
Post Test and Evaluation	10
Check-in	20
Smoking Scenarios	15
Staying Tobacco-Free	15
Graduation	15
Next steps	10

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 6 Materials

- ☐ Staying Tobacco-Free Handouts
- ☐ Smoking Scenarios (situations that graduates might encounter with group solutions)
- ☐ Stop Smoking Resources

PREPARE AHEAD OF TIME

- ☐ Certificates for all participants
- ☐ Cake or other special treat
- ☐ Empty pack of cigarettes for graduation

CLASS CONTENT

6.1 Welcome and congratulations (5 minutes)

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

Facilitator Script: “Welcome to the final class of the program! The purpose of this graduation session is to celebrate your tobacco-free success and strengthen your resources for staying tobacco-free. It is also a chance to look at what’s next if you haven’t yet quit smoking entirely.

6.2 Deep breathing (10 minutes)

- Lead the class in deep breathing/guided imagery exercise.
- Touch on each class starting with the Orientation through Class 5 and highlight participant accomplishments.
- Pay special attention to those who have not yet quit smoking and encourage them to keep going. (“It’s a process.”)

6.3 Post-test and evaluation (10 minutes)

- Distribute the post-test and evaluation forms.
- Explain that we’d like their honest feedback about the program so that we can learn what is working well with the program and what we can improve on for future classes.

6.4 Check-in (20 minutes)

- Initiate a check-in assuring participants that everyone will have a time to speak.

Check in Question:

- Where are you in the quitting process? How do you feel about where you are at?
- What has been the most successful tool for you? How are you planning to prevent relapse? Have them refer to Plan Ahead Part 2 for guidance.

6.5 Scenarios (15 minutes)

- Explain that this exercise will help them come up with solutions to scenarios that might tempt them to smoke.
- Split group into small groups (2-3 people) and distribute scenarios. Ask group to have someone read the scenario to the group, then everyone will brainstorm possible solutions. There is no single right answer, so get as many responses as you can. (7 minutes)
- Come back from a large group discussion about scenarios and solutions (8 minutes)

6.6 Staying Tobacco-Free (15 minutes)

- Distribute the “Staying Free from Tobacco” “Overcoming Challenges to Stay Tobacco Free” handout and review
- If possible give time for questions and answers.

6.7 Graduation (15 minutes)

- Offer cake or other refreshments to all.
- Play “Over the Rainbow” or other inspiring music.
- Each participant gets a certificate rewarding them as a practicing non-smoker, whether they have quit or not.
- Participants are invited to crush an empty pack (or do a victory dance) on their way up to get their certificate.

6.8 Next steps (10 minutes)

- Distribute “Stop Smoking Resources” handout and review.
- Pass out flyer to next Relapse Prevention meeting, if available. Clarify that the meetings are for anyone-people still in the process of quitting smoking and people who have quit smoking. Describe the types of activities that are offered.
- Talk about the Smoke-free Celebration at the end of the year.
- Thank everyone for their participation and congratulate all for their progress.
- Say that you will be in touch with them monthly, IF they want the continued support from TFP Staff.

SMOKING SCENARIOS

Here is a list of scenarios that may cause you to be tempted to not be tobacco-free. Have a plan in case you ever find yourself in one of these situations. Work with your small group to come up with a plan and write it down!

Scenario	Your Plan
<p>Your Smoking Friend.</p> <p>A friend you haven't seen in a while gets into your car and starts to tell you about her recent breakup. Before you know it, she begins to cry and she lights up a cigarette. You are now a non-smoker and don't allow smoking in your car. What would you do?</p>	
<p>Family Tragedy.</p> <p>There is a tragedy in your family and it's a stressful for time for everyone. What would you do to remain smoke-free?</p>	

Scenario	Your Plan
<p>At a Party.</p> <p>You are at a party and you are having a good time. It's crowded and many people are smoking. You recently stopped smoking. What do you do?</p>	
<p>Social Pressure</p> <p>You have recently stopped smoking. You are out at a bar with friends. One of them says. Come out and smoke with me...you're no fun since you stopped smoking?! What would you do?</p>	

Scenario	Your Plan
<p>Found Cigarettes.</p> <p>You are cleaning out your closet and you find an old pack of cigarettes in a jacket pocket. You think of having one just to see if you still like them. What do you do?</p>	
<p>Cigarettes at the Store</p> <p>You stop by your local convenience store and the clerk has a pack of cigarette waiting for you on the counter. You are struggling to stay off cigarettes. What do you do?</p>	

Scenario	Your Plan
<p>Non-Smoking Home</p> <p>You post a “No Smoking” sign outside your apartment door. Your friend comes over, sits down and lights up. What do you say?</p>	
<p>Other Scenarios</p>	

Overcoming Challenges to Staying Tobacco- Free

If you are facing challenges in maintaining being tobacco-free, don't be anxious or hard on yourself. First, continue to remind yourself why you have decided on this journey of becoming tobacco- free. Then, work each step of this handout and hang it somewhere you will see it.

Monitor you inner voice.
Listen for messages that say you
feel deprived and
change it to **DETERMINED**

Recognize Stressful Situations &
Practice techniques for
handling them

Identify past challenging
situations and create

Plans to Overcome:



Try to add
**30 more
minutes**

of exercise this
week

Track your eating
habits.

Find ways to eat
healthier!

Start a new hobby,
activity, clubs,
sports, volunteering

Set future goals
for celebration &
REWARD

Call or Meet Up
with a **Friend** for
Support

STAYING FREE FROM TOBACCO

Remember that you are fighting the craving that leads to smoking – not just the act of smoking another cigarette. Withdrawal symptoms and a desire to smoke may plague former smokers for months. To maintain your tobacco-free living first be aware of warning signs and then take immediate and positive actions to maintain your commitment to being tobacco-free.

8 Signs that You May Need Help Staying Tobacco-Free

1. You convince yourself that you can smoke “just one cigarette”
2. You notice other people smoking...and think about joining them
3. You allow yourself to become too **H**ungry, **A**ngry, **L**onely, or **T**ired (HALT)
4. You smell smoke from someone else’s cigarette, and it triggers a craving
5. You begin to fantasize or have fond memories of smoking
6. You buy a pack of cigarettes “just in case” something happens
7. You start thinking about the drawbacks of quitting
8. You start thinking of circumstances where it would be okay to smoke again

7 Positive Actions to Stay Tobacco-Free

1. Remember why you want to or already have become tobacco-free!
“I am smoke-free, because: _____”
2. Review your previous worksheets:
Take a look at your **tobacco-free plans** from Class 3 and 4.
3. Remember: You are FREE from tobacco!
Think of all the **health benefits and gains** you have already enjoyed!
4. Practice your **coping strategies** and dealing cravings handout from Class 3.
5. **Call** a friend or your facilitator.
6. Recite and practice the 5 D’s.
7. Practice **Deep Breathing**.
8. **Stop...Think...Don’t Smoke!**

POETRY FOR SAN FRANCISCO STOP SMOKING CLASS

GRADUATION

November 25, 1997 Day 28

The act of quitting is the act of beginning
An act of losing cigarettes is an act of
winning

True to yourself is all you can be
By sneaking...I'm cheating only me.

It's difficult, don't get me wrong
When I feel weak, I must be strong
Yet, in return, I get my life back
In a better light, on a better track

"Just do it!" I say to myself
"Put 'em in the garbage, get 'em off the
shelf."
Then, when they're gone, I feel more at
ease
After all, it's me I am to please

There's a hole left where a cigarette was
To fill it I work out, chew gum, because
I'm alone in my quest, I will persevere
In 50 years, I'll still be here...
HEALTHY.

Autobiography in Five Short Chapters

Chapter I

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am hopeless.
It isn't my fault.
It takes forever to find a way out.

Chapter II

I walk down the same street.
There is a deep hole in the sidewalk.
I **pretend** I don't see it.
I fall in again.
I can't believe I am in this same place.
But it isn't my fault.
It still takes a long time to get out.

Chapter III

I walk down the same street.
There is a deep hole in the sidewalk.
I **see** it there.
I still fall in... it's a habit... but,
my eyes are open.
I know where I am.
It is **my** fault.
I get out immediately.

Chapter IV

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter V

I walk down another street



California Smoker's Helpline:

English: 1-800-662-8887
Mandarin/Cantonese: 1-800-838-8917
Vietnamese: 1-800-778-0866

Spanish: 1-800-456-6386
Korean: 1-800-556-5564
TDD/TTY: 1-800-933-4833

STOP SMOKING PROGRAMS IN SAN FRANCISCO* June 2016

Free Smoking Cessation Groups	
SFDPH Tobacco Free Project Stop Smoking Program at ZSFGH 2550 23 rd St. Zuckerburg San Francisco General Hospital and Trauma Center. Weekly group cessation classes. Telephone support, after-care telephone support, relapse prevention group, wheel chair accessible. Now offering both daytime and evening cessation classes. No charge. www.sfsmokefree.org	415-206-6074 office
The Last Drag Group cessation for lesbian, gay, bisexual, transgender and HIV+ smokers. No charge. www.lastdrag.org Email: info@lastdrag.org	415-339-STOP 415-339-7867
Free Self-Help and Online Programs	
Nicotine Anonymous 12-step self-help group program. Visit website for locations, hours, and free materials. Meetings are held face-to-face or over the internet or telephone. Telephone Meetings Information: https://nicotine-anonymous.org/phone-meetings.html Online Meetings Information: http://nicotine-anonymous.org/internet-meetings.html	http://nicotine-anonymous.org/
Northern California Intergroup of Nicotine Anonymous 12-step self-help group program. Visit website for additional Bay Area locations & hours. San Francisco meetings: Wednesday 6:30 pm 1748 Market St. Ste. 202. 415-775-7171 Saturday 10:00 am The Dry Dock, 2118 Greenwich St. 415-308-1886	http://www.nica-norcal.org/index.shtml
SMART RECOVERY San Francisco office, 900 Hyde Street, 2 nd floor, Hoffman room. Free classes to the public for all addictive behaviors. Check website or call for meeting dates/times. http://www.smartrecovery.org/meetings_db/view/showalpha_state.php?search=C	415-891-9925 SmartSFCA@gmail.com
Tobacco Control Research Branch of the National Cancer Institute Sign up for SmokeyfreeTXT , a mobile text messaging service created to provide 24/7 encouragement, advice, and tips. You can also download the free quitSTART App to get tailored tips, inspiration, and challenges.	http://smokefree.gov/
San Francisco Department of Public Health (SFDPH) Smoking Counseling Services	
Chinatown Public Health Center 1490 Mason Street. One-to-one counseling services, telephone support offered through <i>Primary Care Behaviorist Unit at the healthcare center</i> . Call for dates and information in English, Cantonese, Mandarin, Tagalog, and Vietnamese. No charge.	415-364-7600
Curry Senior Center 333 Turk St. One-to-one counseling services offered through Primary Care Behaviorist Unit. Must be patient of this center. Call for information. No charge.	415-885-2274
Family Health Center 890 Potrero Ave. One-to-one counseling services offered through Primary Care Behaviorist Unit.. Must be patient of FHC and be referred by a FHC provider. Call for information. No charge.	415-206-6991
Maxine Hall Health Center 1301 Pierce Street. One-to-one counseling services offered through Primary Care Behaviorist Unit.. Must be patient of MHHC. Call for information. No charge.	415-292-1300
Potrero Hill Health Center: 1050 Wisconsin Street. One-to-one counseling available, must be a patient of PHHC. Call for information.	415-648-3022
Southeast Health Center 2401 Keith St. One-to-one counseling services offered through Primary Care Behaviorist Unit. Must be patient of SEHC. Call for information. No charge.	415-671-7000

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Revised: 6/2016



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STOP SMOKING PROGRAMS IN SAN FRANCISCO* June 2016

Non-profit Organization and Hospital Programs – Some are fee for service	
American Heart Association 426 17 th St. #300, Oakland, CA. Self-help materials, referrals.	510-903-4050
BREATHE California 1 Sutter St., San Francisco, CA 94104. Support groups and self-help materials. Youth cessation classes in San Francisco schools. Free “Ash Kickers” adult cessation groups for San Mateo residents and workers. There is a \$75.00 fee for San Francisco residents. Visit website for more information: www.ggbreathe.org/	650-994-5868
Chinese Community Health Resource Center 835 Pacific Ave. Referrals to Cantonese/Mandarin programs. Smoking cessation counseling. https://www.cchrhealth.org/	415-677-2473
CPMC No Ifs, Ands, or Butts! 2100 Webster St, room 106. Intensive course focusing on traditional skills and strategies, holistic approaches such as hypnosis, acupuncture, and mindfulness. Meeting with a therapist six-session series of classes. Fee \$50. Call for more information.	415-923-3155
Kaiser Permanente 2425 Geary Blvd. Three cessation formats available, including support group, short info group, and on-line help. Call Health Education Department for information.	415-833-3450
Quit for Life: ALERE One-on-one phone counseling from the American Cancer Society. Available in Spanish and English for various employers and insurance groups. http://www.alerewellbeing.com/quit-for-life/	866-434-9750
UCSF Medical Center Fontana Tobacco Treatment Center Four-week cessation program at 2330 Post St., Ste 420, \$55 fee. Weekly relapse prevention program at 1600 Divisadero Street, Room H3906, \$5 suggested donation. Call for more information. Some scholarship assistance is available. http://www.ucsfhealth.org/clinics/tobacco_treatment_center/	415-885-7895
Spanish/English San Francisco Online Stop Smoking study (UCSF/Palo Alto University, funded by Tobacco-Related Disease Research Program). Automated self-help website. No charge.	stopsmokingsf.org
Alternative Programs – Most programs are fee for service	
Bay Area Hypnosis Center 655 Skyway Rd, #115, San Carlos. Free consultation and guaranteed smoking cessation program. Call for fees. http://www.bayareahypnosiscenter.com/	650-591-5327
Bay Natural Medicine-Dr. Minna Yoon, ND, L.Ac. 919 Irving St., Suite 104. Acupuncture, nutritional support for cessation/withdrawal. \$100/session. http://www.baynaturalmedicine.com/	415-564-3200
Community Acupuncture Project 555 DeHaro St. Ear acupuncture, herbal tea, and resources. Donation \$5.00-\$10.00. http://www.actcm.edu/	415-355-1601
Hypnosis for Health 815 Hyde Street, Suite 302. Hypnosis, MP3's. Three years of free relapse prevention support included. Free half hour consultations for San Francisco residents. Call for fees. http://hypnosis4health.com/	415-775-7797
Stop Smoking Now Program San Francisco office. Stop smoking in one session. Hypnotherapy, CD's, free phone consultation, lifetime guarantee, and sliding scale. East Bay clinic also. http://www.hypnosissanfrancisco.com/	925-215-4017

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Revised: 6/2016

HEALTHY and FUN LIFESTYLE RESOURCES

Support your new, tobacco-free healthy life style by checking out these free activities. Be adventurous –make a game of finding new activities that are free or low-cost, fun and inspiring!

Tobacco Free Project Stop Smoking Program Relapse Prevention (415) 206-6074

After you have successfully completed the program, please come to our Relapse Prevention meetings for social support, health information, and relaxation activities.



YMCA Central Branch | (415) 777-9622 | www.ymcasf.org

YMCA is a great place to take free and low-cost physical activity classes from yoga to swimming. There are many YMCAs throughout the city- check out their website to find the one closest to their home or call the numbers above. Low-cost memberships are available based on financial need.

FARMERS MARKETS

A great way to buy inexpensive, fresh produce and support California farmers while having fun! All Farmers Markets take EBT cards. A full list of farmer's markets here: <https://togetherinfood.wordpress.com/s-f-farmers-markets-the-full-list/>

Day	Time	Location
Tuesday	10:30AM -2:30PM	Ferry Plaza, Embarcadero at Market Street
Wednesday	7:00AM-5:00PM	Civic Center on Market between 7 th and 8 th Street
Thursday	9:00AM-1:00PM	Serramonte, behind the Target in Daly City
Saturday	6:00AM-3:00PM	100 Alemany by Putnam and Crescent
	8:00AM-1:30PM	Ferry Plaza, Embarcadero at Market Street
Sunday	7:00AM-5:00PM	Civic Center on Market between 7 th and 8 th Street

San Francisco Main Library has interesting exhibits and presentations, as well as many interesting books for children and adults: 100 Larkin St., (415) 557-4400.

LOCAL MUSEUMS with FREE DAYS

California Palace of the Legion of Honor Museum is free every Tuesday 9:30-5:00, in Lincoln Park at 34th Avenue & Clement Street; (415) 863-3330.

California Academy of Sciences is full of fun exhibits fun for children and adults, like an aquarium and a real rainforest! Free quarterly Sundays for everyone, and on Neighborhood Free Days based on your zip code with proof of residency: <http://www.calacademy.org/neighborhood-free-weekends> or call (415) 379-8000.

San Francisco Zoo has Free Days for San Franciscans with a proof of residency (ID or bill). Visit <http://www.sfzoo.org/visit/tickets-hours.htm> or call (415) 753-7080 for dates.

The Exploratorium is a fun hands-on science museum. To find the next Free Day visit <http://www.exploratorium.edu/visit/free-days-and-reduced-rates> or call (415) 528-4360.

S.F. RECREATION AND PARKS | sfrecpark.org | (415) 831-2700

SF Rec Park has many programs and rec centers throughout the city. Check the “Community Recreation Services” listing for your neighborhood. For drama, dance and music: (415) 554-9523.

GOLDEN GATE PARK | goldengatepark.com

Another gem where you can explore parks and museums!

- **Lawn Bowling Lessons** are free on Wednesdays 5:30-7:30 pm at Sharon Meadow in Golden Gate Park. Call (415) 831-0883 for more information and to make reservations.
- **Strybing Botanical Gardens** are open free to the public every day of the week at Ninth Avenue and Lincoln Way in Golden Gate Park 8:00-4:30 M-F and 10:00-5:00 weekends and holidays. Guided tours are held daily at 1:30.
- **AIDS Memorial Grove** free tours Thursdays 9:30 am – 12:30 pm, or by appointment by calling (415) 750-8340.
- **Stow Lake** off Kennedy Way, Golden Gate Park is a great place to take a walk!



GOLDEN GATE NATIONAL PARKS CONSERVANCY | www.parksconservancy.org (415) 561-3000

- **Plan your visit** to more than 40 local parks and see **Upcoming Events** such as gardening opportunities, guided walks and tours.
- **Find FREE shuttle rides** leaving from local libraries and going to new parks in the city and out of the city.

Crissy Field Center has a variety of programs including guided walks, and performances. Visit their center Wednesday through Sunday; call (415) 561-7752 for calendar and information.

Presidio Visitor Center also has presentations and events; (415) 561-4323.



SUNDAY STREETS | sundaystreetssf.com

Sunday Streets closes stretches of city streets to car traffic, and opens them to people on a Sunday once a month from 11am to 4pm, so that people can enjoy a large public space where they can bike, walk, run, dance, do yoga, or do any other physical activity.

FREE WALKING TOURS

- **City Guides** free walking tours of San Francisco neighborhoods and historic sites. Schedules are available at all S.F. public libraries, (415) 557-4266.
- **Free Tours by Foot** offer free walking tours of various neighborhoods! Visit: <http://www.freetoursbyfoot.com/free-san-francisco-tours> or call (415) 295-2207.

PLANET FITNESS | \$10 GYM MEMBERSHIP | planetfitness.com

(415) 433 3033, 350 Sansome St, SF, or 2945 Junipero Serra Blvd, Daly City

- For only \$10 per month, you get unlimited access at one gym location.
- For \$20 per month you can use any Planet Fitness gym and enjoy other benefits.

Community Acupuncture Resources in San Francisco

Name (Discounts)	Location	Contact	Price	Sliding scale?	Mon	Tue	Wed	Thu	Fri	Sat	Sun
San Francisco Community Acupuncture	220 Valencia St San Francisco, CA 94103	missionsfca.com 415-675-8973	\$30-\$50	Yes	9am - 8pm	9am - 8pm	9am - 8pm	9am - 8pm	9am - 5:30 pm	9am - 5:30 pm	9am - 5:30 pm
Community Acupuncture Works	2889 24th St. San Francisco, CA 94110 Between Florida and Bryant	http://www.caworks.org/ 415.861.0104 info@caworks.org	\$20-\$40	Yes	3 pm – 8 pm	2 pm – 7 pm	10am – 2:30 pm and 3pm – 8 pm	2 pm – 7 pm	1 pm – 6 pm	11am – 4 pm	
Circle Community Acupuncture \$15 for Seniors and Veterans Mon - Fri 11am - 2pm	1351 Harrison St, San Francisco, CA 94103	http://www.circleca.com/ (415) 864-1070 info@circleca.com	\$20-\$40 + \$10 fee for new patients	Yes	11am - 7pm	11am - 7pm	11am - 7pm	11am - 7pm	11am - 6pm		11am - 3pm
Tiny Needles San Francisco Ages 60+: Pack of 5 Treatments \$110, Happy Hour Treatments \$20	1808 McAllister Street, San Francisco CA 94115 On the corner of Baker	(415) 409-1506 hello@tinyneedlesf.com	First time patients: \$40 Existing Clients: \$25	Not sure	11am - 7pm	11am - 7pm	3pm - 7pm	11am - 7pm	8am - 7pm	11am - 6pm	12pm - 4pm
American College of Traditional Chinese Medicine (ACTCM) Main Discount for Medi-Cal patients	450 Connecticut St, San Francisco, CA 94107	https://www.actcm.edu/clinic/ 415 282 9603	\$45 – \$65	Yes	8:30 am – 9 pm	8:30 am – 9 pm	8:30 am – 9 pm	8:30 am – 9 pm	8:30 am – 5 pm	8:30 am – 5 pm	
ACTCM - Ear Clinic Ear acupuncture, herbal tea, and resources	450 Connecticut St, San Francisco, CA 94107	415-355-1601, extension 313	\$5 – suggested donation	Yes	1:30 – 4:15 pm		9:00 – 11:45 am				