



## R.E.A.L. Goal<sup>SM</sup>: Tobacco Quit Plan

*(Realistic, Easy, Attainable, Life Goals)*

**Example:** I will prepare for quitting tobacco by building a quit plan.

**NOTE:** Prevea360 Health Plan members 18 years and older can enroll in free tobacco cessation programs, which may include 12 weeks of nicotine replacement (e.g., gum, patches) and/or medications, and assistance from a coach. Visit [prevea360.com/Wellness/Quit-for-good](http://prevea360.com/Wellness/Quit-for-good) for program options.

### The benefits:

One of the keys to a successful quit plan is preparation. Thinking ahead becomes your roadmap and allows you to get ready emotionally, physically, and spiritually for your quitting journey. It will provide you with strategies to keep you focused, motivated, and confident that you can quit. A quit plan will help you identify challenges you will have along the way and ideas for how to overcome them.

### The following steps will help you create your own quit plan:

#### Step 1: Pick a Quit Date \_\_\_\_\_

- Many tobacco users choose a date within two weeks to allow enough time to prepare.
- Avoid choosing a date where you know you will be busy, stressed, or especially tempted to use tobacco products.
- Consider posting your quit date somewhere you will see it every day.

#### Step 2: Identify your reason(s) to quit tobacco. Make a list and keep it in a place you can see it every day to reinforce your commitment to quitting.

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• I am ready for a positive change.</li> <li>• I want to improve my health.</li> <li>• It is too expensive/a waste of money.</li> <li>• It's a hassle.</li> <li>• It's negatively affecting my relationships.</li> <li>• I'm planning on having a baby.</li> </ul> | <ul style="list-style-type: none"> <li>• I feel judged by others.</li> <li>• I want to set a great example for my kids.</li> <li>• I don't want to expose my family and friends to secondhand smoke.</li> <li>• _____</li> <li>• _____</li> </ul> |
|---|---|

**Step 3: Identify your tobacco use triggers.** Identifying the situations ahead of time allows you to plan for ways to deal with them or avoid the situation.

### Habit Triggers

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Talking on the phone | <input type="checkbox"/> Driving       | <input type="checkbox"/> Drinking coffee/tea |
| <input type="checkbox"/> Drinking alcohol     | <input type="checkbox"/> Before bed    | <input type="checkbox"/> _____               |
| <input type="checkbox"/> Watching TV          | <input type="checkbox"/> Following sex | <input type="checkbox"/> _____               |
| <input type="checkbox"/> Eating               | <input type="checkbox"/> Work break    | <input type="checkbox"/> _____               |

### Emotional Triggers

- |  |  |                                |
|--|--|--------------------------------|
| <input type="checkbox"/> Stressed      | <input type="checkbox"/> Bored                     | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Anxious       | <input type="checkbox"/> Lonely                    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sad/Depressed | <input type="checkbox"/> Satisfied                 | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Excited/Happy | <input type="checkbox"/> Cooling off after a fight |                                |

### Social Triggers

- |   |   |                                |
|---|---|--------------------------------|
| <input type="checkbox"/> At work            | <input type="checkbox"/> Being with friends who smoke | <input type="checkbox"/> _____ |
| <input type="checkbox"/> At home            | <input type="checkbox"/> Seeing someone else smoke    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> At a bar           |   |                                |
| <input type="checkbox"/> Party/social event |   |                                |

### Withdrawal Triggers

- |   |   |                                |
|---|---|--------------------------------|
| <input type="checkbox"/> Craving the taste  | <input type="checkbox"/> Need to do something with hands or mouth       | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Smelling the smoke | <input type="checkbox"/> Handling the tobacco product, lighter, matches | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Feeling restless   |   |                                |

**TRIGGER:** The situation, event, or behavior that sets off the urge to use tobacco (Thoughts, feelings, habits, social, withdrawal).

### AVOID:

- Skip the morning routine of coffee
- Avoid social situations involving alcohol
- Stay away from former use “hangouts”
- Leave the dinner table immediately after a meal

### ALTER:

- Drink tea or juice instead of coffee
- Hold cup/mug in the opposite hand
- Walk, bike, right away in am or instead of TV
- Remind self that tobacco will not change the difficult situation

### ALTERNATIVES:

- Relaxation technique in a stressful situation or call a friend
- Chew sugarless gum
- Eat sugarless candy, fruit, veggies (carrots/celery)
- Fix things/garden to keep hands busy
- Positive self-talk

**URGE:** Time-limited. Has a beginning, climax point, and end. Usually lasts three to five minutes; whether you use or not.

Four Ways to Fight Urges:

- Delay - allow some time before using. Urges pass in three to five minutes.
- Deep Breathe - or focused breathing
- Do something else - focus on being busy
- Drink water - slowly sip water. Water helps flush nicotine out of the body

## Ideas Other Than Using Tobacco

- Get up and get moving
- Take a walk
- Do a puzzle
- Play a game
- Hold a straw, pretzel stick, sucker
- Physical activity
- Chew sugarless gum, eat a low-calorie snack
- Brush teeth
- Start a new hobby
- Use the opposite hand to drink coffee
- Do ANYTHING to avoid using. It's a matter of action.
- Read
- Build a model car, airplane, etc.
- Knit, crochet, something crafty
- Squeeze a ball
- Throw darts
- Weed the garden/mow
- Chores
- Work with your hands
- Listen to relaxation exercises or music
- Play with a child/pet
- Talk it out
- Don't get to the point of hunger, anger, loneliness, tired. Do something active.
- Start a sit up, plank, squat, etc. challenge
- Date night
- Movie
- Doodle
- Color
- Plan a reward calendar
- Dream big - Go window shopping for a new car, boat, RV
- Golf
- Fly a kite
- Hike
- Search recipes and make something new
- Make another list of reasons to stay quit
- Bike ride
- Complete a long-overdue task
- Photography
- Journal "Three good things" or daily gratitude
- Dance
- Yoga
- Make a gratitude list
- Play cards
- Play video games
- Sudoku/crossword puzzle
- Solve riddles
- Pool/billiards
- Museum/art gallery
- Get a massage
- Volunteer
- Rearrange the furniture in the house
- Turn on your favorite song/music
- Read the newspaper
- Listen to the mindfulness cd that you received in class
- Eat a dill pickle
- Do 3 sets of ten jumping jacks

- Floss
- Write a letter to someone
- Clean the garage/basement
- Wash and wax the car

**STEP 4: Develop coping strategies.** When you stop tobacco use, your system will go through nicotine withdrawal as it adjusts. Having ideas to cope with withdrawal ahead of time can help you stay tobacco-free for good! When you combine medication with behavior changes and other quit strategies, research shows the greatest success for quitting for good.

- Before your quit date, consider having Nicotine Replacement Therapies (e.g., gum, patches) and/or medication on hand.
- Review your quit plan and delay acting on the urge to smoke.
- Call a friend/family member or the National Quit Line: 800-784-8669
- Do something active.
- Go somewhere smoke-free.
- Drink water.
- Deep breathe.

**STEP 5: Let loved ones know you are quitting.** It can be hard to ask for help. Let them know exactly how they can help you quit.

**STEP 6: Remove reminders of tobacco use.**

- Clean your spaces to freshen the area.
- Throw away **ALL** tobacco products and accessories. Don't save anything "just in case."
- Wash the smoke out of your clothes, towels, sheets.
- Go room-by-room and check pockets, handbags, briefcases, etc. for tobacco products.
- Use air freshener.

**STEP 7: Know where to turn for immediate help.** The first few weeks are the hardest. You will experience cravings, preoccupation and temptation to use, uncomfortable feelings, and withdrawal symptoms.

- National Quit Line: 800-784-8669
- Friends/Family
- Spiritual Support
- Tobacco Cessation Coach
- Nicotine Replacement Therapies
- Keep gum, toothpicks, coffee stirrers, licorice, or cinnamon sticks ready
- Talk with your doctor about medication
- Quit smoking apps, texting, online support
  - [smokefree.gov/tools-tips/apps](https://smokefree.gov/tools-tips/apps)
  - [smokefree.gov/smokefreetxt](https://smokefree.gov/smokefreetxt)
  - [smokefree.gov/tools-tips/get-extra-help/speak-to-an-expert](https://smokefree.gov/tools-tips/get-extra-help/speak-to-an-expert)

**STEP 8: Celebrate Quit Milestones.** Whether it is minutes, hours, or one day at a time; reward yourself through your quit process. Celebrate being 24 hours, one week, and one-month tobacco-free.

- Be proud of your accomplishments! This is hard work.
- Put aside the money you would have spent on tobacco and do something for yourself.
- Sleep in on the weekend.
- Get a massage.
- Join a gym.
- Do a fun activity.
- \_\_\_\_\_
- \_\_\_\_\_

To choose another goal, go to: [prevea360.com/realgoals](https://prevea360.com/realgoals)

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)