IT’S TIME TO QUIT FOR GOOD HEALTH

of hope

TOBACCO CESSATION PROGRAM

Community Care • One Chatham Center, Suite 700 • Pittsburgh, PA 15219 • 1-866-225-8044
PITFALLS

A pitfall is a short parting from your plans. Pitfalls can happen with any habit you are trying to break (such as smoking) or continue (such as exercising or keeping doctor appointments).

Everyone has pitfalls in whatever habit they are trying to quit or continue. If you had a pitfall today, you need to just continue on and not beat yourself up. Get back on track.

- Don’t let a little slip up destroy your successful yesterdays and tomorrows.
- Don’t let pitfalls cause you to abandon your goals.

Pitfalls can be turned into powerful learning opportunities by looking at the surrounding situation, the emotion, and other factors.

A Pitfall Worksheet is included in this booklet. An example of how to use the worksheet is provided. Using the worksheet will help you to identify:

- Problem situations.
- Problem times or days of the week.
- Problem emotions or stress.
- Things that happen that make you want to smoke. These things are sometimes called triggers. An example of a trigger is having a fight with a friend.
- What would help you the next time.

DID YOU KNOW...

Smoking around others causes harm to them.

When you smoke, the air around you is polluted with tobacco smoke. This smoke is called second-hand smoke. Second-hand smoke comes from 2 sources. The burning end of the cigarette produces smoke, and you the smoker exhale smoke.

When you smoke near another person they are breathing second-hand smoke. Evidence shows that second-hand smoke can increase the risk of heart and blood vessel disease (cardiovascular disease or CVD). An estimated 39,000 people die each year from cardiovascular disease caused by second-hand smoke.
# PITFALL WORKSHEET

<table>
<thead>
<tr>
<th>DATE AND TIME</th>
<th>HOW MUCH TOBACCO DID YOU USE?</th>
<th>WHAT KIND OF DAY DID YOU HAVE?</th>
<th>WHAT HAPPENED IMMEDIATELY BEFORE YOU USED TOBACCO?</th>
<th>HOW WERE YOU FEELING?</th>
<th>OTHER</th>
<th>WHAT CAN YOU LEARN FROM THIS EXPERIENCE OR DO DIFFERENTLY NEXT TIME?</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 11 6 P.M.</td>
<td>2 cigarettes</td>
<td>Very busy</td>
<td>I opened the electric bill and it was much higher than expected.</td>
<td>Depressed and stressed</td>
<td></td>
<td>Be more careful around cigarettes especially if I am depressed. Try a stress management technique. Take a walk at this time of the day.</td>
</tr>
</tbody>
</table>
How Does Stress Affect Me?

Over time, stress can affect the way you feel, think, and act. You need some time when you are free of stress. You need ways to get relief from stress. Without these things, the effects of stress build up and appear as symptoms. Symptoms are signs that something may be wrong with your health. Below, you will find a checklist of symptoms that long-term stress can cause. Do you think, feel, or act different than usual during or after stressful times? Those changes could be caused by stress. Think about the last thirty days and then place check marks next to the symptoms you have had.

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<th>Emotional Symptoms</th>
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<td>□ Driving too fast</td>
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<td>□ Bossiness</td>
<td>□ Road rage</td>
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<td>□ Short temper</td>
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<td>□ Abusing alcohol</td>
</tr>
<tr>
<td>□ Eating too little or too much</td>
<td>□ Being unable to finish tasks</td>
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<tr>
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<th>Physical Symptoms</th>
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<tr>
<td>□ Easily bothered</td>
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</tr>
<tr>
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<td>□ Very anxious</td>
</tr>
<tr>
<td>□ Annoyed</td>
<td>□ Tight neck or shoulders</td>
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<tr>
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After you finish checking off the symptoms you have had in the last thirty days, go back to the list and circle the ones that you think may be related to stress.

**Important Message:**
*Are you having changes in the way you think, feel, or act? Have your symptoms become worse? Do they happen more often? You may be at risk of a stress-related illness.*

**Some symptoms are caused by health problems other than stress. Talk with your doctor about any symptoms you are having.**

Do you have very few symptoms of stress? Good for you! If you circled more than a few symptoms, don’t be upset; Deep breathing can help you reduce the effects of stress and is easy to learn.

**Deep Breathing**

Breathing from the belly is the right way to breathe. Most people do not know the correct approach to breathing. Many breathe from their upper chest, which causes less oxygen to get into the bloodstream. The result is that your brain does not get enough oxygen, and you find it hard to stay alert and focused.

When you breathe from your belly, it is called “belly breathing.” You take in more oxygen when you belly breathe, which helps you relax and think clearly. During belly breathing, you should feel your belly rise. This happens as your lungs fill with air. Belly breathing triggers your body to relax, causing you to feel less stressed.

**Let’s Get Started!**

Deep breathing is a focused form of belly breathing. Before you practice deep breathing, try this warm-up. Try to have someone read you these steps as you do them. If that is not possible, read through all the steps yourself before trying deep breathing on your own. Look at the steps only when you need to.

1. Lie on your back and relax. You may sit if you are not able to lie down.
2. Put one hand on your belly. It should be right on top of your navel. Put your other hand on the center of your chest.
3. Breathe normally through your nose if you can do so with comfort. If not, breathe through your mouth.
4. Continue breathing normally. Notice how your hands are moving. Notice which hand is moving more.
5. Inhale. When you exhale, blow out all the air you can. Do this twice in a row.
6. Breathe normally for a few breaths. Notice the movement of your hands again. Do you notice any changes? __________________________________________________________
7. Now breathe in slower and deeper than usual. Focus on making your belly move more and your chest move less.
8. Take another breath this way.
Was the hand on your belly moving more than the other hand? Good -- you’ve got the hang of it! Did you find that the pause between breaths got a little longer by Step 6? If so, you are doing very well! If you didn’t notice much change, try the above warm-up one more time.

When you are ready, try the steps below.

1. Uncross your arms and legs.
2. Let your face and jaw relax. (Your teeth should part a little. Your lips should stay together.)
3. Relax your neck. Drop your shoulders. Let your back “melt” into the floor or chair.
4. Inhale through your nose. Picture your belly as a balloon filling slowly with air.
5. Pause for a second.
6. Exhale slowly, all the way, through your nose. Keep your belly relaxed.

Is your chest rising more than your belly? Then you are not deep breathing.

**Tip:** If it is hard to breathe through your nose when deep breathing, breathe through your mouth instead.

**Practicing Deep Breathing**

Learning how to deep breathe will take practice. To start, practice deep breathing at times when you do not feel very tense. This will help you feel how deep breathing can relax you. Practicing this approach to breathing will help you use deep breathing to relax when you do feel very tense. Practice deep breathing as often as you can.

How will deep breathing help you? It will:
- Reduce your stress
- Help you relax
- Focus your mind
- Improve how your body deals with stress

**More Ways to “Bust” Stress**

Here are a few more ways to avoid or reduce the amount of stress in your life:
- Keep a list of things you need to do so you don’t forget.
- Don’t put tasks off till later. Do what needs to be done. Decide what you want to do first and work on that task till it is done. Then cross it off your list.
- Keep things neat. Living in a neat house will help you relax. So will working in a neat office.
- Smile and laugh and jump and sing every day! Have fun!
- Know that it’s okay to say “NO.” You can’t do everything.
- Walk. You’ll look and feel better.
- Remember that you are a good person. Making mistakes is human.
- Enjoy some quiet time. Sit and let your thoughts go.
- Share your feelings with others.

**A Bonus Tip:**
Here is something else good for you to do: go for a walk. Walk every day. Walk whenever you can. Does walking help you feel happy and calm? Decide for yourself.
What Can Happen to Your Lungs if You Smoke

Smoking cigarettes causes many changes in your lungs and airways. Some of these changes happen slowly. Some changes can last a long time or the rest of your life. Smoking is a major cause of emphysema, a chronic disease of the lungs. “Chronic” means that if you emphysema, you’ll have it for the rest of your life.

Here is a list of the changes that happen in your lungs and airways when you smoke:

- Within a few minutes after you start smoking a cigarette the natural cleaning system of your lungs slows down. Everyone has hairs (called cilia) in their lungs. These hairs clean the lungs. Smoking slows down the cleaning and also decreases the number of hairs that do the cleaning. This will decrease the lungs ability to clean itself.
- The cells that produce mucus in your lungs and airways grow in size and number. As a result, the amount of mucus increases. The mucus is also thicker. The mucus is not cleaned out well. So, mucus stays and clogs your airways and makes you cough. This extra mucus can easily get infected.
- Your lungs and airways get irritated and inflamed. They become narrow and reduce the air flow. Even one or two cigarettes can cause irritation and coughing.
- As you age, it’s normal for your lungs not to work as well. When you smoke, your lungs age faster.
- Your lungs can be destroyed. When lung tissue is destroyed, the number of air spaces and blood vessels in the lungs decreases. Less oxygen is carried to the body.
- You are less protected from infection. When you smoke, the natural defenses your lungs have against infection do not work well.

Cigarette smoke has chemicals that can make normal cells change into cancer cells. Lung cancer is the leading cause of cancer death in the United States. Smoking causes 85% of lung cancer.

If you have emphysema...

<table>
<thead>
<tr>
<th>When you smoke:</th>
<th>When you quit smoking:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your lungs are destroyed over time.</td>
<td>You get a small improvement right away.</td>
</tr>
<tr>
<td>Your lungs are less able to take fresh air in and</td>
<td>The disease slows down.</td>
</tr>
<tr>
<td>let stale air out.</td>
<td></td>
</tr>
<tr>
<td>Your lungs and airways produce a lot of mucus that</td>
<td>You have a better chance of living longer.</td>
</tr>
<tr>
<td>blocks air flow.</td>
<td></td>
</tr>
</tbody>
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Related to lung cancer...

<table>
<thead>
<tr>
<th>When you smoke:</th>
<th>When you quit smoking:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-cancer tissue can change to cancer.</td>
<td>Pre–cancer tissue may return to normal.</td>
</tr>
<tr>
<td>Your risk of lung cancer and death is 20 times greater</td>
<td>Your risk of lung cancer decreases within 5 years</td>
</tr>
<tr>
<td>than a non-smoker’s.</td>
<td></td>
</tr>
<tr>
<td>Your risk increases the more you smoke and the longer</td>
<td>You have a better chance of living longer.</td>
</tr>
<tr>
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</tbody>
</table>
What Can Happen to Your **Heart** if You Smoke

When you smoke you are not just destroying your lungs. Other organs are damaged by smoking, including your heart. Smoking causes more than 230,000 deaths from heart and blood vessel disease each year in the United States. Smoking is a major risk factor for getting heart and blood vessel disease. The more you smoke the greater your risk!

Cigarette smoke contains many chemicals that enter your body. Two of these chemicals are nicotine and carbon monoxide. They have a big effect on the heart and blood vessels.

- **Nicotine** makes the heart work harder and need more oxygen:
  - Heart rate increases.
  - Blood pressure increases.
  - Arteries (blood vessels that carry blood with oxygen to the rest of the body) narrow.
  - Blood flow decreases.
- **Carbon Monoxide** reduces the amount of oxygen carried in the blood.
- **Carbon Monoxide** and nicotine damage the walls of the arteries. Fatty deposits build up on the inner walls of arteries. The fatty deposits called plaque make the arteries narrow. The heart has to work harder to pump blood through narrow blood vessels. This process is often called hardening of the arteries. Another name is arteriosclerosis.
- Smoking also changes blood cholesterol levels. This adds to hardening of the arteries:
  - Total cholesterol increases.
  - Bad cholesterols increase.
  - Good cholesterol decreases.
  - The fats that clog your arteries increase.
  - Smoking increases blood clotting. Blood clots can block arteries, especially when arteries are already narrowed. Blood clots can lead to heart attack and strokes.
  - Smoking increases the risk of abnormal heart rhythms, which may cause sudden death.

**Good Reasons to Quit Smoking**

When you quit smoking, you get real benefits. After you quit smoking, your risk of cardiovascular disease starts to decrease almost instantly. This is true regardless of your age.

- Within 20 minutes after your last cigarette, your heart rate and blood pressure drop to your normal level.
- Within 8 hours, your carbon monoxide level drops. Your oxygen level rises to your normal level.
- Within 24 hours, your chance of heart attack starts to decrease.
- Within 1 month, your cholesterol levels can start to change. Former smokers and non-smokers have cholesterol levels that are similar.
- After you stop smoking your risk of getting a blood clot decreases.
- Within 1 year, your risk of heart attack is reduced more than 50%.
- Within a few years, your risk of heart disease may be the same as that of a person who has never smoked.
- Even after a heart attack, coronary surgery, or heart bypass surgery, quitting smoking can still reduce future risks.

*It’s never too late to quit smoking!*
Using a Pedometer to Increase Your Activity and Improve Endurance

Research shows that people who wear pedometers walk more. Using a pedometer to track your progress will help you become and stay more active. You can note how many steps it takes you to get winded or short of breath and see what happens to that number as you make healthy changes in your life.

With increasing your number of steps slowly and not smoking or smoking less, has your endurance increased? In other words, can you walk more steps without getting winded or short of breath than you could in prior days?

How to use your pedometer:
• Clip your pedometer onto your waistband. It should lie flat against you and not tilt forward.
• Your pedometer should be in a vertical line with your knee. If you are right handed, use your right knee. If you are left handed, use your left knee.
• Make sure your pedometer is reset to zero before you start your walk.
• The button on the pedometer is a reset button.

You’re ready to walk!

• Your pedometer will turn off, to preserve battery life, after 1½ minutes of inactivity. Movement will turn it back on and continue the step count.
• Do not push the button because this resets the counter. Your step count, prior to the inactive period will be lost.
• Take your pedometer off when you bathe, shower, or swim.
• Record your total number of steps at the end of your walk.

Do a “test walk” to make sure your new pedometer works properly:
• Put on your pedometer and take 20 steps. As you walk, count your steps. Then look at your pedometer. It should read between 18 and 22.
• If the reading is not between 18 and 22, move your pedometer a few inches toward your back and start again.
• Repeat the test walk until the reading is between 18 and 22.

How to track water activities and non-stepping activities:
• Do not wear your pedometer in the water. For water activities and non-stepping activities, you can estimate your steps. 1 minute of activity = 100 steps. For example, if you ride your bike for 10 minutes, that is equal to 1,000 steps.
• Record your estimated steps in your Weekly Activity Log.

How to choose your first daily step goal:
• Wear your pedometer to take a walk.
• Record at what step you got winded or short of breath
• Find your average number of steps per day for this first week.
  o Add the number of steps you walked each day for 7 days prior to getting short of breath.
  o Divide that number by 7. This will give you the average number of steps per day prior to getting short of breath.

This number is your starting point, or baseline daily activity level.

Add 500 steps to this number and that will be your daily step goal for the next week. Each week, try to add 500 more steps to your daily step goal. If adding 500 more steps each week is too much, lower the number to 300 more steps or 100 more steps - do what you can.

How to choose your long-term daily step goal:
• 10,000 steps per day is advised for good health
  o 2,000 steps = 1 mile
  o 10,000 steps per day = 5 miles each day

Tips for getting more steps:
• Park farther away or get off the bus one stop before or after your stop.
• Walk your dog an extra time or take your dog for an extra lap around the block. Walk the neighbor’s dog.
• Walk to the mail box, bank, or post office.
• Take the stairs instead of elevators.
• March in place while watching TV.
• Walk around the room, house, or yard while talking on your cell phone.
• Walk around the restaurant or parking lot rather than sitting while waiting for a table.
• Walk or ride a bike instead of driving.
• Stroll up and down the hall or walk around outside instead of reading a magazine while waiting for an appointment with your dentist or doctor.
• Sign up for a charity walk.
• See if your town or city offers walking tours and if so, sign up.

To avoid smoking or tobacco:
• Walk around the house instead of smoking. Replace smoking or tobacco times with movement, like walking or dancing.
• Go for a walk after dinner. Place your house keys next to the remote as a reminder to walk before you start watching TV. This is also a common smoking time and walking will help you get through it.
• Pick activities where smoking and tobacco are not allowed.

Adding variety to your walking routine:
• Take a walk at sunset or at sunrise, or take an evening walk to look at the stars.
• Invite a co-worker or friend to join you for a walk.
• Challenge a few friends to a step competition; see whose pedometer has the highest reading at the end of the day.
• If you have a usual walking path, follow it backwards.
• Dress appropriately and enjoy a walk in the rain.
• Vary your pace. Start slowly, mix in some speed walking, then end with a slow cool-down.
Controlling Your Weight While Being Tobacco Free

Some people have a fear of gaining weight when they quit tobacco use. This fear may prevent a person from quitting tobacco and enjoying the benefits of tobacco-free living. The following information may be helpful when quitting tobacco:

- Not everyone who quits smoking/tobacco gains weight. Those who do, gain an average of 6 to 10 pounds.
- The benefits of quitting tobacco far exceed the negatives of gaining a few pounds. Smoking a pack of cigarettes a day is the same risk to your health as gaining 25 pounds.
- It is best not to try to lose weight and quit smoking/tobacco at the same time.
- Smoking again because of gaining weight does not mean that the extra weight will be lost.

Why do some people gain weight when they quit smoking/tobacco?

- Nicotine decreases the appetite. When you quit, your appetite increases.
- Cigarette smoking increases the energy you use (metabolism) by approximately 15 percent (200 calories/day). When you quit, your metabolism slows, so you don’t burn as many calories.
- Smoking may prevent the normal age-related weight gain.
- Food is sometimes substituted for smoking and/or used as a reward.
- There is a tendency to crave sweets after quitting smoking.
- At the end of a meal, some people have extra food helpings or dessert instead of smoking.
- Your senses of taste and smell improve.

Tips to prevent weight gain:

- Fill up on fresh vegetables.
- Decrease the amount of sugar in your diet; chew sugarless gum to satisfy sweet cravings.
- Increase water intake to feel full — drink a glass of water before meals.
- Reduce the amount of fat in your diet:
  - Trim skin from poultry and fat from meats (choose white meat).
  - Choose low-fat dairy products.
  - Avoid high-fat snacks, like potato chips. Choose pretzels instead — they are low fat.
- Use low- or no-calorie oral substitutes.
- Avoid alcohol. It’s high in empty calories, meaning it has a lot of calories and no nutrition.
- Your body will burn more calories during the day if you eat breakfast.
- Develop a new end-of-meal ritual.
- Exercise to increase your metabolism and burn calories (check with your physician before making big changes in your exercise level).
- Find ways to work activity into your daily routine:

Remember, a cigarette is only paper and dried up leaves. Tobacco is only dried up leaves. A cigarette is not a magic wand! Tobacco has never solved your problems — you’ve done that yourself and you can continue to do so without tobacco.