

## First Step

Talk with your health care provider about **medications** that *have been proven* to help people become tobacco free.

- These medications don't *make* you quit using tobacco. Instead, they help you manage withdrawal symptoms (ex. irritability, depression)
- Medications can also help decrease urges and cravings to smoke.
- Most people use these medications for 3-6 months.

## Next

Try out **new behaviors** that can replace smoking, chewing, or dipping.

- List healthy ways you can relax or deal with stress and practice them
- You already have effective planning and organizing skills for having your cigarettes/lighters with you, knowing when/where you can smoke. Use those same skills to **plan to be tobacco free**.
- Do at least one thing each day that brings you joy

## On the way

- Imagine that you are tobacco free. Write down at least three positive ways your life will be different
- Set your date for being tobacco free or a schedule for cutting down
- Make your car and home tobacco free
- Plan how you will say "no" if offered a cigarette or other tobacco
- Write down 5 things you will do in the 3-4 minutes it takes to get through a craving (e.g., drink water, call a friend, take a short walk)
- Make a list of ways you will reward yourself for being tobacco free

## Get the support that you need and deserve

- Let friends & family know specific ways that they can offer support
- Use the free NC Quitline telephone coaching service  1-800-784-8669 (1 800 QUIT NOW)
- Visit online sites like [www.becomeanex.org](http://www.becomeanex.org), [www.trytostop.org](http://www.trytostop.org), or [www.smokefree.gov](http://www.smokefree.gov) (which also offers text support program)

## Tobacco Use Self Management Tool



in nicotine  
dependence  
program  
UNC  
HEALTH CARE

## Being tobacco free makes a difference!

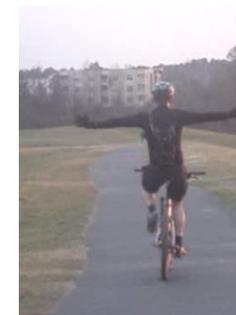
- Increased energy
- Decreased chance of cancer and heart disease
- Improved skin tone
- Fewer signs of premature aging, like wrinkles
- Better healing from illness and surgery
- More money to spend on things that are life-giving
- More time to spend with those you love
- Knowing you're in control of your life

## What works?

By using *both* **medication and counseling support** you can greatly increase your chances of becoming tobacco free, even if you've tried before.

## It takes practice

Just like any new skill or behavior, it may take repeated attempts to become tobacco free. Most of us didn't get up on a bicycle and ride the first time we tried. Each time you try, you'll be learning something to help you the next time, until you are able to say:



***"I'm tobacco free!"***