

Making a Plan

What goal(s) can you set for yourself now?

Before my next visit, I am going to:

- Quit all tobacco use (Quit date: ____ / ____ / ____)
- Call the NC Quitline (1-800-784-8669)
- Reduce my tobacco use (How? _____)
- Start medicine to help me quit tobacco use
(Which medicine? _____)
- Make my home tobacco-free
- Make my car tobacco-free
- Contact a local program and make an appointment
- Other _____

Is there someone who can help you in reaching your goal(s)?

Name(s): _____

More Help

For help in quitting tobacco use, call the NC Quitline at: **1-800-QUIT-NOW (1-800-784-8669)** or get online counseling at www.smokefree.gov.

To find local resources and information to help you quit, go to www.quitnownc.org, call *Quit Now NC!* at 919-969-7022, or e-mail info@quitnownc.org.

To find local programs to help you quit, visit the *NC Good Health Directory* at www.ncgoodhealthdirectory.com.

We thank the Starting the Conversation Partners



Starting the Conversation

Are you ready to quit using tobacco?

- I am ready to quit, and I would like help.
- I'm not sure if I'm ready to quit, but I would like to start the conversation.
- I am not ready to try to quit at this time.

Stop using tobacco now.

Stop using tobacco for life.



Remember who you're saving your life for!

Why do you use tobacco?	Tips to help you quit
<p>I use tobacco to perk me up or give me a lift.</p> <p><input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often</p>	<p>Look for another way to give yourself a boost.</p> <ul style="list-style-type: none"> Go for a brisk walk. Try stretches or deep breathing.
<p>I use tobacco when I am with friends or drinking socially.</p> <p><input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often</p>	<p>Ask your friends for support.</p> <ul style="list-style-type: none"> Spend time with family, friends, and co-workers who don't use tobacco. Choose a tobacco-free place to eat.
<p>Tobacco helps me feel comfortable and relaxed.</p> <p><input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often</p>	<p>Find other ways to feel good.</p> <ul style="list-style-type: none"> Treat yourself to something else that you enjoy: listen to music, take a walk, read a book or magazine. Grab the phone and call a friend.
<p>I use tobacco when I'm anxious, worried, depressed, or angry.</p> <p><input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often</p>	<p>Reach for something else when you're feeling down.</p> <ul style="list-style-type: none"> Call the NC Quitline at 1-800-QUIT-NOW (1-800-784-8669). Exercise to blow off steam.
<p>I use tobacco within half an hour after I wake up.</p> <p><input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often</p>	<p>Recognize that you're hooked and try to make a change.</p> <ul style="list-style-type: none"> Ask your doctor or pharmacist about medicine to help you quit such as a prescription, the patch, or gum. Set a goal and reward yourself when you reach it.
<p>I use tobacco without really thinking about it.</p> <p><input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often</p>	<p>Focus on kicking the habit.</p> <ul style="list-style-type: none"> Pay attention to your patterns. Notice when you use tobacco and why. When you reach for tobacco, say, "Do I really want this?"

0 x (___) + 1 x (___) + 2 x (___) = Total Score _____

If you feel this way	Try these things
<p>I'm worried about gaining weight if I quit.</p>	<p>Don't let the fear of gaining weight keep you from quitting.</p> <ul style="list-style-type: none"> Using tobacco is much worse for your health than gaining a few extra pounds. Drink lots of water and eat healthy snacks. Try chewing gum, a toothpick, carrots, or celery sticks.
<p>It's hard for me to quit because my friends, family, and/or co-workers still use tobacco.</p>	<p>Talk to your friends, family, and/or co-workers about your plans to quit.</p> <ul style="list-style-type: none"> Ask them not to use tobacco around you. Try to get others to quit with you. Spend time with people who don't use tobacco.
<p>Willpower is a problem for me.</p>	<p>Tell yourself you can do it.</p> <ul style="list-style-type: none"> Call the NC Quitline when you need help at 1-800-QUIT-NOW (1-800-784-8669). Services are available every day from 8:00 am until midnight in both English and Spanish. Remember that most people try several times before they really quit.
<p>I use tobacco to help me when I'm feeling stressed.</p>	<p>Find other things to help you cope.</p> <ul style="list-style-type: none"> Try walking, deep breathing, relaxation exercises, or squeezing a stress ball. Talk to someone you trust.
<p>I can't stand how I feel when I first quit.</p>	<p>Hang in there. You can get through the tough times after you first quit.</p> <ul style="list-style-type: none"> Remember that, in the long run, your body will feel better and heal faster without tobacco. Think about how to spend the money you will save. A pack a day smoker who quits will save more than \$100,000 over 30 years.