

Tobacco Cessation 2012

Second Leg of the Journey

So, you have done your letter, kept your journal, made a plan and gathered a team. You have your emergency kit with you at all times. It is time to take a step back and reassess how things are working!

- ⇒ Step One: Have you smoked or chewed any tobacco? Proceed to step Two!
- ⇒ Step Two: For two days, write down every time you use tobacco. Where you are, what you are doing, the time of day, what you have eaten and how you are feeling.
- ⇒ Step Three: Look over your plan for dealing with temptation before you quit. What worked? What didn't work? What happened that you didn't plan on happening? Did you find yourself in emotional situations that had you relying on the familiar comfort of nicotine? What led to you giving into the craving?
- ⇒ Step Four: Just as important as what didn't work on your plan, is what did work. What have you learned in these months? When you faced cravings and you didn't give in, what was different? Did you have more support from friends and family, was your emergency kit different? Did you have better resources? Can you apply those successes to other times?
- ⇒ Step Five: Does your emergency kit need to be tweaked? Perhaps you need to add a bottle of water, or a different type of gum or mint? We learn from our successes and we build on them. How can you build on your successes?
- ⇒ Emergency support: Talk to family and friends who will be there for you when you feel the urge the most. Assess the urge, if it is to the point where you are considering buying or bumming tobacco, then its time to call or text your emergency person. Choose someone who truly cares for your health and won't give in to the urge to say, go ahead!
- ⇒ Call Doctors Direct Healthcare at 1-877-503-0388 , Disease Management for more support or visit us at www.doctorsdirecthealthcare.net.

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Emergency Kit

- Sugarless Gum
- Index card with short list of why you want to quit
- Name and number of your local quit line
- Travel toothbrush and tooth paste to brush teeth (often just cleansing the mouth will stop the urge)