



Tobacco Cessation 2012

Lead the Year on the Right Foot

So this is it, the beginning of the year and you have decided to quit smoking or chewing tobacco? Good for you! Now is the time to grab the proverbial bull by the horns and take charge! We at Doctors Direct Healthcare are here to help. This is issue one for the year 2012. Follow the footsteps this year for freedom from tobacco!

- ⇒ Step One: Write a letter to yourself, explain why you want to give up tobacco. Describe your feelings about using it, how it effects your life and the hold it has on you. Write what you imagine it will be like when you don't have to give in and take a smoke or chew.
- ⇒ 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: Write out a plan for how to avoid using tobacco during the above situations. If you use tobacco in the morning with your cup of coffee, then perhaps now is the time to take up a cold glass of ice water and conversation with co-workers indoors. For each use scenario, you will need to plan an alternative.
- ⇒ Step Four: Talk to the people around you. Get them on board. If you are like the typical person, you have two families, your work family and your home family. Get them on board! Tell them you need their support and encouragement and if they seem hesitant, at the minimum, get them to agree to refrain from telling you to go smoke if you are grouchy or for asking you to join them if they smoke themselves.
- ⇒ Step Five: Toss out your tobacco, lighters, ashtrays, etc.
- ⇒ Step Six: Have a tobacco emergency pack on hand at all times (see blue box). When you feel the urge to smoke or chew, get out your emergency kit.
- ⇒ Call Doctors Direct Healthcare at 1-877-503-0388 , Disease Management for more support or visit us at www.doctorsdirecthealthcare.net.

Inside this issue:

S1: Write a letter

S2: Journal your use

S3: Make a Plan

S4: Gather Your Team

S5: Toss out the Tobacco

S6: Keep Emergency Kit Handy

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)