

Fighting the Urge to Smoke

First, remind yourself that you have quit and that you are now a nonsmoker. Look closely at your urge to smoke and ask yourself:

Where was I when I got the urge?

What was I doing?

Who was I with?

What was I thinking?

- Remind yourself why you are quitting.
- Call a friend or family member for support and encouragement.
- Keep your hands busy—doodle, knit, or text.
- Wear a rubber band around your wrist. When you really feel like you want a cigarette, snap the rubber band a few times. Picture a red stop sign.
- Chew on gum, a straw or a mint toothpick.
- Find activities like exercising, gardening, washing the car or showering that make smoking difficult.
- Avoid people who smoke, and spend more time with nonsmoking friends.
- Change your surroundings; get up, move around and do something else.

Coping with Relapse

Mistakes happen, and if you have a relapse remember that it is just a slip. Don't let it be an excuse to continue smoking.

- Set a new quit date or renew your resolve to quit smoking.
- Call your support team and ask for encouragement to try again.
- Make a plan to cope with whatever triggered your smoking.

Friends and family can offer support and help you stick to your plan.



Free Help to Quit

California Smokers' Helpline
1-800-NO-BUTTS
(1-800-662-8887)
www.nobutts.org

National Quitline
1-800-QUIT-NOW (1-800-784-8669)

Nicotine Anonymous
Visit <https://nicotine-anonymous.org>
to find a meeting in your area.



QUIT TIPS

A Helpful Guide to Stop Smoking

Originally produced by Lyon-Martin Women's Health Services. Compiled by Naphtali Offen and Gloria Soliz, with special thanks to the National Cancer Institute. Revised by the Coalition of Lavender Americans on Smoking and Health and by the Tobacco Education Clearinghouse of California with special thanks to Bob Gordon. Updated 2019.

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If you smoke, you are not alone.

Lesbian, gay, bisexual, transgender and queer (LGBTQ) people have a higher smoking rate than the general population. This may be due to the discrimination, stress and social pressure our community faces. In addition, the tobacco industry actively targets us, making smoking look attractive, fun and relaxing.

The good news is that many people in the LGBTQ community have successfully stopped using tobacco, and you can too.

Prepare to Stop Smoking

Even thinking of quitting is a positive step!

Make a list of all the reasons you want to quit. Writing them down helps motivate you, and it strengthens your resolve to quit. Some common reasons for quitting include:

- I will breathe easier.
- I will be healthier.
- I will save money.
- My body and clothes won't smell like tobacco.
- I won't have to worry about looking for places to smoke.
- My friends and family won't be exposed to secondhand or thirdhand smoke.

Set a quit date.

Decide on a day you will stop smoking and make a plan to quit.

Know your smoking triggers.

Make a list of your smoking triggers, and then plan how to avoid them. For instance:

- **I smoke after meals.** Instead I can chew gum, have coffee or leave the table.
- **I smoke in the car.** Instead I can ride the bus, carpool, or sing with the radio.
- **I smoke when stressed.** Instead I can take deep breaths and learn relaxation techniques.

Decide on a quit plan

There are many ways to quit smoking. Decide on which method(s) are best for you, then create your personal plan.

Tapering. Beginning on your quit date, gradually cut back on the number of cigarettes you smoke each day. Mark on your calendar the day you will no longer smoke.

Cold Turkey. This means you stop smoking all at once on your quit date. It's a good idea to throw away your cigarettes and lighters and avoid other people who are smoking.

Nicotine replacements. You can buy nicotine patches and gum at any pharmacy or drug store to help manage withdrawal. They work by releasing small amounts of nicotine into your body. A nicotine nasal spray is available by prescription.

Non-nicotine prescription. Your medical provider may prescribe medications such as Zyban to help control nicotine cravings or Chantix, a nicotine blocker.



Plan Ahead for Support

Quitting smoking can be hard. Having support can help you stick to your plan and get through any rough parts. You can:

- Call one of the free quitlines listed on the back of this brochure.
- Join a cessation group so you can be with others who are quitting.
- Ask an ex-smoker in the community to be your guide and support person.
- Make a list of people you can call when you have an urge to smoke.
- Tell friends and family you are quitting and ask for their support.

Quit Day Checklist

- Stock up on carrots, raisins, low-cal snacks, gum and quitting supplies.
- Throw away all your cigarettes, matches, lighters and ashtrays.
- Clean your house, car and clothes to get rid of cigarette smells.
- Visit the dentist to have your teeth cleaned.
- Make a list of things you can buy with the money you will save.
- Announce your quit date to friends and family.
- Plan something special to celebrate.