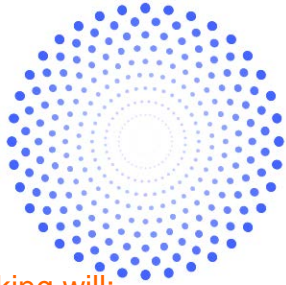


## The four D's to ease cravings

1. **Delay** - Wait out the urge to smoke. It will pass in a few minutes.
2. **Deep Breathing** - Breathe in slowly and as deeply as you can, and then breathe out slowly. Repeat this 5 times.
3. **Drink Water** - Sip the water slowly and hold it in your mouth a little while.
4. **Distract** - Do something that takes your mind off of smoking for a few minutes.



### Quitting smoking will:

- Improve the quality of your life
- Make climbing stairs easier
- Lower your risk of diabetes
- Help wounds to heal more quickly
- Reduce the amount needed of some medications
- Support your recovery from alcohol and other drugs
- Improve the health of your family and friends
- Set a good example for your children
- Save you money
- Provide more employment options

## Make a quit plan

**Pick a quit date** - This is the day you will stop smoking completely.

1. **Use your past experience** - Think about the times you tried to quit in the past.
  - What helped you?
  - What caused you to start smoking again?
  - What could you do differently?
2. **Know your triggers** - Triggers are certain times, places, people, or feelings that make you want to smoke.
  - What triggers you to smoke?
  - How will you beat the trigger?
3. **Plan for cravings** – Withdrawal symptoms are strongest the first 3 or 4 weeks after you quit.
  - Talk to your providers about taking medicines to help you with these symptoms.
  - Get your medicines before your quit date and learn how to use them.
4. **Be ready for challenges** – Think ahead about how you will handle challenges such as, stress, negative thoughts, and being around other smokers in your life.



Set your plan in motion!

Photo credits:

<https://www.enrightecovillage.org/strength-in-community/>

# Worcester Community Smoking Cessation Resource Guide

Become tobacco-free today!



## Resources

Quitting smoking can be hard, but there are ways to make it easier.

People who use coaching and quit-smoking medicines together are *three times as likely* to quit for good

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*This brochure was developed by:  
City of Worcester Division of Public Health & the  
Department of Psychiatry, UMass Medical School /  
UMass Memorial Health Care.*



## How do I talk with my doctor about becoming tobacco-free?

Many people don't know what to ask or where to start. Here are some tips to make the conversation a little bit easier.

- Write down questions you have for your doctor regarding quitting smoking.
- Think about your past quit attempts and why you think they did not work.
- Tell your doctor you are ready to quit and why.
- Pick a quit date and share that date with your doctor.
- Talk to your doctor about a quit plan, including which FDA approved quit smoking medicine or medicine combinations may be right for you.

### FDA approved quit smoking medicines:

Medication	Availability
Nicotine Patch	Over-the-Counter
Nicotine Gum	Over-the-Counter
Nicotine Lozenge	Over-the-Counter
Nicotine Inhaler	Prescription
Nicotine Nasal Spray	Prescription
Zyban	Prescription
Chantix	Prescription

E-Cigarettes, Vape and Hookah Pens, are not FDA approved cessation devices and can keep you hooked on tobacco.

## How do I find out what kind of benefits I have?

To find out what kind of benefits you have, call the member services number listed on your health plan card.

### Quit smoking apps and texting options:

Visit the below websites for more information and to sign up.

- Text2Quit  
[www.text2quit.com](http://www.text2quit.com)
- Craving to Quit  
[www.cravingtoquit.com](http://www.cravingtoquit.com)
- Smokefree TXT  
[www.smokefree.gov/smokefreetxt/](http://www.smokefree.gov/smokefreetxt/)
- MyQuit Coach  
[www.livestrong.com/mobile-apps/](http://www.livestrong.com/mobile-apps/)

### Websites with helpful quit smoking information and resources:

- Make Smoking History  
[www.makesmokinghistory.org](http://www.makesmokinghistory.org)
- QuitNet  
<https://support.quitnet.com/hc/en-us>
- Become An Ex  
[www.becomeanex.org](http://www.becomeanex.org)
- SmokeFreeEspañol  
<https://espanol.smokefree.gov/>
- SmokeFreeTeen  
<https://teen.smokefree.gov/>

## Resources to help you become tobacco-free today!

### Free Coaching and Support:

Services are available to all MA residents.

To speak to a quit coach call:

- 1-800-Quit-Now (1-800-784-8669)
- Spanish: 1-800-8-Déjalo (1-800-833-5256)
- Deaf/TTY: 1-888-229-2182
- Other languages: 1-800-784-8669 to connect with interpreter service

If you prefer an online quitting option, enroll at <https://ma.quitlogix.org/en-US/> to access email, text, chat, web-based materials, and online quit progress tracking through the helpline website.

### Group and Individual Counseling:

If you are a patient of:

- Edward M. Kennedy Community Health Center
- Family Health Center of Worcester
- St. Vincent Hospital
- Veterans Affairs

Contact your medical provider for a referral to tobacco cessation services.

### Education and Support Meetings:

Nicotine Anonymous  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
Internet, telephone and in-person Meetings are open to all.