

JOIN OTHER COLLEGE STUDENTS in living a healthier life by quitting tobacco.

Get the facts and get help.



References: Missouri College Health Behavior Survey (MCHBS), 2013, n=9599

For more answers, contact:

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

BecomeAnEx.org or FFSONline.org

Start by making your quit plan today:

1. Set a quit date within the next two weeks.
2. Ask your friends and family for support as you prepare to quit to make it easier.
3. Anticipate and plan for challenges while quitting
4. Remove cigarettes, lighters, ashtrays and other tobacco from your home, car and work to avoid temptation
5. Talk to your doctor and/or smoking counselor about your quitting options

**Information from smokefree.gov*

 Partners in
Prevention
<http://pip.missouri.edu>

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WANT TO QUIT



7 OUT OF 10

Missouri college students who smoke **have quit or greatly reduced smoking** since entering college



Get **free** help to quit cigarettes and other tobacco products!

This publication is brought to you by Partners in Prevention, a coalition of twenty-one universities in Missouri.

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Partners in
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INTERESTED IN QUITTING?

Support from your campus could include **free** nicotine replacement therapy, individualized support, and a “quit kit” to help!

TOBACCO IS HARD TO QUIT BECAUSE OF TWO REASONS: The physical addiction and the behavioral habit.

→ **Nicotine is addictive.** Brain chemistry changes when the brain becomes addicted. Nicotine replacement therapy helps address this part of quitting.

→ **Behavioral habit.** The habit is often as hard to quit as the physical addiction. Ex-smokers find it hard to give up smoking when they experience a trigger - an event, situation, or feeling that automatically makes someone want to smoke - not to mention the hand-to-mouth motion that is so common.

TRIED TO QUIT BEFORE AND WEREN'T SUCCESSFUL?

You are not alone. **26%** of Missouri college students who smoke have tried to quit before.

This cessation program can help you quit!

Your quit coach will go over the behavioral habit with you by talking with you about triggers and how you can anticipate them. They will also help with the physical addiction by providing you with nicotine replacement therapy to help alleviate the cravings.

Common Triggers and Possible Solutions

- **Drinking coffee or alcohol** Try to substitute your coffee or alcohol with juice or tea for the first couple of weeks until your cravings are under control, keep your hands busy as you are drinking, brush your teeth right after drinking so you won't be tempted to smoke
- **Driving** Sing along with the radio, clean out your car, avoid driving if possible, carpool with non-smokers, drink water during your ride
- **Stress** Deep breath, exercise, talk with a friend, distract yourself, chew gum
- **Boredom** Call a supportive friend, exercise, read smoking cessation materials, do a puzzle
- **After eating** Brush/floss your teeth, get up from the table, do the dishes, chew on a cinnamon toothpick
- **First thing in the morning** Take a shower, have breakfast, distract yourself and delay smoking for 10 minutes

A LOT OF PEOPLE ARE AFRAID OR ANXIOUS TO QUIT SMOKING.

Here are some of the most common reasons:

I'm afraid that I won't be successful.

Fear of failure is scary. It often takes people multiple quit attempts before they are successful. If you slip up and have a cigarette, don't give up. Get back to your quit plan and keep encouraging yourself. You can do it!

My significant other still smokes.

Quitting smoking while others still smoke is difficult. Ask your partner to be supportive of your effort by not smoking in front of you, in your home or car, and not offering you cigarettes.

I still want to take my smoke breaks.

Don't give up your breaks; quitting is hard enough! During the breaks where you used to smoke, go outside and take a walk, call a friend on the phone, or listen to a song. Get away from the desk and enjoy your break!

I'm afraid of the cravings.

You will have physical cravings; however, Nicotine Replacement Therapy should help. If it doesn't go away, remember to delay that cigarette. Most cravings only last a few minutes.

I'll gain weight.

Nicotine is an appetite suppressant, so some people tend to eat more when they quit smoking. The good news is those who do gain weight only gain 5-7 pounds on average. If you are nervous about gaining weight, snack on fruits and veggies or use your improved lung function to get more exercise.