

# Break Away from the Pack...

You're a Nonsmoker  
Now.  
Stay Quit for Good!





## You're a nonsmoker now. Stay quit for good!

This is the third book of Break Away from the Pack, the American Cancer Society's 3-part guide to help you to stop using tobacco for good. Break Away from the Pack consists of:

<b>Book 1</b>	<p><b>You Know You Should Stop Smoking. We Know You Can!</b></p> <p>Reminds you why you should stop using tobacco. Describes new stop-smoking medicines and ways to make quitting easier.</p>
<b>Book 2</b>	<p><b>Your Smoke-Free Path Starts Here. Freedom is Around the Corner!</b></p> <p>Helps you prepare to stop. Guides you through the first week without tobacco. Gives practical advice on how to take care of yourself, along with tips to avoid slip-ups.</p>
<b>Book 3</b>	<p><b>You're A Nonsmoker Now. Stay Quit for Good!</b></p> <p>Shows you how to stay off tobacco for good. Helps you prepare for difficult situations that could lead you to smoke again. Points out danger signs and dangerous times. Offers ideas on how to live tobacco-free.</p>

Since most tobacco users smoke cigarettes, we refer to cigarette smoking most often.

If you smoke cigars or pipes or if you use spit tobacco, the facts and quit tips you'll find here may be useful.

### To get the most from Break Away from the Pack:

1. Even if you have already stopped smoking, Books 1 and 2 can help.
2. Read each book through once, then go back with a pen or pencil to answer questions, fill out checklists, and take notes.
3. Keep in mind that there's never been a better time to stop smoking.

*Good luck and good health to you!*

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# One Week Down, a Healthy Lifetime to Go

## Congratulations! You made the break!

You've gone a full week without cigarettes. You're about to turn a corner on your smoke-free path. Now is the time to go the distance: work on staying a nonsmoker.

## Keep your eyes on the prize.

Your goals are to become a nonsmoker for good and to live a long, healthy life without cigarettes. Aren't you glad you weren't the first person to travel down this smoke-free path? You've been able to draw on advice from former smokers, along with the know-how of experts with years of experience helping people quit.

To stay quit for the long-term means that, for a while longer, you need to be alert. After withdrawal and cravings fade, you'll come into situations where old habits and difficult times will make you want to smoke. Your life as a nonsmoker will get easier, as long as you:

- stay aware of tempting situations.
- remember to practice the quitting skills you've learned so far.
- think of yourself as a nonsmoker now!

This book builds on what you know about staying quit and offers ideas for a healthy and smoke-free lifestyle.

## Here's to your healthy future!

*"A week smoke-free? Now that's a reason to feel proud."*



*"Once the first week with no smoking had passed, I thought my work was done. But an old friend of mine warned me, 'To stay quit you need to stay alert. As soon as you think you've got the addiction licked, you'll get a craving. It will make you realize you still have a lot of work to do.' That was the best advice I got."*

### Book 3 covers:

- Be Prepared for Bumps in the Road
- Smoke-Free and Living It
- Stay on the Smoke-Free Path
- Look How Far You've Come

# Be Prepared for Bumps in the Road



*“After the first two weeks, I felt great and I figured I didn’t need the Patch anymore...wrong! It didn’t take long to see I had been feeling so good because the NRT was doing its job. That Patch went right back on my arm and I started doing my job—watching out for risky situations and being ready for them.”*

*“I’d been quit for four months and I almost blew it one day. Nothing was going my way, and I was feeling like a loser. So I got up, left the office, and started walking toward the corner store... As I was walking, I was thinking, ‘What am I doing? If I give up on quitting, that will just be one more thing I’ve messed up today.’ So I kept on walking—past the store, around the block, and back to my desk. Something did go right that day.”*

## There will be challenges ahead.

For a few months after quitting, NOT smoking will take some getting used to. Here are some situations when you could find yourself being pulled back to tobacco. If you’re ready for them, you’ll do fine.

Risky Situation	Ways to Handle It Without Tobacco
<b>Times of Crisis</b> Troubles—like money problems, losing your job, or illness in the family—can bring on a strong urge to smoke.	Say to yourself, “A cigarette won’t make this problem go away.” Take a walk to give yourself a break and some time to think. Talk to someone about what’s happening.
<b>Times of Celebration</b> Good times can trip you up as well as bad ones. Did you smoke at parties or as a treat when things were going your way?	For many smokers, alcohol and cigarettes go hand in hand. Pass up alcohol for a while. Don’t give in to these smokers’ thoughts: “I deserve a treat. I’ll just smoke one or two tonight.” Get up and dance!
<b>Down Times</b> You may have relied on cigarettes as your companion when you were lonely, depressed, or bored.	Everyone has these moments. Do something active like clean out a closet, take a walk, or ride your bike. Revive an old hobby or take up a new one. Pick up the phone and call an old friend.
<b>Time with Smokers</b> It is hard when cigarettes are right there, and even harder when you’re watching others smoke. Some smokers will try to convince you to have “just one.”	Spend less time with people who are smoking. Stay away from smoky environments, like bars. Find a natural-sounding way to say, “Thanks, I don’t smoke.”

Now, think ahead to times in your life when the urge to smoke will be strong. Make a plan right now for each of them. What will you do? What will you say? Be prepared! Remember to keep using your mental rehearsal exercise.

Risky Situation for Me	Ways to Handle It Without Tobacco

## Day-to-day stress can wear you down.

For many people, the greatest threat to living tobacco-free is the steady stream of stress that flows day after day—things like missing the bus, arguing with the kids, facing a deadline at work, or having no milk for coffee. To stay on a smoke-free path, you need to come up with new ways to manage this daily stress.

## Handle stress so it won't handle you.

These ideas will calm you down, give you a fresh outlook, and help you stay away from tobacco.

- **Think positive.** It does help to “look on the bright side” and “keep things in perspective.” For the things you can't do much about, acceptance goes a long way.
- **Have some fun.** Each day, find something you enjoy doing and make time for it. Build in “down time” to relax. You need to recharge.
- **Spend time with people** who care about you in your new life as a nonsmoker and in the day-to-day grind.
- **Take care of yourself.** Try to eat well and get enough sleep. Keeping your body strong makes it easier to handle stress.
- **Get moving.** Research proves that regular exercise (in any form) improves your mood and calms you down.

When you're under stress, you often start to take shallow, rapid breaths without even knowing it. If you need help in a hurry, try deep breathing. It's simple, but it works.

### What Lowers Stress and Relaxes You, Too?

Did you think the answer was tobacco?

#### Take a deep breath and relax.

Deep breathing will help you let go of tension. It's easy to do anytime, anywhere. Here's how:

- Breathe deeply in through your nose; hold it as you count to five.
- Then count to five as you breathe out slowly, gently blowing air through your mouth.
- Repeat this breathing for 1 or 2 minutes.

With practice, sitting quietly and breathing in this way for just a few minutes can replace the cigarettes you used to smoke to relax and calm down.

*“Some days I could just scream. Today I was stuck for an hour in traffic, was late for work, and got a parking ticket. Stuff like this can really set me off...But I go power-walking with my girlfriend every day after work. It's a chance to get it all out, calm down, and get refreshed. If I didn't have that walk, I don't know what I'd do.”*



# Smoke-Free and Living It



*“Rain or shine, every night after supper I would sit on my front porch with a cigarette. It was my way to relax after spending the day answering phones and shuffling paper. When I quit, that was the cigarette I missed the most... I started taking a walk around the block. Rain or shine, that walk has turned out to be a lot more relaxing than my smoking ever was.”*

## Build new and healthy routines.

When you used tobacco, you managed to fit smoking into your daily routine. You took smoking breaks at work; you ran to the store to buy cigarettes. Some of the new routines you used to distract yourself from smoking in the first week will continue to help you pass the time you used to spend smoking.

As tobacco cravings ease up, you'll be able to fill your old smoking time in a more meaningful way.

- If you used to smoke while drinking coffee, try reading the newspaper, writing a letter, or doing a crossword puzzle.
- If you used to smoke when you talked on the phone, buy a telephone headset with a long cord and wash the dishes or just sit back and enjoy the conversation.
- If you used to smoke while driving, try listening to some of your favorite music or a book-on-tape.

Once you get into new routines, you'll miss smoking less.

## Walk along the smoke-free path.

To help you stay off cigarettes, there's nothing like a good walk around the block! Walking helps keep your weight down. It also relieves stress, makes you have more energy, and gives you a break. What's more, you already know how to do it. You don't need special equipment, and you can walk almost anywhere.

### Get the Most out of Walking

- Walk 30 minutes or more, 3 or more times each week, or as much as you can fit in.
- Walk briskly and swing your arms.
- Wear comfortable walking shoes.
- Walk with a buddy. You'll both be more likely to keep it up.

### Fit Walking into Your Day

- Walk during your lunch hour at work or when you used to take a cigarette break.
- Walk for exercise first thing in the morning to jumpstart your day.
- Build extra steps into your day: get off the bus a couple of stops early, park your car at the far end of the lot, or take the stairs.

Is there an outdoor running track or shopping mall nearby? Many of your neighbors are already walking there. The box at the left has tips on how to get the most out of walking.

If you're up for it and your health allows, consider jogging, swimming, working out at a gym, or joining a local basketball or softball league. Check with your doctor if you need to.

## Weigh the good with the bad.

Some people gain weight when they stop smoking. Why is that?

- You don't burn calories as quickly as you used to when nicotine was speeding up your system.
- You may be used to having a cigarette in your mouth, so now you use food as a substitute.
- You may be snacking more because you feel bored, angry, lonely, or stressed.

## There is good news.

Many people don't gain weight, and the average gain is somewhere around 7 to 10 pounds. What can you do to keep weight gain down?

- **Drink more water...6 to 8 glasses a day.** This flushes nicotine out of your body and lowers cravings for sweets.
- **Keep moving to burn more calories.** Small things—taking the stairs, carrying boxes, gardening, or strolling around the block—make a difference.
- **Keep low-calorie, low-fat foods on hand.** Eat less red meat, cheese, chips, store-bought cookies, and pastries. At home and at work, stock up on slim snacks like the ones in the box at the right.
- **Reward yourself...but not with food.** Using food as a reward for staying quit can tip the scales quickly if you do it too often.

## Don't let a few pounds set you back.

You may worry that gaining a few pounds will change your appearance. Remember what smoking does to your looks: it stains your teeth yellow; it makes your clothes and hair smell; it causes aging of your skin.

If you gain weight, the same skills that helped you stop smoking can help you to lose weight, too. But make one change at a time. Give yourself at least six months before starting a weight-loss program.

*"Five extra pounds did not make me happy at all. But I wasn't going to go back to smoking to take off that weight. So I started walking, then jogging. I even tried kickboxing! I've kicked my smoking habit, and I've picked up something better—exercise. I'm back to my old weight, too."*



### Slim Snacks

Here are a few low-calorie snack ideas, some salty, some crunchy, some sweet. Write in your own ideas and add them to your grocery list.

- Pretzels
- 1/2 bagel with jam
- 1 cup blueberries or strawberries
- An orange or a banana
- 1/2 cup of your favorite cereal
- Thin chocolate wafers

What healthy snacks do you like?

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# Stay on the Smoke-Free Path



*“Last week, I was at a party, and it seemed like everyone—I mean everyone—was smoking but me. Somebody handed me a cigarette, so I took a drag, and then another. I must have had four cigarettes before it hit me that I was about to let two months of hard work go down the tubes... So I went inside where no one was smoking and stayed there.”*

## If You Go Back To Tobacco

You can quit again. Most people try more than once before they quit for good. Returning to smoking is not a failure, but a step along your smoke-free path. When you are ready to try again, you will have more experience behind you.

## One slip does not lead to another.

You’ve gone days, even weeks, without a cigarette, and then you find one in your hand. Will this undo all your hard work? NO! If you had a cigarette—or two or three or more—take these steps to get back on track:

- If you bought a pack, throw it away.
- Figure out why you slipped. Then you can figure out what to do next time. Ask yourself: Where was I? Who was I with? What time of day was it? What mood was I in? What made me smoke? What can I do differently next time?
- Watch for smokers’ thoughts. Don’t downplay the slip by saying, “I only smoked a couple. What’s the big deal?” Turn that idea around: “Having a cigarette is dangerous business. I can’t let that happen again.”
- Think how far you have come. You know how to resist the urge to smoke.
- Get ready for a brief rise in cravings. Brush up on the Four Ds: *deep* breaths, *drink* water, *do* something else, *delay*.
- Talk to somebody. A friend or family member who has quit understands what it’s like.
- Talk to yourself. “The past is the past. I learned from it. I don’t need to smoke another cigarette.” Forgive yourself. Move on.

## Not smoking is an investment.

What could you do with \$900 or more? Not smoking will give you money to burn. How will you spend it?

### If you used to smoke this much:

### Here’s what you’re saving:

	in a week	in a month	in a year
1 pack a day	\$17.50	\$ 75	\$ 900
1½ packs a day	\$26	\$112.50	\$1369
2 packs a day	\$35	\$150	\$1800

## Be good to yourself!

Quitting smoking is hard work. Yes, you'll collect big benefits down the road—longer life, better health, and cleaner air for your family. But you should reward yourself *right now* for staying off cigarettes. You deserve it!

Think of a few simple ways to be good to yourself that you can do any day. Here are some ideas:

- Spend an hour or two at one of your favorite places—a park, the beach, a museum, the shopping mall.
- Take an extra-long bath for extra relaxation.
- Buy yourself a little treat or buy one for someone you care about.
- Plan some special time relaxing with friends or family.

Fill in your ideas for daily rewards on the left side of the box below.

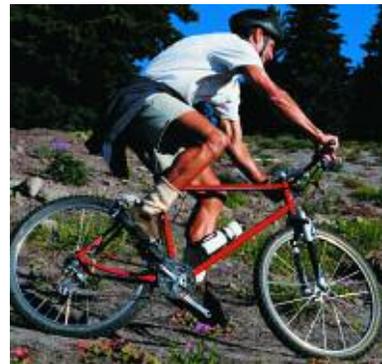
## Big milestones deserve big rewards.

“Anniversaries” of your Quit Day can be times when smokers’ thoughts tempt you to try “just one cigarette.” Don’t celebrate with a smoke! Once you have stayed quit for three weeks, three months, and a year, what will you do for yourself? Fill in your ideas on the right side of the box below.

Daily Rewards	Big Rewards
Here are some ways I can reward myself each day for not smoking: _____ _____ _____ _____ _____	After <b>three weeks</b> smoke-free, I'll reward myself by: _____ _____ After <b>three months</b> smoke-free, I'll reward myself by: _____ _____ After <b>one year</b> smoke-free, I'll reward myself by: _____ _____

*“I knew I could save money not smoking, so I bought myself a pretty nice mountain bike. When I wanted a smoke, I'd ride around for ten minutes until the feeling passed. As I got in better shape, those 10-minute rides turned into an hour.”*

*“When I quit for three months, I signed up for a weekend bike trip with a guy from work. I never could have made it up some of those hills if I still smoked. It was a blast!”*



# Look How Far You've Come!



*"Quitting was the hardest thing I ever did. It was also the best thing I ever did—for myself and for my family. I can actually keep up with my kids on the soccer field now. I could even run a marathon—well, maybe not a whole marathon. But the first few miles for sure!"*

*"It took six tries to quit. But I wasn't going to let my grandkids come into a house full of ashtrays and smoke. If I can stay quit for this long, I know you can too."*

*"I've been quit for a year and a half. Believe it or not, every once in a while, I still crave a cigarette. But I feel so great, nothing—not even a cigarette—could get me to start smoking again."*

*"I fought a war with cigarettes. It was long, and full of many small battles, but in the end I won. Victory is sweet."*

## **You broke away from the pack.**

Stopping tobacco may be the hardest thing you've ever done, and if you've made it this far, you're well on your way to staying quit for good. Don't lower your guard yet. Situations will come up to tempt you to smoke. At the same time, remember that not smoking will become easier with each day that passes.

Now that you've read through the books that make up Break Away from the Pack, you can always go back to them for tips on staying smoke-free for life.

### **Book 1: You Know You Should Stop Smoking**

**Go back if...**you want to remember the effects of smoking on your health or the benefits of quitting, or if you want to get re-energized by recalling your most important reasons for quitting.

### **Book 2: Your Smoke-Free Path Starts Here**

**Go back if...**you need practical tips for staying on the smoke-free path, like ways to resist urges to smoke and to deal with tempting situations.

### **Book 3: You're a Nonsmoker Now**

**Go back if...**you want ideas to build new smoke-free routines, deal with stress, keep your weight down and your energy up, and reward yourself for all the work it takes to stay smoke-free.

## **Be proud of yourself!**

You have worked hard to give up a difficult habit. You have done a great thing to improve your health and the health of those around you. You've broken free from the pack to become a nonsmoker. You've joined millions of others who have succeeded in stopping smoking!

*Enjoy your nonsmoking life. We know you can!*



The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

No matter who you are, we can help. contact us anytime, day or night, for information and support.



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