Benefits of Quitting Tobacco for People in Recovery from Alcohol and Drugs

**HEALTH**
- It will be easier to breathe when walking upstairs or running for a bus.
- Those who quit will have less coughs, colds, and flu
- Your skin will look younger
- Exercising will be easier - your brain will release endorphins that will make you feel good.
- Your health will improve - and you will have less symptoms of chronic diseases, such as asthma, heart disease, high blood pressure, COPD, diabetes and cancer.

**LIFESTYLE**
- Your relationships will be better - because you won’t be stuffing feelings or smelling like an ashtray
- You will no longer be doing addictive behavior that can trigger a return to alcohol and drugs, such as sneaking and hiding and stealing to get a cigarette.
- You’ll have more time to get things done - You won’t be thinking about cigarettes constantly.
- You won’t have to worry about how smoking affects yourself and others
- You’ll have more time to be with non-smoking friends instead of isolating yourself with a cigarette
- You’ll have more choices for housing and rentals, since some places don’t allow smoking
- You’ll have more job opportunities that may require people not to smoke
- You’ll be more responsible to your family, friends and job as you clean-up the wreckage of the past and let it go

**FINANCES**
- You’ll have more money to pay your bills
- You’ll have more money for fun, such as going out to movies, gym, vacations and restaurants.

If you are interested in quitting smoking talk with:
- Your substance abuse counselor
- A non-smoking sponsor
- Your doctor

You can also call:
- Smoker’s Helpline 1-800-NO-BUTTS
- American Lung Association 510-893-5474 ext. 375
- Or their Freedom From Smoking program online www.ffsonline.org

OR CALL _____________________ _____________________

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Facts About Tobacco and Substance Abuse

- Tobacco-related diseases are the number 1 cause of death for substance abusers and those in recovery.
- Tobacco-use can trigger cravings and urges to drink and use drugs.
- Tobacco-use mimics addiction to other drugs and alcohol. Quitting tobacco may help you stay clean and sober.
- Tobacco/nicotine is as addictive as heroin and cocaine.
- Smoking may interfere with dosage levels of some psychotropic medications. When you quit you may need dose changes.

Relapse Prevention Once You’ve Quit Smoking

- Protect yourself from triggers: people, places and things. Avoid falling into old patterns.
- Watch your thoughts and moods. If you are getting negative thoughts, reach out and talk to someone.
- Avoid getting too hungry, too angry, too lonely or too tired. (HALT)
- Carry nicotine gum or lozenges at all times in case of a crisis.
- Choose a non-smoking sponsor if you’re in 12-Step Programs.
- Check out Nicotine Anonymous if you need more support.

Healthy Living Activities

Can help you quit and stay quit

- Exercise daily
- Follow a healthy food plan
- Drink plenty of water
- Breathe deeply
- Meditate and pray
- Manage Stress
- Get support from friends and family
- Be grateful and reward yourself

LIST Your Reasons for Quitting Smoking

LIST Triggers to Avoid

LIST People That Can Help You