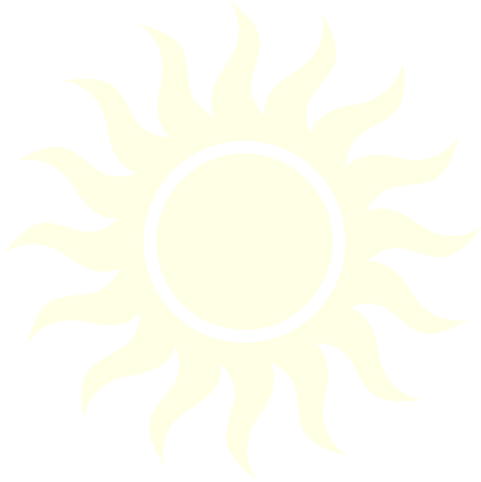


LIST WHAT'S GOOD ABOUT
BEING TOBACCO-FREE:



LIST WHAT'S NOT GOOD
ABOUT SMOKING THAT YOU ARE
HAPPY TO BE RID OF:



For Support and Resources call:

California Smokers' Helpline
1-800-NO-BUTTS

American Lung Association
1-800-LUNG-USA

**American Lung Association of the East
Bay Cessation Resource Hotline**
(510) 893-5474 ext 375

On-line Continuous Cessation Support
www.quitnet.com

Nicotine Anonymous
www.nicotineanonymous.org

Locations in Alameda County:

Alameda	(510) 749-8277 (510) 521-5025
Albany	(510) 521-5025
Hayward	(408) 236-2196
Livermore	(925) 454-1292
Oakland	(510) 655-8368 (510) 848-9125



**NOBODY SMOKES
HERE ANY MORE**

LIVING FREE

Brochure designed and printed by the Alameda County ATOD Network through funding provided by the Alameda County Public Health Department, Tobacco Control Program, Tobacco Master Settlement Funds February 2006.

**LIVING FREE
STAYING QUIT
FROM SMOKING**

Take good care of yourself!



*Tips on How to
Avoid Relapse and
Live a Healthy
Tobacco-Free
Lifestyle.*

PROTECT YOURSELF



Look out for triggers and surprises like these:

- ◆ At parties and social gatherings where people will be smoking.
- ◆ Going back to old patterns like people, places and things that could trigger you to smoke again.
- ◆ Getting too hungry, too angry, too lonely or too tired
- ◆ Drinking alcohol
- ◆ Mood swings
- ◆ Small changes — work, coming home from work, home life and relationships.
- ◆ Big changes — job change or loss, moving, divorce, family deaths.
- ◆ Carry nicotine gum or lozenges at all times in case of a crisis.



MANAGE YOUR THOUGHTS

- ◆ Talk back to negative thoughts.
- ◆ Avoid feeling too confident.
- ◆ Think about your successes.
- ◆ Think pleasant thoughts.

HEALTHY LIVING



- ♥ Exercise daily.
- ♥ Follow a healthy food plan.
- ♥ Drink plenty of water.
- ♥ Breathe deeply.
- ♥ Meditate and pray.



- ♥ Learn stress reduction and relaxation techniques.
- ♥ Plan ahead for high-risk situations.
- ♥ Get support as needed.
- ♥ Take breaks at work and at home.
- ♥ Fill your day with lots of pleasant activities.
- ♥ Be grateful for every day of your new healthy tobacco-free life.
- ♥ Remember to reward yourself.



**If you start to smoke,
Stop Immediately.
Forgive yourself and
Get Help.**



SUPPORT YOURSELF

List reasons why you quit smoking:

- 1.
- 2.
- 3.



Write your plan to avoid, alter, or cope with triggers and surprises. Include dealing with actions and thoughts.



Get Support from Others

List name and phone numbers of those who can support you to Stay Quit:

For 12-step program members

(like Alcoholics or Narcotics Anonymous):

- ◆ Get a Tobacco-Free Sponsor
- ◆ Go to Nicotine Anonymous Meetings