



How To Stay Tobacco Free

Follow these tips to help you stay smoke free. If you do slip up, think of how far you've come and get "back on track"

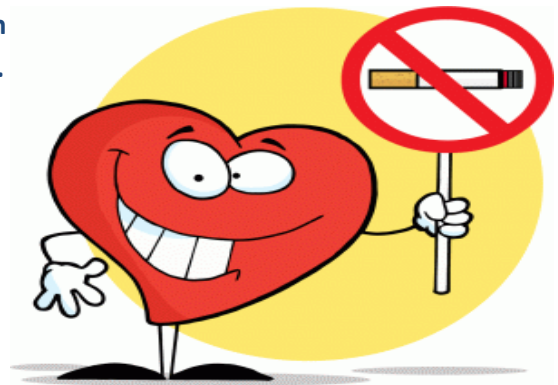
Remember the 5 D's

1. *Delay.*
2. *Drink water.*
3. *Do something else.*
4. *Deep breathe.*
5. *Discuss with a friend*

- Never forget your reasons for stopping smoking.
- Never take even a puff of another cigarette.
- Don't think that you can have just one.
- Plan on how you will stay smoke-free during boring times.
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- Never take even a puff of another cigarette.
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Seeing a person in your home light a cigarette can trigger the desire to smoke. Plan ahead and ask...

- for support from the smokers in your home.
- them to respect your decision to stop smoking.
 - them to stop smoking around you.
 - that they limit their smoking to the outside



Be Prepared for Social Situations and Holidays

Tips to help you stay a nonsmoker in social settings and during the holidays.

- Remember - your reasons for being smoke-free are valid.
- Picture yourself not smoking at the event before you go.
- Practice what to say if offered a cigarette. "No, thanks, I quit smoking".

- Keep your hands and/or mouth busy (use a "stir-stick", cinnamon toothpicks or "fake cigarette")
- Manage your time and money carefully to feel less stressed.
- Avoid stressful situations, if possible,

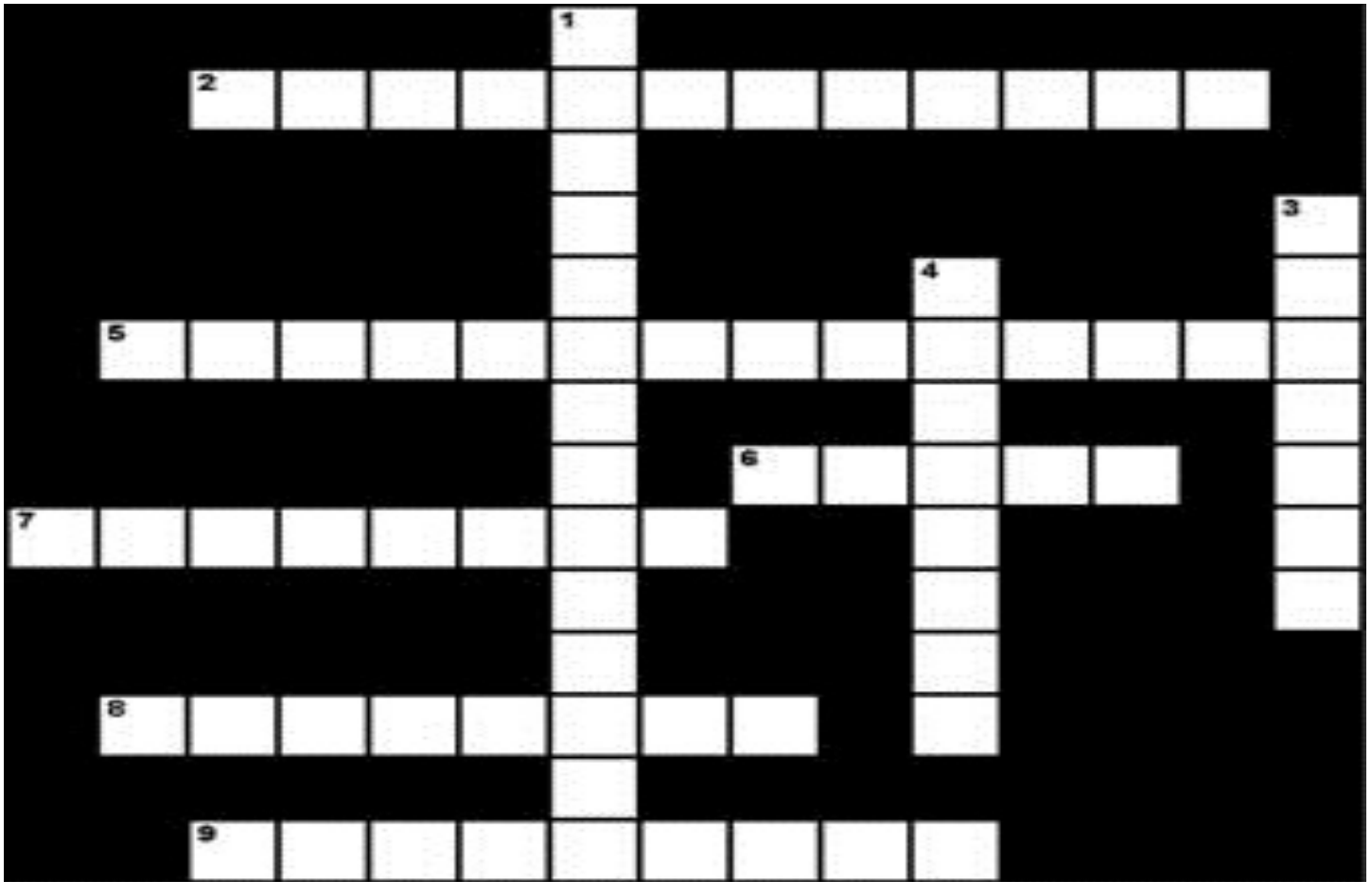
*Reference: www.nysmokefree. This literature was developed by the Tobacco Control Program at Roswell Park Cancer Institute



BHSIA Behavioral Health and Service Integration Administration



Smoking Crossword



Across

2. One of the 4,000 known chemicals in cigarettes; often used as a preservative of dead animals.
5. The tobacco product that has more nicotine per dose and stays in the bloodstream longer than cigarettes. (2 words)
6. Tiny hairs that line the bronchial tubes.
7. Advertising logos on this are much more effective than print ads.
8. Poison that is the psychoactive ingredient in cigarettes.
9. Nicotine _____ your heart rate and blood pressure.

Down

1. The poison in tobacco that causes shortness of breath. (2 words)
3. The single most avoidable cause of death.
4. The dollar amount cigarette advertisers spend per year on advertising. (2 words)

Answers:

Across : 2. Formaldahyde. 5. Chewingtobacco 6. Cilia 7. Clothing 8. Nocatine 9. Increases

Down: 1. Carbonmonoxide 3. Smoking 4. 5billion.