

JOIN OTHER COLLEGE STUDENTS

in living a healthier life by quitting tobacco.

Get the facts and get help.



For more answers, contact:

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

BecomeAnEx.org

Text QUIT to 47848

Download the QuitStart app

Start by making your quit plan today:

- 1. Mark Your Calendar:** Set a Date
- 2. Calculate Your Savings**
- 3. Think About Your Reasons for Quitting**
- 4. Know Your Triggers:** Emotional, Social, Everyday
- 5. Fight Your Cravings:** 10 deep breaths, exercise, chew gum, drink water, or call the quit line
- 6. Set Yourself Up for Success:** Remove products, talk to your doctor about a prescription for tobacco medication

*Information from smokefree.gov

Learn more at
cdc.gov/quit



   @missouripip

Revised November 2023

WANT TO QUIT?



GET FREE HELP TO QUIT TOBACCO PRODUCTS!

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

Partners in Prevention is funded by the Missouri Division of Behavioral Health.

INTERESTED IN QUITTING?

TOBACCO AND NICOTINE ARE 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-tobacco users find it hard to give up tobacco when they experience a trigger - an event, situation, or feeling that automatically makes someone want to use tobacco - not to mention the hand-to-mouth motion that is so common.

TRIED TO QUIT BEFORE AND WEREN'T SUCCESSFUL?

You are not alone.

6% of Missouri college students who use tobacco 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. Support from your campus could include free nicotine replacement therapy, individualized support, and a "quit kit" to help!

Common Triggers and Possible Solutions

Social Triggers

Drinking alcohol or going to a social event: Suggest going to a place that prohibits tobacco product use, and sit with friends who are supportive of your quit attempt

Everyday Triggers

Walking, driving or after eating: Sing along with the radio, avoid driving, take an alternative path, drink water while you are on the go, chew gum or cinnamon toothpicks

Emotional Triggers

Stress or boredom: Take 10 deep breaths, get some exercise, call the tobacco quit line to talk to a counselor, do a puzzle, explore a new park, read tobacco cessation materials

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

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 to use tobacco, don't give up. Get back to your quit plan and keep encouraging yourself. You can do it!

My significant other still uses tobacco.

Quitting tobacco while others close to you are still using is difficult. Ask your partner or friends to be supportive of your effort by not using tobacco in front of you, in your house or car, and not offering you tobacco products.

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. Most cravings only last a few minutes.

I'll gain weight.

Nicotine is a slight appetite suppressant for some individuals, so appetite may increase when they quit tobacco. 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.