

I've quit using commercial tobacco, and now I'm feeling...

Depressed

- » Call or visit with friends and family
- » Go to a movie, concert, or show with someone
- » Use prayer or meditation

Trouble Sleeping (Insomnia)

- » Avoid caffeine (coffee, soda, etc.) after 6 pm
- » Read before bed
- » Allow 10–15 minutes of quiet time before bedtime
- » Try calming stretches before bedtime

Irritable, Frustrated, or Angry

- » Take a walk or exercise
- » Talk to a friend or relative about how you feel
- » STOP, and practice deep breathing to stay calm

Difficulty Concentrating

- » Take breaks
- » Do important tasks when you are most alert
- » Avoid sitting in the same position for too long

Restless

- » Chew sugarless gum or candy, a carrot, or a toothpick
- » Work on a hobby
- » Take one day at a time
- » Change your routine

Increased Appetite or Weight Gain

- » Eat snack like bagels, pretzels, or popcorn
- » Eat at least 5 servings of fruits and vegetables every day
- » Eat lean cuts of meat and low-fat dairy products
- » Avoid "fast foods" convenience foods, and fried foods
- » Walk whenever possible, aiming for 20 to 30 minutes a day
- » Keep your Survival Bag with you at all times
- » Drink lots of water

"There is but one secret to success: never give up."

♦ Ben Nighthorse Campbell

Negative Results of Commercial Tobacco Use

Short-Term Risks:

- » Stained teeth and fingers
- » Smelly breath, clothes & hair
- » Expense of commercial tobacco
- » Shortness of breath
- » Asthma attacks
- » Infertility and Impotence

Long-Term Risks:

- » Heart attacks and strokes
- » Cancer
- » Heart & Lung Disease
- » Wrinkles, weak bones, ulcers, dental problems

Risks to My Family:

- » Newborns have higher risk for Sudden Infant Death Syndrome (SIDS)
- » Increased risk of lung cancer in spouse and children
- » Increased risk of asthma, middle ear disease, and respiratory infections in children of smokers
- » 4,000 chemicals in cigarette smoke, including carbon monoxide, cyanide, acetone, ammonia, formaldehyde, and other poisons



Smoking will take years off your life. But more importantly, it will *reduce the quality of your life.*

Tips and Tools to Help You Quit Commercial Tobacco

Stay Healthy—Life Matters

Benefits of Quitting Commercial Tobacco Use

- » Improved health for you and your family
- » Improved sense of smell and taste
- » Home, car, and breath will smell better
- » Save money
- » More energy and stamina
- » Feel better about yourself
- » Set a good example for family and friends
- » Can stop worrying about quitting
- » Healthier heart and lungs
- » Normal blood pressure
- » Fewer colds and coughs
- » Look younger



Indian Health Service » The University of Arizona HealthCare Partnership
www.ihs.gov/MedicalPrograms/epi » www.healthcarepartnership.org

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Respect your culture
 Keep tobacco sacred

