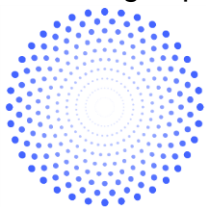


The four D's to ease cravings

1. **Delay** - Wait out the urge to smoke/vape. It will pass in a few minutes.
2. **Deep Breathing** - Breathe in slowly and as deeply as you can, and then breathe out slowly. Repeat this 5 times.
3. **Drink Water** - Sip the water slowly and hold it in your mouth a little while.
4. **Distract** - Do something that takes your mind off of smoking/vaping for a few minutes.



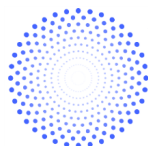
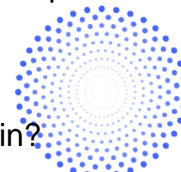
Quitting smoking and vaping will:

- Improve the quality of your life
 - Make climbing stairs easier
 - Lower your risk of diabetes
 - Help wounds to heal more quickly
 - Reduce the amount needed of some medications*
 - Support your recovery from alcohol and other drugs
 - Improve the health of your family and friends
 - Set a good example for your children
 - Save you money
 - Provide more employment options
- * This applies to quitting smoking only.

Make a quit plan

Pick a quit date - This is the day you will stop smoking/vaping completely.

1. **Use your past experience** - Think about the times you tried to quit in the past.
 - What helped you?
 - What caused you to start smoking/vaping again?
 - What could you do differently?
2. **Know your triggers** - Triggers are certain times, places, people, or feelings that make you want to smoke/vape.
 - What triggers you to smoke/vape?
 - How will you beat the trigger?
3. **Plan for cravings** – Withdrawal symptoms are strongest the first 3 or 4 weeks after you quit.
 - Talk to your providers about taking medicines to help you with these symptoms.
 - Get your medicines before your quit date and learn how to use them.
4. **Be ready for challenges** – Think ahead about how you will handle challenges such as, stress, negative thoughts, and being around others in your life that smoke or vape.



Set your plan in motion!

Photo credit:

<https://www.enrightecovillage.org/strength-in-community/>

Worcester Community Smoking/Vaping Cessation Resource Guide

Become nicotine-free today!



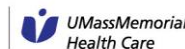
Resources

Quitting smoking or vaping can be hard, but there are ways to make it easier.

Improve your chances of quitting smoking, vaping, or other tobacco products through approved medicine and counseling

November 2019

*This brochure was developed by:
City of Worcester Division of Public Health & the
Department of Psychiatry, UMass Medical School /
UMass Memorial Health Care*



How do I talk with my doctor about becoming nicotine-free?

Many people don't know what to ask or where to start. Here are some tips to make the conversation a little bit easier.

- Write down questions you have for your doctor regarding quitting smoking or vaping.
- Think about your past quit attempts and why you think they did not work.
- Tell your doctor you are ready to quit and why.
- Pick a quit date and share that date with your doctor.
- Talk to your doctor about a quit plan, including which FDA approved quitting medicine or medicine combinations may be right for you.

FDA approved quitting medicines:

Medication	Availability
Nicotine Patch	Over-the-Counter
Nicotine Gum	Over-the-Counter
Nicotine Lozenge	Over-the-Counter
Nicotine Inhaler	Prescription
Nicotine Nasal Spray	Prescription
Zyban	Prescription
Chantix	Prescription

E-Cigarettes, Vape and Hookah Pens, are not FDA approved cessation devices and can keep you hooked on tobacco/nicotine.

How do I find out what kind of benefits I have?

To find out what kind of benefits you have, call the member services number listed on your health plan card.

Quit smoking apps and texting options:

Visit the below websites for more information and to sign up.

- Text2Quit
www.text2quit.com
- Craving to Quit
www.cravingtoquit.com
- Smokefree TXT
www.smokefree.gov/smokefreetxt/

Websites with helpful quit smoking and vaping information and resources:

- Make Smoking History
www.makesmokinghistory.org
- QuitNet
<https://support.quitnet.com/hc/en-us>
- Become An Ex
www.becomeanex.org
- SmokeFreeEspañol
<https://espanol.smokefree.gov/>
- SmokeFreeTeen
<https://teen.smokefree.gov/>

Resources to help you become nicotine-free today!

Free coaching and support:

Services are available to all MA residents.

To speak to a quit coach call:

- 1-800-Quit-Now (1-800-784-8669)
- Spanish: 1-800-8-Déjalo (1-800-833-5256)
- Deaf/TTY: 1-888-229-2182
- Other languages: 1-800-784-8669 to connect with interpreter service

If you prefer an online quitting option, enroll at <https://ma.quitlogix.org/en-US/> to access email, text, chat, web-based materials, and online quit progress tracking through the helpline website.

Support specifically for young people:

Free and confidential help for young people who vape.

- This is Quitting- texting program
Text "VapeFreeMass" to 88709
- My Life, My Quit™- speak to a coach trained to help young people.
Call or text "Start My Quit" to 855-891-9989 or sign up online at mylifemyquit.com.

Education and Support Meetings:

Nicotine Anonymous
www.nicotine-anonymous.org
Internet, telephone and in-person meetings are open to all.