

Spring/ Summer 2021

AHEC ROAD MAPS

Tips for Your Journey to Tobacco Freedom

Sponsored by the Florida State University Area Health Education Center and State of Florida, Department of Health

SUMMERTIME IS PERFECT FOR QUITTERS

Many quitters find that summer is the perfect time to quit and remain smoke-free. Below are a few of the reasons why it may be easier to remain smoke-free during the summer months.

Summertime has the best snacks!

When you quit smoking, you may turn to food as a way to keep your mouth occupied. So many healthy foods are available during the summer that it makes snack time more enjoyable and less likely to bring about weight gain. Fruits and vegetables are cheaper and more available during the summer months. Because they are cheaper and easier to get, you can snack on fresh fruits and veggies throughout the day. Some of the great foods available during the summer months include pears, berries, cantaloupe, eggplant, grapefruit, peaches, peas, plums, radishes, summer squash, zucchini, nuts & sunflower seeds.

Summertime offers plenty of activities

With weather warmer and so many things to do, summer is a great time to stay busy. There are so many things to do, pick a fun activity that gets you up and exercising or commit to doing a task (like painting or cleaning out your closets) that you avoided all winter.

Get out and enjoy

Summer is a great time to relax and try new activities either by yourself or with friends. Here are a few to try:

With friends - Since smoking is often something we share with others, find a new social activity. The slower days of summertime are a nice time to relax with friends. Enjoy making a pitcher of lemonade together. Work on a group jigsaw puzzle or play card games together.

By yourself - Pick activities that will make you remain smoke free like going for a walk in the morning before it gets too hot, swimming at your local community pool, or going to your local library. Whatever activity you pick will help keep your mind and your body busy.

Keeping busy will help you get through withdrawals.

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FLORIDA STATE UNIVERSITY
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QUICK QUIT INTERVIEW | Garret



What was your motivation (reason) for quitting?

To better my chances of staying off drugs

How long has it been since you quit?

December 8, 2020

What did you find most difficult about quitting this time?

Saying “no” when offered a cigarette.

What did you find helped you the most in your most recent quit attempt?

Weekly classes and Nicotine gum.

What would be one piece of advice that you would give someone who is just beginning the Journeys class?

“It’s possible-just because others say it is hard to quit doesn’t mean it will be impossible for YOU to quit.”

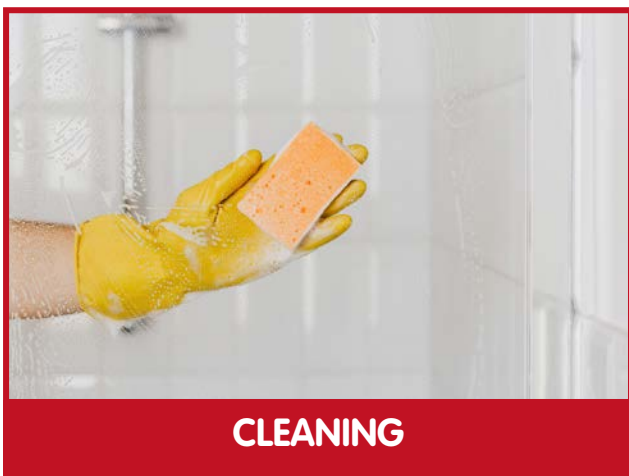
“No more chokin’ on the smoke
and no more bumming cigs from folks.
Way more money in my pocket
And no cancer like Farrah Fawcett.
Better breath and better life.
No more cravings, day or night.”

-Anonymous

BORED TO DEATH?

FIND OUT WHY BOREDOM IS A TRIGGER & WHAT TO DO ABOUT IT

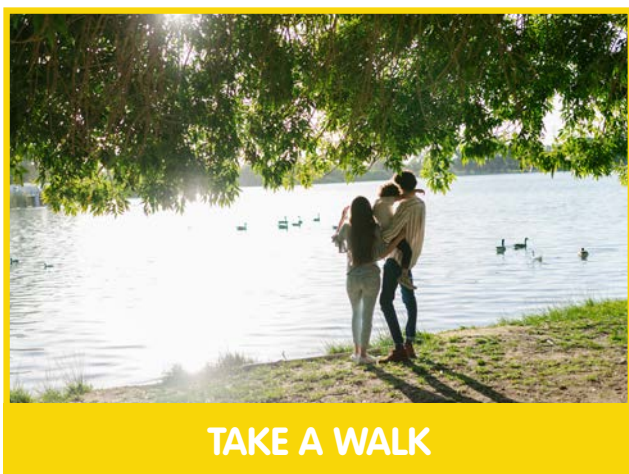
The dictionary defines boredom as “having one’s patience, interest, or pleasure exhausted.” When we put that definition together with what we know about addiction, the picture becomes clearer. We know that nicotine is addictive and addiction is a response to our brain’s desire for the ‘pleasure’ feelings that come when dopamine is released. If you are a recent quitter, your reaction to feeling bored might be stronger when you are experiencing nicotine withdrawal symptoms. That’s because your brain misses the false sense of ‘excitement’ and ‘pleasure’ that you were getting from the nicotine. That is why people who are trying to quit smoking often say that boredom is one of the triggers that has them reaching for a cigarette. What to do about it? First, remember that triggers and withdrawal symptoms are usually worse within the first week or so of quitting. To help relieve feelings of boredom, you have to change your focus from how bad or bored you are feeling to doing something positive. Boredom often comes from a feeling that we are not using our time in a way that is fulfilling or meaningful. To cure boredom, try doing things that add meaning to your life.



Find something useful to do like cleaning, getting rid of clutter, washing dishes or doing your laundry.



Learn how to meditate and focus on positive thinking. Sometimes changing your way of thinking might be all that you need to help you see that life can be as exciting or as boring as you make it.

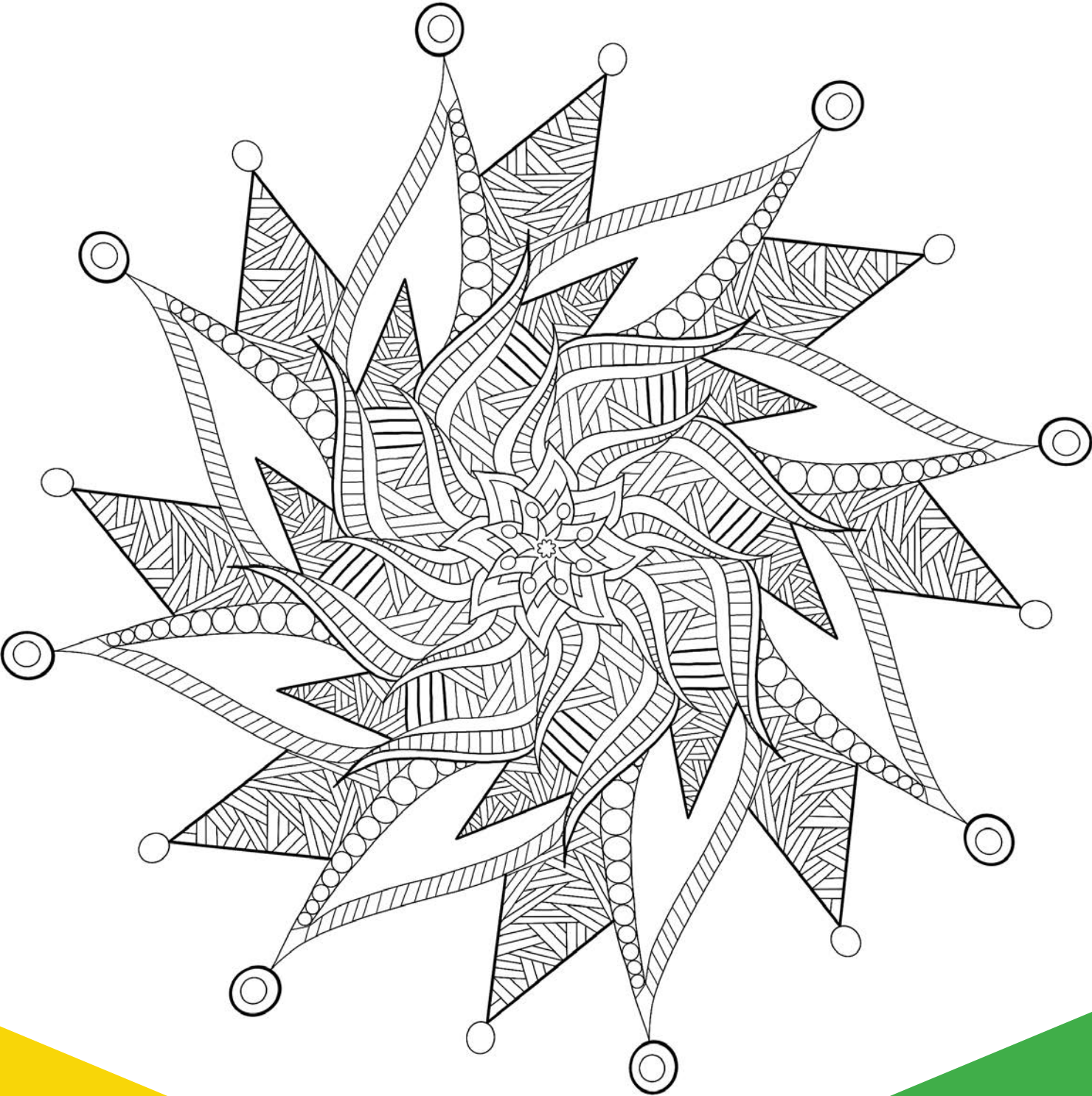


Take a walk. It is free and breathing the fresh air may remind you of some of your reasons for deciding to quit tobacco.



Take up a hobby. Try knitting, doodling, coloring or some other activity that will keep your hands busy. Use drawing or writing to express your feelings or desires for a healthier life. Getting started with coloring the next page.

BORED TO DEATH? TRY COLORING!



CLIENT SPOTLIGHT

David

Tobacco dependence treatment provided during addictions treatment was associated with a 25% increased likelihood of long-term abstinence from alcohol and illicit drugs.



“If you never try, you will never succeed and you will only fail, if you never try”

In September of 2020 David began experiencing homelessness. A smoker for over 40 years, he never considered quitting before. David decided not to pick up butts or ask others to borrow cigarettes, he quit. It is not the easiest thing David has ever done.

Now that David is at a behavioral health facility providing The Journey Starts Here classes, he has help. The information and tools that he has learned from the classes has been life changing. Tobacco affects your whole body from head to toe and he never knew that. David may have considered quitting sooner if he had known all the health problems it could cause. Learning how to cope with life on his terms has helped David stay tobacco free for more than 5 months. Recognizing things that get him “keyed up” to smoke and having a plan has made him confident he can remain smoke free.

David found the nicotine replacement therapy (NRT) that is provided during the class was very helpful. He utilized the patches and nicotine gum. Being able to use the gum to get past cravings made him believe he could do it. David realized “that people who quit smoking and drugs have a much better chance of quitting both”.

QUIT NOW!

"SPRING CLEANING" TOOLKIT

Sure, you know that smoke lingers in the air for hours after you smoke, but have you ever heard of 'third hand smoke'? This term refers to the smoke residue that clings to a smoker's hair and clothing, as well as cushions, carpeting and other things around the house or office. This smoke also poses risks, especially for children and pets. Getting rid of third hand smoke residue will help you feel better physically and mentally. Spring is the perfect time to do some cleaning and get rid of any lingering 'leftovers' from your smoking days. And even if you have not quit already, a good spring cleaning to rid your home of third hand smoke can be a first step towards quitting. So, what are you waiting for? Let's get to work!

GOT CURTAINS OR BLINDS?

Smoke settles on fabric and can even sit on your plastic or wood blinds and linger there long after you have stopped smoking. If you can wash your curtains, try adding 1/2 cup of white vinegar to your wash (no bleach) to help get rid of any odors. If you can't wash them, fill a spray bottle with one-half water and one-half vinegar and lightly spray your fabric curtains. You can do the same for your wood or plastic blinds. Vinegar will help clean and get rid of any lingering smell.

PAINTING OR WASHING THE WALLS?

Ex-smokers often say that the smoke smell seems to actually be in the walls. If this applies to you, one solution is to apply a fresh coat of paint over the walls. In addition to helping to get rid of odors, painting has an added bonus of freshening up your room with a different look. However, if you can't afford to paint your room, or you don't have the skill, another solution would be to simply wash the walls. The same water and vinegar solution that you used to clean the curtains and blinds can also be used to lightly wash the walls. To do this, wet a sponge with your vinegar and water solution, wring it out so it is almost dry and wash.

ASHTRAYS?

If you still have any ashtrays around now is the perfect time to get rid of them. Getting rid of ash trays will help you stick to your commitment not to smoke. If you can't bear to get rid of the adorable little ashtray that your children made for you when they were in preschool, consider filling the ashtray with decorative rocks or marbles. Don't forget to get rid of any "outdoor ashtrays". This includes cleaning up areas where you might have left cigarettes when you stepped outside for a smoke. Cleaning up these areas will help you feel better and remove constant reminders of your smoking days.

REARRANGING FURNITURE

This little free 'redecorating' trick may be the best tip of all. Here's how it works: if one of your habits was to sit in your lawn chair (or any chair) and smoke a 'morning cigarette', move that chair! Or put a plant between the chair and the door. The point is to change things up a little so that when cravings strike, your brain registers that something is different. When you look up and see a plant where your chair used to be, it will remind you that you are a nonsmoker and that habit no longer applies to you. If you normally smoked after your morning coffee, move the coffee cups to a different shelf. That way when you reach for the cup your brain will automatically think 'wait a minute, something has changed'. That something is you. You're a nonsmoker now!

Tips from an ex... ex-smoker.

"When I quit, I washed everything - curtains, blinds, furniture, walls and floors. My advice would be to wash every surface with vinegar & water. Move furniture and sweep and mop behind each item. I hung clothes outside or washed them and opened all the closet doors. I also opened the screen door and windows to let in some fresh air. After cleaning, I used the following natural odor treatment: in a sauce pan, add cinnamon, vanilla, cloves and nutmeg to 2-4 cups of water, bring to a boil, then gently simmer for a while. Be careful not to let the water dry up."

— JoAnn



QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be.

In the wake of the COVID-19 pandemic, quitting is more important than ever! Let us help you get the support you need from the comfort of your own home.

The FL Area Health Education Center Network
is offering free group quit classes virtually!

Pre-registration required!

Call **877-848-6696** to register.

You will be emailed a link to join by ZOOM conference via video or audio. Cessation groups cover all forms of tobacco.

Benefits include nicotine replacement patches, gum or lozenges.

(if medically appropriate for those 18 years of age or older)

and participant workbook and materials.

More than **DOUBLES** your chances of success!

For more information, visit us at:
www.tobaccofreeflorida.com/quityourway

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