

A woman with brown hair, wearing a purple button-down shirt over a white top, stands in a park-like setting. She is looking upwards with a serene expression. The background is filled with green and yellowing trees, suggesting an autumn setting. The image is overlaid with a blue geometric shape in the top right corner and a semi-transparent grey rectangle in the bottom left.

FOREVER  
*FREE*<sup>®</sup>

STOP SMOKING  
FOR GOOD

# LIFE WITHOUT CIGARETTES

BOOKLET 8

# CONTENTS

This is Booklet 8 in the *Stop Smoking For Good* series. This booklet covers life without cigarettes and how to keep it that way! It also reviews some of the key points from the past booklets.

Quitting smoking is the most important thing you can do for your health. You should be very proud of yourself for making the decision to quit.

As you continue your goal to live a smoke-free life, there are a few things to remember. Although your odds for remaining smoke-free add up as each day passes after you quit, relapse can still occur if you are not careful.

We hope that this information will help to prevent relapse and keep you living a healthy smoke-free life. But first of all, we want to congratulate you!! By now, we hope you see how good life without cigarettes can be for you and for those around you.

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## Urges

If you have not smoked for a while, you are in what is called the “maintenance stage” of quitting. By this time, you may find that you rarely think about smoking. The thought of ever smoking again may even make you sick. On the other hand, you may still have some cravings or thoughts of smoking.

If you do have an urge to smoke, there are some things you can do. As we learned in Booklet 2, *Smoking Urges*, people with urges who use coping skills are much less likely to go back to smoking than people who do not use coping skills.



### REVIEW:

There are two types of coping skills you can use when you have an urge to smoke: **behavioral** and **mental**.

**Behavioral coping skills** are things that you can **do** to reduce the urge to smoke. These include leaving the situation, taking a deep breath, or reading a book.

**Mental coping skills** are things that you can **tell** yourself to reduce the urge to smoke. These include, “I feel better,” or “smoking is not an option.”

**Thinking ahead** about situations that may cause urges is an important part of preparing for them. If you have not smoked in a while, you have probably broken the links you had between smoking and your daily activities. They should no longer trigger urges to smoke.

Some events may still give you an urge to smoke, so be careful with these. If you get an urge, tell yourself that the event is causing the urge.

Each time you have that event without smoking, you greatly reduce the chance of having an urge in the future.

Some events linked with smoking might be:

- Vacations
- Weddings
- Holidays or family parties

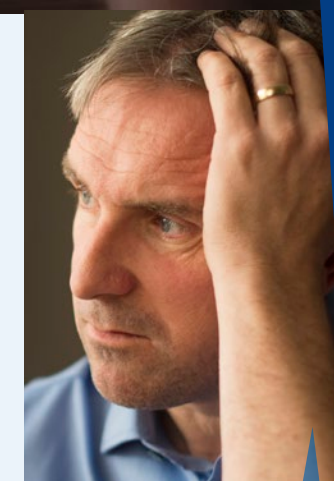
Stressful events are also risk factors for relapse.

Very stressful events might include:

- Death of a loved one
- Losing your job
- Being apart from a loved one
- Money problems

Even though smoking may seem minor compared to the stress or sadness you are feeling at the time, you will be glad later if you do not smoke. Do not turn one tragedy into two tragedies!

*Bob quit smoking a year ago. Finding out that many more smokers die before the age of 65 than non-smokers and starting to have chest pains really woke him up. He decided that he wanted to enjoy his retirement and see his grandchildren grow up. Quitting smoking would increase his chances of doing both. It was difficult for Bob at first. He had been smoking for 35 years, starting when he was 14 years old! He had liked smoking (or so he thought), and he had many urges to smoke during the first few months after he quit. During times when Bob was stressed, angry, or when he wanted a break from work, he still sometimes used cigarettes. Bob even thought about going back to smoking during the sad and stressful time after his mother died. He was not going to leave those beautiful grandchildren behind too soon! But this was only part of the battle. Bob knew that he had to reduce the stress in his life, so he enrolled in a stress class at work. Bob never knew how stress, even when he was smoking, had been decreasing the quality of his life. Now his life and health are better in two ways! His grandchildren are getting bigger each day and Bob has really learned how great life can be without cigarettes.*



*We know you do not plan to fail... so please do not fail to plan!*

# Benefits of Quitting

It is common for people who have quit smoking for a while to forget how much worse they felt while smoking. They also forget how much better they feel now. And they also often forget their reasons for quitting. Maybe a long time has passed since you felt short of breath while climbing the stairs or since you had a morning cough. You may not remember how it felt to stand outside at work to have a smoke. You may even have started to take for granted the extra cash in your pocket each week or how much better your car smells.



As time goes by, you may find yourself thinking about how nice it would be to have just one cigarette.

You might even try to tell yourself that you could have just one since it has been so long since you've quit. Do not be over confident. This is like "playing with fire" and can be very risky.

If you start having thoughts of smoking, it may be because you have forgotten your reasons for quitting. Now may be a good time to think about the negatives of smoking. Now is the time to think about the benefits of quitting. Remember what made you quit.

**Think of all of the benefits you have had from not smoking. We will even start you off with a few:**

1. You have done a great thing by quitting. You have joined many others in living a healthier life! Smoking in the United States is at an all time low!
2. You have reduced your chances of getting a smoking-related illness. One year without smoking means you have cut your extra risk of heart disease in half. One year without smoking means the cilia (tiny hairs in your lungs that are damaged by tar buildup from smoking) have grown back and are now normal and healthy. Five years without smoking means you have cut your risk of dying from oral cancer in half. You are adding years to your life - and healthier years at that.
3. You have saved money. Take a look at the following chart and circle how much you would have spent on cigarettes at \$7.00 a pack (or how much you can keep saving by not smoking).

## TOTAL AMOUNT SAVED ON THE COST OF CIGARETTES (Based on \$7.00/pack)

AMOUNT FORMERLY SMOKED	YEARS QUIT				
	1	2	3	5	10
1 Pack Per Day	\$2,555	\$5,110	\$7,665	\$12,775	\$25,550
2 Packs Per Day	\$5,110	\$10,220	\$15,330	\$25,550	\$51,100

And this is only part of the money saved. The greatest costs of smoking are to your health and the high costs of health care. Smokers become ill much more than nonsmokers, and they need more health care than non-smokers. Smokers miss 40% more work time than non-smokers. Also, life and health insurance are higher if you smoke. This can add up!! Why don't you reward yourself for a job well done? Use some of the money you have saved!

**Take a minute to write down some other benefits of quitting!**

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

**And now remind yourself of your reasons for quitting:**

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

*As you can see, you had some good reasons for quitting!*



*Ivette quit smoking 3 years ago. Her reasons for quitting were the high cost of smoking and health concerns. She had two miscarriages while smoking. When she quit, most of her friends were still smoking, and smoking was allowed at work and at most places she went. Now most of Ivette's friends have also quit, and smoking is not allowed at most public places. With so much information being reported about the harmful effects of smoking, Ivette is very happy she is a non-smoker. She never thought of herself as an addict, but she sees now that she was. Smoking was more than just a bad habit. Ivette feels good about giving up this negative addiction. She has even developed a few "positive or good habits." She has a new interest in dancing. She has more energy from not smoking. She recently found out she is pregnant – another reason she is glad she quit. She and her husband are very happy.*



## But What About My Weight?

Weight gain after quitting smoking is a concern for many people. Remember, smoking is far more dangerous and looks worse than any weight that might be gained. Gaining weight may have discouraged you from quitting.

**But remember...smoking is a VERY DANGEROUS way to lose weight!**

Maybe you gained weight since quitting smoking and would like to lose it. The best way is to change your diet and increase your exercise. Speak to your doctor about healthy ways of losing weight. Many people have lost the weight that they gained after quitting without going back to smoking! Sometimes the extra weight comes off on its own as your body adjusts. Other people find that making even small changes to eating and exercise goes a long way towards weight loss.

You already know about coping skills that reduce urges to smoke. Try to use behavioral and mental coping skills to reduce extra eating as well.

Refer back to Booklet 3, *Smoking and Weight*, for tips on healthy eating and exercise. And do not forget to talk to your doctor before making any big changes in your diet or exercise.

Many people who gain weight after smoking gain only small amounts. Chances are that this is what they would have weighed if they never smoked. (Smoking keeps weight down by increasing your metabolism in an **unhealthy** way.) But about 10% of ex-smokers gain as much as 20 to 30 pounds after quitting. If you gained a lot, maybe stopping smoking is not the only cause of your weight gain. Other things could have caused you to eat more. Sometimes the reasons for smoking are also the reasons for overeating. For example, depression and stress are both related to smoking and overeating.

If you eat more when you are feeling down or feeling stressed, you may want to find other ways to reduce stress besides smoking. One way is by increasing activities that give you pleasure. Now may be a good time to go back to the Pleasant Events List in Booklet 7, *Lifestyle Balance*. Choose things that you like to do. Make it a priority to fit them into your schedule.

Relaxation exercises or deep breathing can also help. Or you may choose to use money saved from not smoking to take a vacation. There are more tips on dealing with stress in Booklet 6, *Stress and Mood*.

Let's say you started smoking again to lose weight. You might lose some. But it would come at a great cost to your health and your overall looks. And it will not reduce the stress in your life. Chances are that it would only add more.

Exercise may seem like a chore at first. But if you start slowly, you can make it a fun part of your day. It can be much better than smoking ever was!





*Lisa is a 35-year-old secretary who quit smoking two years ago. She gained 20 pounds the first year of quitting. At work, when she became stressed, she would munch on junk food instead of smoking. Her weight gain was very discouraging. Lisa thought about going back to smoking – not because she liked smoking anymore or was having urges. She thought smoking would make her lose the weight she had gained. A friend of Lisa’s who also had been a smoker at one time asked Lisa to start skating with her. Lisa didn’t want to at first. Although she had been active in her 20s, Lisa had become pretty inactive lately. She just did not think she was the exercising type. But after just a few weeks of skating with her friend Marie, she loved it! She was surprised at how much better she felt. And she also found many of the things that used to bother her at work, which caused her to eat, did not bother her anymore. After three months of skating, she had lost 10 of the 20 pounds she gained!*

## If You Do Smoke

**“I have not smoked for 1 year and I do not intend to go back... But, can’t I have a cigarette once in a while?”**

The answer to this question is **NO**.

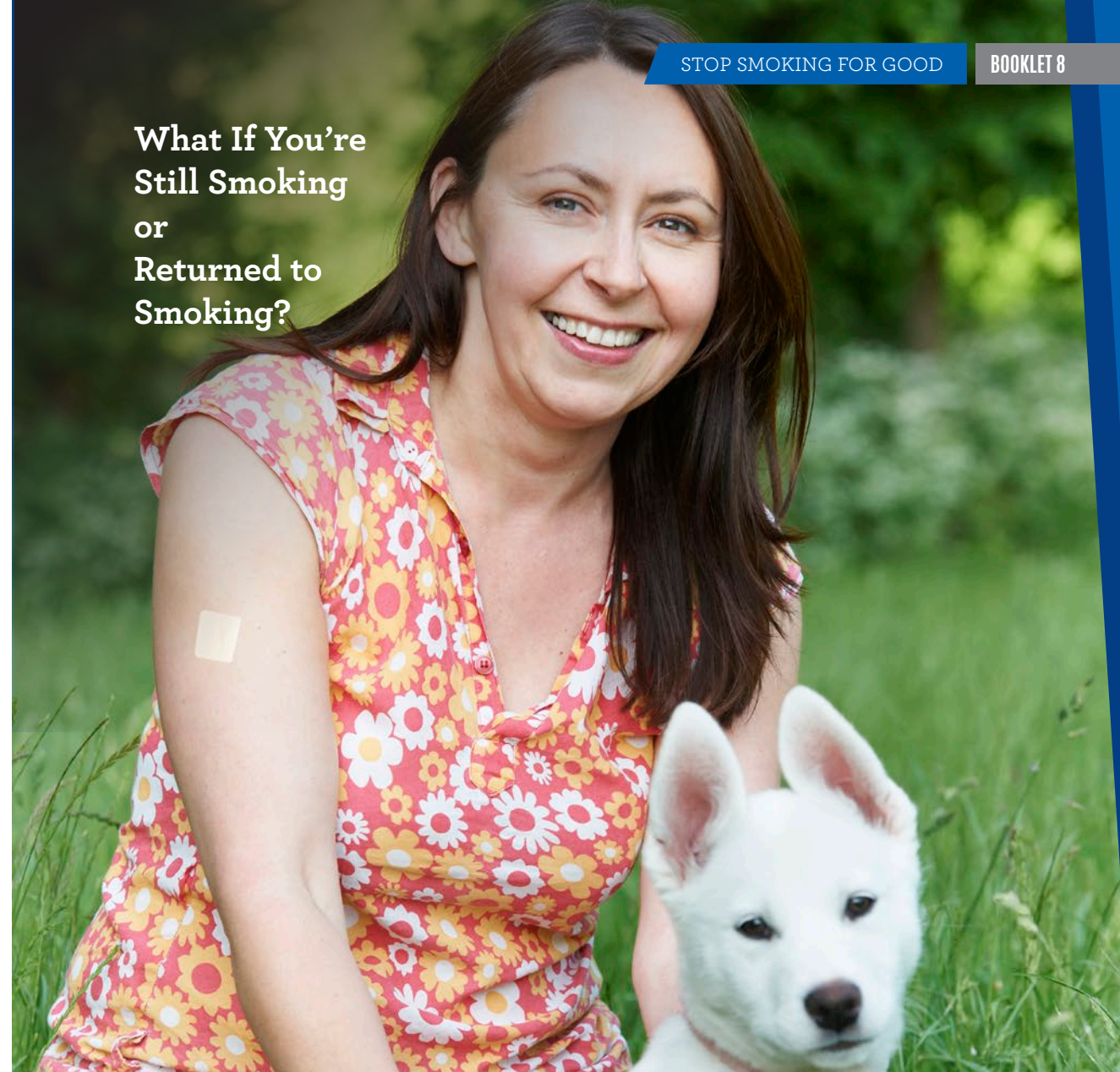
Ex-smokers sometimes think that after not smoking for a long time they are no longer “addicted.” They think they can have one cigarette. This is like “playing with fire.” And it can set you up for relapse.

Research tells us that it is very hard – if not impossible – for people who were once heavy smokers to smoke only once in a while. Do not fall into the trap of thinking that you can smoke just one or two cigarettes.

Odds are that you cannot. One cigarette may seem harmless at first, since you have been doing so well. But smoking one can quickly lead back to smoking one to two packs per day. All your hard work will be lost. You will have to start over again. Why risk it?

But remember...if you *do* slip and have one cigarette, there are things you can do. Stop and look at the situation right away. What led up to smoking? Use it as a learning experience. Feeling guilty and beating yourself up will only lead to the “I Blew It” Reaction (see Booklet 4, *What If You Have a Cigarette?*). These feeling could set you up for even more smoking.

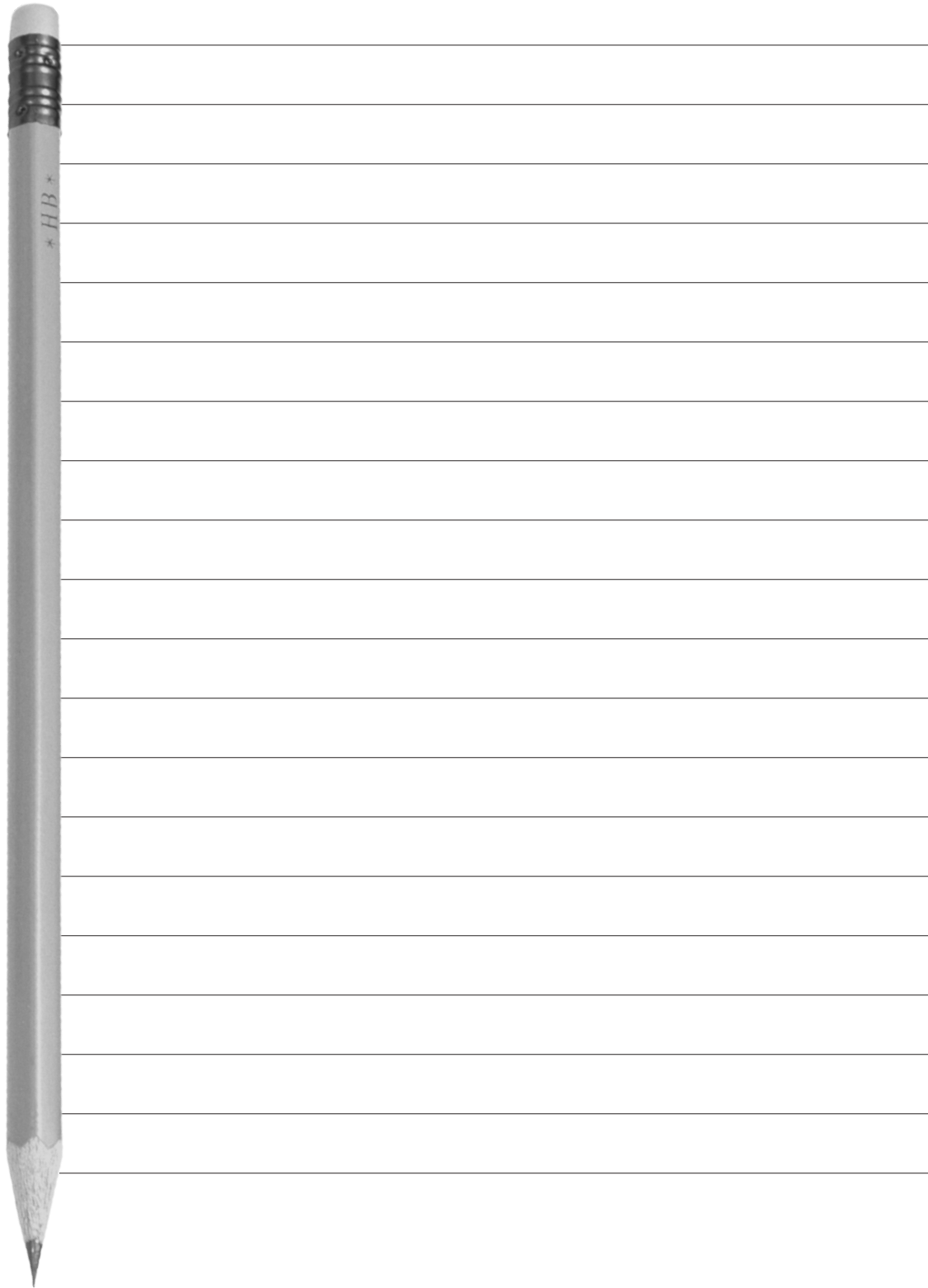
**What If You’re Still Smoking or Returned to Smoking?**



**Here are some tips that may help:**

1. Go back and read *Stop Smoking For Good* Booklets 1 and 2, about the stages of quitting and how to cope with urges to smoke.
2. Pick a new quit date in the near future. Stick to it. If you are not yet smoking as many cigarettes as before, the sooner you quit again, the easier it will be.
3. If you are smoking more than a pack per day, talk to your doctor. Think about using the nicotine patch, gum, or another product such as Zyban® or CHANTIX™.
4. Make quitting smoking your number one goal.
5. Remember, if you have quit before, you can quit again. Do not feel bad about it. You now know more than you did last time. Use what you learned to quit again. Stay quit.

# Notes



# Notes







## The Most Important Messages

You should be proud for deciding to quit smoking and taking a step toward a better and longer life. Once again, congratulations!

We ask that you save this copy of *Stop Smoking For Good* and re-read it many times during the first year or two after quitting. People often forget the important points. To help you remember, here are some important *Stop Smoking For Good* messages.

**1** It's important to review your behavioral and mental coping skills to deal with urges. Even if you have very few urges, a strong urge may come unexpectedly. Be prepared!

**2** Think ahead to less frequent events where you used to smoke (e.g., weddings, holiday parties) and have a plan to cope with urges.

**3** Review the benefits of quitting smoking in order to keep yourself motivated.

**4** Calculate how much money you have saved since quitting.

**5** Use a healthy way to lose any extra weight that you may have gained since quitting smoking. Cut back on unhealthy choices and exercise more.

**6** If you are still smoking, give quitting another try. Read the tips on page 9 to get to your smoke-free goal!



# STOP SMOKING FOR GOOD



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Director: Thomas H. Brandon, Ph.D.  
1(877) 954-2548 | [projectEASE@moffitt.org](mailto:projectEASE@moffitt.org)

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