

# Live Smoke Free

**Do you or someone in your family smoke cigarettes?  
Quitting is a perfect start to the New Year!**

LEHB is offering a **free six week program**  
to help you stop smoking.

Meet weekly with **a Certified Tobacco Treatment Specialist** to  
learn how you can quit!

See below for an overview of the program.

One hour group sessions are available:

**LEHB Center City  
2233 Spring Garden St.**

**LEHB Northeast  
2848 St. Vincent Street**

**To sign up for the next session,  
please call LEHB, 215-763-8290  
Kate, Ali or Phyllis**

## **Make 2018 a smoke free year!**

## Week 1- Let's Get Started

### Review of group rules

- Confidential
- Respectful
- Supportive

### Discussion

- Is smoking your friend?
- Effects of smoking on health (Including other tobacco products)
- Second hand smoke
- Ingredients in cigarettes
- Carbon Monoxide
- Reasons to quit
- How much are you smoking?
- Preparation (Get Ready)
- Discuss Nicotine Replacement Therapy
- Making Quit Zones

**Discuss quit date by week 3**

**Journaling – choosing a quit date**

## Week 2 – Managing Addiction

### Discussion

- Why do you smoke?
- Addiction education
- Review of behavior change model
- \*Goal – to shift the decisional balance (“Pro” vs “Con”) in favor of behavior change. In this case, to stop smoking will become “Pro” when the scale is tipped at the preparation stage.
  - Pre-contemplation (Not Ready)
  - Contemplation (Getting Ready)
  - Preparation (Ready)
  - Action
  - Maintenance
- Obstacles to quitting
- Reasons to quit
- What happens to your body when you quit?  
Measure CO levels
- **Discuss Quit date**

### Week 3 – Coping with withdrawal

- **Focus: achieving and maintaining quit**
- Review the 4 D's
- Coping with withdrawal
- Discussion of what to do instead of smoking
- **Review other services to help with maintenance (quit lines, NRT)**
- Saving money by quitting
- Measure CO levels

### Week 4 – A life without smoking

- Review/open discussion about “Do something else” list created last week
- Discussion about other lifestyle changes
  - **Nutrition** – most smokers that quit gain an average of 6 pounds – be prepared
  - **Exercise** – endorphins from exercise can cause a similar “pleasurable” reaction as smoking and can relieve stress
  - **Financial** – what will you do with the \$ you save for yourself?
- Lifestyle change worksheet/develop a plan to live without smoking
- Measure CO levels

### Week 5 – Relapse Prevention

- Name and Tame your Triggers
  - **When, where, with whom?**
- Avoiding triggers
- Stress management
- Activities
- Review HALT
  - **Hungry, Angry, Lonely, Tired**
- Monitor CO levels

### Week 6 – Great Work, Keep Going!

#### Discussion

- What have you accomplished?
- Celebrate each small step

#### Continue the quit

- Keep “do something else list” close to deal with cravings
- Reward yourself!
- Be kind to yourself, slips happen
- Do NOT give up

#### Review

- Most rewarding about quitting
- Most difficult about quitting
- My advice to others

#### Review the recovery process

- Remember nicotine is an addiction