

Welcome to our Tobacco-Free Campus

Getting Through the Day:

Tips for Surviving a Tobacco-Free Campus Policy

We understand that some people, who regularly use tobacco, may find it difficult to not smoke, vape, or chew tobacco while on campus. Here are some ideas to get through the day tobacco-free.



Instead of going outside for breaks, find a relaxing place to sit inside, where you will not be tempted to use tobacco.



Take a walk.



Have a healthy snack break (such as carrots, fruit or celery sticks).



Use sugarless gum or chew on a toothpick or cinnamon stick.



Try using some nicotine gum or the nicotine lozenge. This will give you a dose of nicotine to help you with any withdrawal or cravings you may be feeling. These medications are generally used to help people quit, but they can be used to help get you through times you can't smoke, chew, or vape.



For other ideas, or for information on how we can help you quit tobacco use, talk with your counselor or case manager. They have been trained to help you.



Contact the Maine Tobacco HelpLine at 1-800-207-1230 or online at theQuitLink.com! It's free. It's friendly. It really works!

Tip: Try doing a couple of cycles of deep breathing:

1. Breathe in slowly through your nose and feel your stomach expand.
2. Hold your breath for a couple of seconds.
3. Exhale slowly through your mouth and relax your shoulders.

1-800-207-1230

MAINE TOBACCO HELPLINE

If you make the decision to smoke, chew, or vape tobacco during breaks, leave enough time to go off campus and then back in time for your next meeting or session. Please be considerate of our neighbors.

MaineHealth
**Center for Tobacco
Independence**