

The logo consists of a stylized 'M' formed by two overlapping circles, one light blue and one light green, with a small leaf-like shape at the top.

Thinking About Quitting?

MaineHealth
Center for Tobacco
Independence

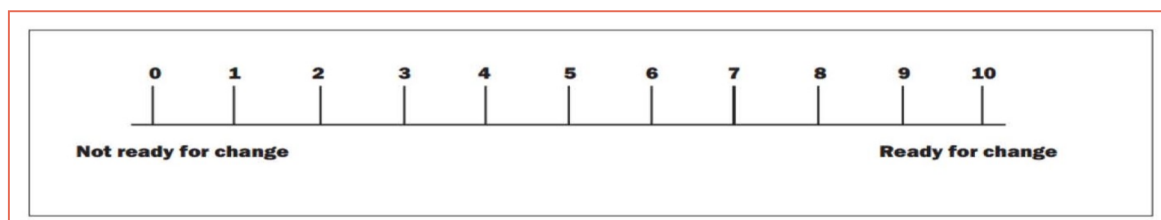
Why Are You Thinking About Quitting?

If you are thinking about quitting, you are not alone. Almost 70% of smokers want to quit, acknowledging the health benefits, cost savings, and improved lifestyles that will follow. But, tobacco dependence is a very real, complex condition that affects both the mental and physical parts of the body.

It is important to think about why you are interested in quitting:

- What would motivate you to quit?
- What needs to happen for you to try to quit?

Better understanding your personal reasons for quitting can help increase your motivation. How ready are you to change your tobacco use? What would help you move along the scale?



Don't be discouraged if you have tried before. It takes practice to quit for good. Each time you try, you learn more about what it takes to meet your goal, so you are stronger with every new quit. Remember that there are more former smokers than current smokers. When you are ready to make a quit attempt, there are resources and supports available to help!

Throughout this booklet, you will be provided with exercises and information that can provide support for being tobacco-free.

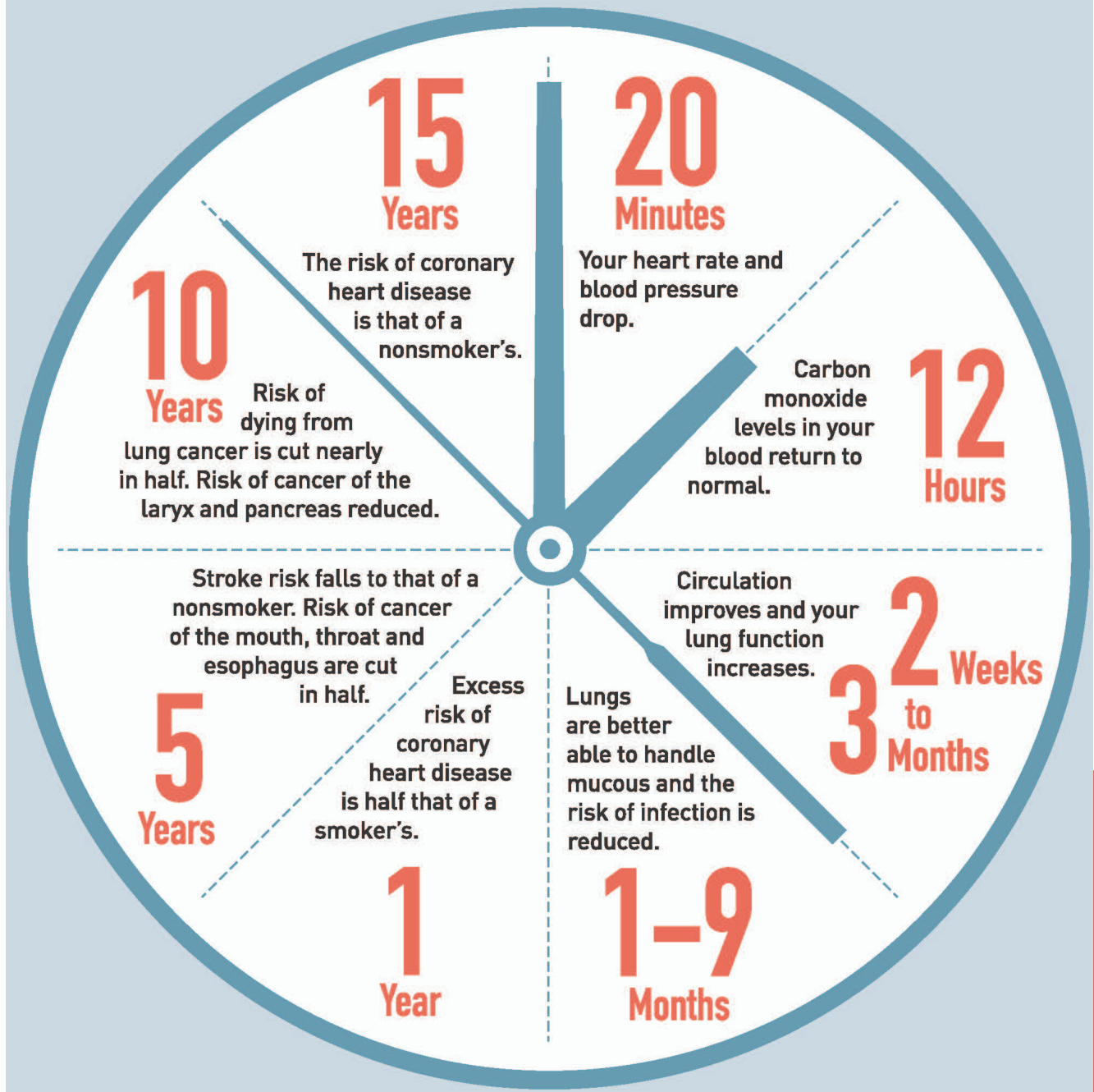


FOR QUIT SUPPORT, CONNECT WITH THE
MAINE QUITLINK AT 1-800-QUIT-NOW OR
MAINEQUITLINK.COM.

What Happens When You Quit?

WHAT HAPPENS WHEN YOU QUIT?

No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. It will be one of the best decisions you make for your health.



LEARN MORE:
MAINEQUITLINK.COM/HEALTH-BENEFITS

Think About Your Reasons for Quitting

Reasons To Quit Worksheet

Everyone has their own reasons for quitting smoking. Remind yourself of them every day. They can inspire you to stop smoking for good. Whatever your reasons, you will be amazed at all the ways your life will improve when you become smoke-free.

Use this worksheet to help inspire your healthier lifestyle.

The reasons I want to quit are:

My Health and Appearance:

- ☐ My chances of having cancer, heart attacks, heart disease, stroke, cataracts and other diseases will go down.
- ☐ I will be less likely to get sick.
- ☐ I will breathe easier and cough less.
- ☐ My blood pressure will go down.
- ☐ My skin will look healthier, and I will look more youthful.
- ☐ My teeth and fingernails will not be stained.

My Lifestyle:

- ☐ I will have more money to spend.
- ☐ I can spend more time with family, catch up on work, or dive into my favorite hobby.
- ☐ I won't have to worry about when I can smoke next or where I can or can't smoke.
- ☐ My food will taste better.
- ☐ My clothes will smell better.
- ☐ My car, home and kids won't smell like smoke.
- ☐ I will be able to smell food, flowers and other things better.

My Loved Ones:

- ☐ I will set a great example for my kids; it takes a lot of strength to quit.
- ☐ My friends, family, coworkers and other loved ones will be proud of me.
- ☐ I will protect my friends and family from the dangers of secondhand smoke.
- ☐ My children will be healthier.
- ☐ I will have more energy to do the things I love with friends and family.
- ☐ I will get healthy to make sure I am around to share in my family's special moments.

Use this space below to make a list of all the reasons you want to be smoke-free. Cut it out, and keep it in a place where you'll see it often. When you feel the need to smoke, take a look at this list to remind yourself why you want to quit.

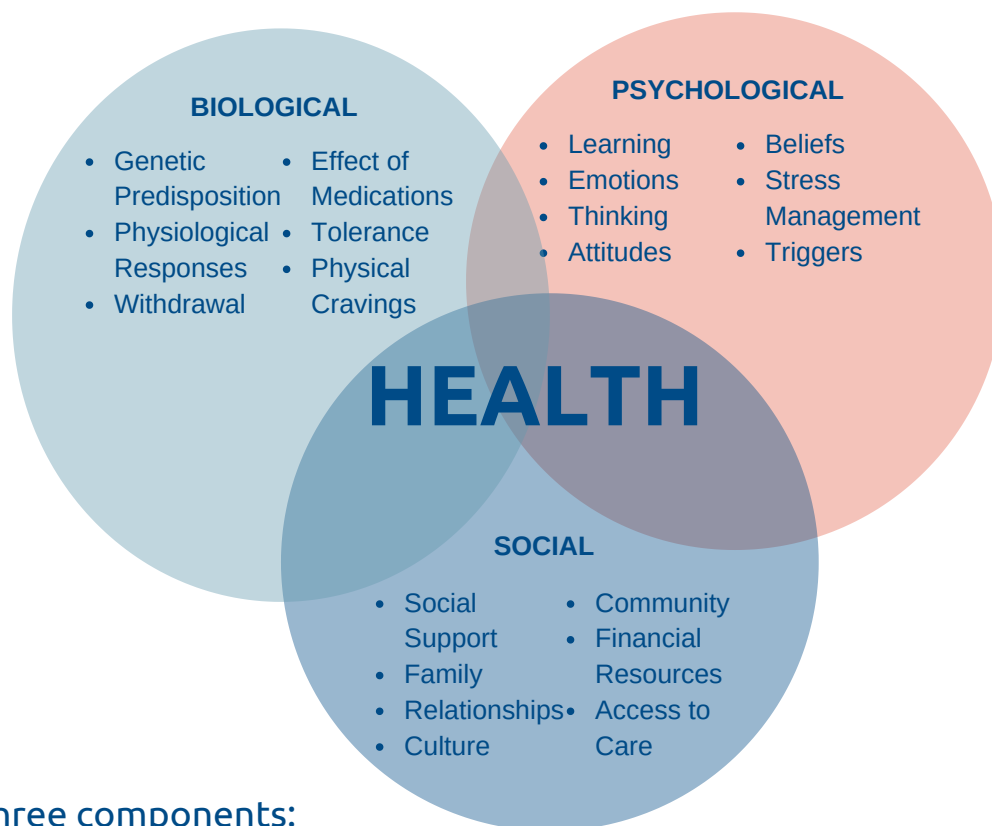


DOWNLOAD WORKSHEET:
MAINEQUITLINK.COM/BEFORE-YOU-QUIT

Understanding Addictions & Cravings

Successful quitting isn't just about willpower. There is a reason it is really tough!

If you use tobacco regularly, you probably have an addiction to nicotine. Addiction is caused by the nicotine in tobacco products. When you are addicted to nicotine, your body wants more and more tobacco. Addiction is complex, impacted by 3 major components:



Understanding the three components:

- **Biological:** The physical addiction to nicotine including experiences of withdrawal and cravings when you stop using tobacco products.
- **Psychological:** The psychological addiction to tobacco use including patterns of use when you do certain things (i.e. drink coffee, drive, visit friends) or feel certain things (i.e. stress, sadness, anger, anxiety, frustration).
- **Social Context:** Life factors that support continued use (i.e. community culture, distance to care, financial, personal relationships).

QUITTING IS HARD AND IT IS POSSIBLE TO SUCCEED. THE RIGHT TOOLS CAN REALLY HELP!

Tools for Quitting:



Everyone has a unique way of quitting. The Maine QuitLink has the tools to support how you want to quit. We offer personalized support geared for your life whether you're ready to quit smoking or vaping, or need answers to questions to help a friend or family member quit.

Why You Should Connect with the Maine QuitLink:

- It's free and totally confidential.
- Registration is easy and you can complete by phone or online.
- You can pick the program that is right for you – including phone coaching, web coaching or individual services.
- We offer positive, supportive messages. We won't pressure you or put you down.
- We offer personal support geared to your life.
- You are 2-3 times more likely to quit with the Maine QuitLink than when you try to quit on your own.

What Happens When You Connect with the Maine QuitLink:

- We'll ask questions to see what kind of help you need.
- If you are ready to quit, we'll help you set a quit date, and we'll make a plan just for you.
- We'll help you think about what makes you smoke or vape and give ideas to help you cope with urges.
- You'll have the option of signing up to receive free nicotine patches, lozenges, or gum to support your quit attempt (for eligible residents).

**FOR QUIT SUPPORT, 1-800-QUIT-NOW
OR [MAINEQUITLINK.COM](https://mainequitlink.com).**

The Maine QuitLink offers free, confidential support to all people, and does not discriminate on the basis of race, color, national origin, age, disability, gender identity or sexual orientation. This support includes qualified interpreters for people whose primary language is not English, and services to assist individuals who are deaf or hard of hearing.

Maine QuitLink: Quit Your Way

Find the Program to Help You Quit Your Way

We know taking the first step is hard, but we are here to support you wherever you may be in your quitting process. We provide the support you need to help you become tobacco or vape-free for life.



PHONE COACHING

A Quit Coach is just a phone call away. Free 1-on-1 coaching with a Quit Coach who will work with you to create a customized Quit Plan. People who call are 2X as likely to quit and using free nicotine replacement therapy (NRT) triples your chances.



WEB COACHING

Website support with digital tools you need to help you with your quit journey. Get quitting information, create a customized quit plan, join an online community, and track your progress.



INDIVIDUAL SERVICES

Individual services are designed to give you the flexibility to pick and choose the tools you want to use at any time through an online dashboard. Build your plan by adding or removing the tools that work best for you when you need them.

CHOOSE THE OPTION THAT IS RIGHT
FOR YOU AND ENROLL ONLINE AT
[MAINEQUITLINK.COM/QUIT-NOW](https://mainequitlink.com/quit-now) OR
BY PHONE AT **1-800-QUIT-NOW**.



Tools for Quitting: Identify Your Keys for Success

5 Keys To Success Worksheet

Quitting smoking is hard, but it's not impossible.
Here are some keys to success:

1. GET READY

- Set a quit date and stick to it.
- Get rid of all tobacco products in your home and car.
- Think about past quit attempts. What worked and what did not?



My Quit Date:

2. GET SUPPORT AND ENCOURAGEMENT

- Tell your family, friends and coworkers you are quitting.
- Talk to your doctor or other health care provider.
- Get group or individual counseling. It doubles your chance of success.
- Get free support by calling 1-800-QUIT-NOW.



Who I Will Reach Out To:

3. LEARN NEW SKILLS AND BEHAVIORS

- When you first try to quit, change your routine.
- Reduce stress.
- Distract yourself from urges to smoke or use tobacco.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.



Behaviors I Will Focus On:

4. GET MEDICATION AND USE IT CORRECTLY

Talk with your health care provider about which medication will work best for you:

- Bupropion SR—available by prescription.
- Nicotine gum—available over the counter.
- Nicotine inhaler—available by prescription.
- Nicotine nasal spray—available by prescription.
- Nicotine patch—available over the counter.
- Nicotine lozenge—available over the counter.
- Varenicline tartrate—available by prescription.



My Medication Plan:

5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS

- Avoid alcohol.
- Be careful around other smokers.
- Improve your mood in ways other than smoking.
- Eat a healthy diet, and stay active.



How I Will Prepare:

DOWNLOAD WORKSHEET:
MAINEQUITLINK.COM/BEFORE-YOU-QUIT

Tools for Quitting: Understand Your Triggers

Know Your Triggers Worksheet

If you are a regular smoker, smoking has become linked with nearly everything you do. Before you quit, know your triggers.

Here are some common triggers and solutions to help you fight the urge when it occurs.



Stress. For years you have used tobacco as a way of dealing with stressful situations. This can include happy celebrations too.

A Solution



Begin thinking about ways to cope with stress—and ways to reward yourself—without tobacco use. Fun activities, talking with a trusted friend, saving up money for special rewards, exercise. These are some of the ways to cope that others have discovered. Having trouble thinking of ideas on your own? Speak with your health care provider or call The Maine QuitLink.



Consuming alcohol. Many people have found that drinking even small amounts of alcohol can trigger a return to smoking.

A Solution



Unless alcohol is also a problem for you, most people don't need to give it up for good but many find that they need to stay away from drinking for the first couple of weeks.



Too much caffeine. When people quit smoking, caffeine can begin to affect the person more strongly than when still smoking. This can add to feelings of anxiety, restlessness and difficulty sleeping.

A Solution



Cut back on the amount of coffee, tea or soft drinks containing caffeine that you consume. With coffee, try mixing in some decaf with every cup you drink.



Smelling tobacco smoke. For some people, the smell of tobacco—or even just being around others when they are smoking—can be too tempting.

A Solution



Try to avoid smoking situations for the first few weeks. It may be hard to avoid entirely, but the more you can, the easier it becomes. When it can't be avoided, think in advance about who else might be present that doesn't smoke. Try hanging out with him or her.



Not enough medication or coming off of it too soon. It happens that people using nicotine gum, lozenge, inhaler or nasal spray, may not use enough. Also, with almost all tobacco treatment medication, people often come off it too soon.

A Solution



Don't wait for a craving to hit. It may be too late. With the gum, lozenge, inhaler and nasal spray, try taking it as directed periodically throughout the day. This will keep a steady supply of medicine in your body to help with any cravings. For all tobacco treatment medicines, take the medication for at least 8 weeks.



After you quit, you believe that you can have "just one." This usually leads to another one after that, and then another.

A Solution



Remind yourself that cravings to smoke are like an itch: the more you scratch, the worse the itch. You don't have to worry about quitting for a lifetime, just take it one step at a time.

DOWNLOAD WORKSHEET:
MAINEQUITLINK.COM/BEFORE-YOU-QUIT

What About Vaping?

E-cigarette use, commonly referred to as vaping, is not safe for youth, young adults, pregnant women, as well as adults who do not currently use tobacco products. Most e-cigarettes contain nicotine, which has known health effects and is highly addictive.

Know the Risks:

- E-cigarettes can contain harmful and potentially harmful ingredients.
- E-cigarettes can cause unintended injuries.
- E-cigarette aerosol isn't harmless water vapor. The aerosol contains many cancer-causing chemicals, metals, and nicotine.
- E-cigarettes contain harmful chemicals such as formaldehyde, benzene, lead, and nickel.
- There has been an outbreak of lung disease associated with e-cigarette use, or vaping.

Thinking About Quitting Vaping:

If you are thinking about quitting vaping you are not alone. More than half of people who use e-cigarettes want to quit. Know why you want to quit vaping will help you stay motivated and focused on your goal to become vape-free.

It is important to think about why you are interested in quitting:

- What would motivate you to quit?
- What needs to happen for you to try to quit?

It can take several attempts, but when you are ready to quit, there are resources and support available that will help you to quit for good.



FOR QUIT SUPPORT, 1-800-QUIT-NOW
OR [MAINEQUITLINK.COM](https://www.mainequitlink.com).

Maine Quit Vaping & Support Services

Free and Confidential Support is Available!

The Maine Quit Vaping Support Line is here to support any Maine adult or youth resident by providing services to assist those who vape and want to quit. You may also call if you need assistance to support a loved one who vapes or have general questions about vaping.

MAINE VAPING QUIT SUPPORT LINE

Through the Maine QuitLink any adult or youth resident can receive services to assist those who vape and want to quit, those needing assistance in how to support a loved one who vapes, and anyone with a general question about vaping.

1-844-9NO-VAPE and NOVAPE@MaineQuitLink.com

YOUTH TEXT TO QUIT VAPING PROGRAM

This is Quitting is a free, confidential texting program with evidence-based tips to help 13-24 year olds quit vaping. With This is Quitting (TIQ) — the help and support you need is just a text away. All you have to do to get started is **text “MAINE” to 88709**.

MAINE QUITLINK

The phone and web-based quit services through the Maine QuitLink support youth and adults with evidence-based treatment for tobacco use, including vaping, that is free and confidential.

1-800-QUIT-NOW and MaineQuitLink.com

LEARN MORE:

MAINEQUITLINK.COM/VAPING-QUIT-SUPPORT





The Maine QuitLink is administered by the MaineHealth Center for Tobacco Independence with funding from the Maine Center for Disease Control and Prevention.