

You may need some help getting back on track

- If you've been smoking for several days, consult with your doctor or call Red Lake Clinic.
- You may need to talk about past efforts
- You may need to adjust your pills or patches.
- If you have access to the internet check out www.QUITNET.ORG. Quitnet offers expert advice. Chat with others "online" who are trying to quit without anyone knowing who you are.

Participate in a support group or get a quit-smoking buddy system set up with friends, family and/or co-workers.

Don't Give Up!

- Each time you try to be smoke-free, you take a step forward.
You can't fail unless you stop trying.
- Each smoke-free moment is a victory.
- Continue to reward yourself for working on being smoke-free!

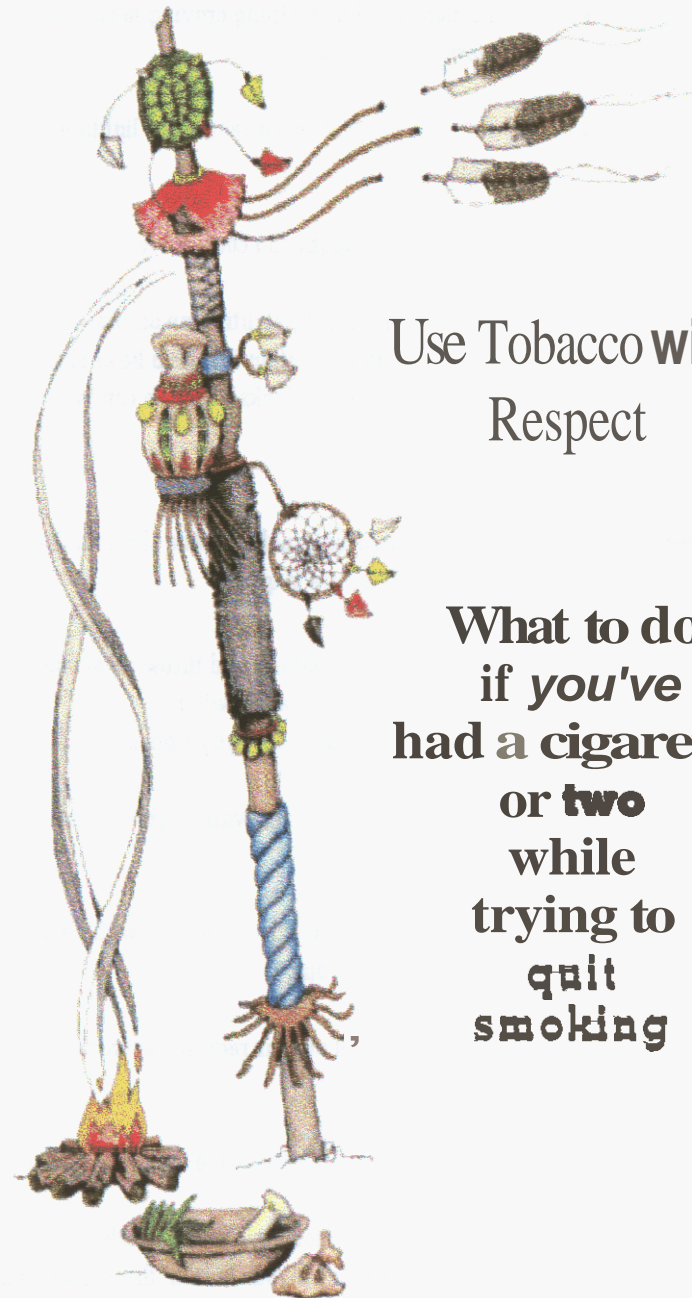
This brochure provides a general overview on this topic and may not apply to everyone. To find out if this brochure applies to you and to get more information on this subject, talk to your doctor.



Red Lake Hospital
Red Lake, MN 56671
(218)679-3912

Ref: This information is reprinted courtesy of the Mayo Clinic; Rochester, Minnesota
(4/00;J.McD/JR)

Red Lake Hospital Health Tip



Use Tobacco with
Respect

What to do
if you've
had a cigarette
or two
while
trying to
quit
smoking

It happens so easily . . .

Suddenly you've found yourself smoking again, after days or even months of being smoke-free.

- Perhaps you had a strong craving to smoke or were under stress.

Perhaps you don't *even* remember lighting the cigarette.

- Maybe you thought you could have "just one".

Most often the occasional slip lighting up occurs when an ex-smoker is placed in a situation in which he or she would have smoked in the past, but lacks a plan to cope without a cigarette.

Learn to cope . . . Learn to cope with an occasional cigarette slip so it doesn't become a permanent failure to quit.

STOP! and ask yourself

What am I doing? Stop smoking and throw all of your cigarettes away. Try one of the following:

- Leave the situation. Get away from cigarettes.
- Take a break or go for a walk to give yourself a chance to think.
- tell yourself: "I am okay right now without a cigarette. I can cope."
- Remind yourself of your reasons for wanting to be smoke-free.
- Call a friend or professional to help you get back on track.

If you are kicking yourself for having a cigarette, stop. Take this opportunity to catch your breath, think about what made you have that smoke, and make a new plan.

Think about why you lit up. . .

- Where were you when you smoked?
- Who was with you?
- What triggered the first cigarette?
- How did you feel when you smoked?
- Did it solve a problem or create more problems?
- Did it make you feel better or worse?

Make a plan!

By looking back on what happened, you can learn about the risks you faced. Use this opportunity to come up with a new coping plan. How might you avoid this situation in the future? If you find yourself in this situation again, what would be another way to deal with the urge to smoke?

Don't give up!

Don't feel like a failure. don't feel guilty about a slip in self-control. Forgive yourself. make this a learning experience. Make your reviewed stop-smoking plan even better.

Get Back on Track!

- Make up your mind to be "smoke-free" again.
- Go over your reasons for wanting to be smoke-free. those reasons are as important as ever.
- Go over your stop-smoking plan and find ways to strengthen or improve that plan.
- Think of a phrase that will help you stay smoke-free. Practice saying this phrase to yourself:
 - "Not even a puff"
 - "It's easier to have none than one"
 - "I can cope without a cigarette"
 - "I can do it, one moment at a time"



If you've been smoking for several days, consult with your doctor or call Red Lake Clinic. You may need to talk about your efforts; or your doctor may need to change how you are taking your medicine.