

Finding *freedom* from Smoking

Sponsored by Frederick Memorial Hospital

Finding Freedom From Smoking

The Freedom From Smoking program is built to help you pass through stages and learn from any setbacks so you can keep moving ahead.

What to Expect

If you're ready to quit, Frederick Memorial Hospital and Freedom From Smoking can offer you a step-by-step process to quit for good. It is a free 6 week, 6 session program. You will work through the quit process individually, while being supported in a small group setting.

Topics Discussed

- Three-Link Chain of Addiction
- Individual Smoking Pattern
- Triggers and Coping
- Quit Plan
- Stress Management
- Relapse Prevention
- Weight Management/Nutrition

To help overcome urges use the Four D's...

Delay: Allow some time. Don't reach for a cigarette right away. Count to 200. Urges to smoke pass in about 3 to 5 minutes.

Deep breathe: Take ten slow, deep breaths- in through your nose and out ever-so-slowly through your mouth.

Do something else: Focus on being busy. Do something you like besides smoking. Keep from thinking about cigarettes.

Drink water: Slowly sip water- up to 8 glasses a day. The water helps flush nicotine out of your body.

If you're ready to quit, we're ready to help.
To register, please contact
Shanna Figgins at 240-566-3622 or kickbutts@fmh.org

Lifestyle Changes

to Support Quitting Smoking

What will you do to make cigarettes harder to pick up?

- Avoid exposure to cigarettes. Limit time spent with people who smoke.
- Alter your daily routine. Take a short walk during a break instead of smoking.
- Get rid of all the cigarettes in your home, car, desk or office.

What will you do to spend more time in smoke-free places or doing nonsmoking activities?

- Reduce exposure to smoking triggers. These might include drinks after work or weekend card games.
- Spend time in nonsmoking places. This could be homes of nonsmoking friends/family, libraries, movie theaters, health clubs/gyms, or restaurants.
- Spend time in nonsmoking activities. You might take a walk, attend classes or religious services, make crafts or create a new hobby.

How can you get support from others when quitting?

- Engage friends, family or co-workers to quit with you or to support your decision.
- Get physical! Join a gym or a team sport, such as softball. Or sign up for an activity program.

What will you do to manage stress without smoking?

- Practice relaxation techniques/deep breathing exercises.
- Increase your physical activity.
- Manage your time to include “fun time.”
- Tell yourself that “this too shall pass.”

What will you do to keep from gaining weight?

- Focus on maintaining your weight. Pay attention to how much you eat.
- Eat foods that are low in fat and sugar. Choose fewer sugary drinks.
- Balance the amount you eat with your level of physical activity.
- Understand that some weight gain may occur when quitting. Remember that you can lose that weight again without going back to smoking.

What will you do to become more physically active?

- Get your doctor’s okay before beginning any vigorous physical activity
- Start with a 2-minute walk.
- Challenge yourself to increase to 5-minute and then 10-minute walks.
- Make time for 10 minutes of moderate-intensity activities 3 times a day on most days of the week.