

Benefits of Quitting Tobacco for People in Recovery from Alcohol and Drugs

**If you are interested
in quitting smoking
talk with:**

**Your substance abuse
counselor**

**A non-smoking
sponsor**

Your doctor

You can also call:



**Smoker's Helpline
1-800-NO-BUTTS**

Or



**American Lung
Association
510-893-5474 ext. 375**

Or

**their Freedom From
Smoking program online
www.ffsonline.org**

OR CALL

HEALTH

- It will be easier to breathe when walking upstairs or running for a bus.
- Those who quit will have less coughs, colds, and flu
- Your skin will look younger
- Exercising will be easier - your brain will release endorphins that will make you feel good.
- Your health will improve - and you will have less symptoms of chronic diseases, such as asthma, heart disease, high blood pressure, COPD, diabetes and cancer.

LIFESTYLE

- Your relationships will be better - because you won't be stuffing feelings or smelling like an ashtray
- You will no longer be doing addictive behavior that can trigger a return to alcohol and drugs, such as sneaking and hiding and stealing to get a cigarette.
- You'll have more time to get things done - You won't be thinking about cigarettes constantly.
- You won't have to worry about how smoking affects yourself and others
- You'll have more time to be with non-smoking friends instead of isolating yourself with a cigarette
- You'll have more choices for housing and rentals, since some places don't allow smoking
- You'll have more job opportunities that may require people not to smoke
- You'll be more responsible to your family, friends and job as you clean-up the wreckage of the past and let it go

FINANCES

- You'll have more money to pay your bills
- You'll have more money for fun, such as going out to movies, gym, vacations and restaurants.

Facts About Tobacco and Substance Abuse

LIST Your Reasons for Quitting Smoking

LIST Triggers to Avoid

LIST People That Can Help You

- Tobacco-related diseases are the number 1 cause of death for substance abusers and those in recovery.
- Tobacco-use can trigger cravings and urges to drink and use drugs.
- Tobacco-use mimics addiction to other drugs and alcohol. Quitting tobacco may help you stay clean and sober.
- Tobacco/nicotine is as addictive as heroin and cocaine
- Smoking may interfere with dosage levels of some psychotropic medications. When you quit you may need dose changes.

Relapse Prevention Once You've Quit Smoking

- Protect yourself from triggers: people, places and things. Avoid falling into old patterns.
- Watch your thoughts and moods. If you are getting negative thoughts, reach out and talk to someone.
- Avoid getting too hungry, too angry, too lonely or too tired. (HALT)
- Carry nicotine gum or lozenges at all times in case of a crisis.
- Choose a non-smoking sponsor if you're in 12-Step Programs.
- Check out *Nicotine Anonymous* if you need more support

Healthy Living Activities

Can help you quit and stay quit

- Exercise daily
- Follow a healthy food plan
- Drink plenty of water
- Breathe deeply
- Meditate and pray
- Manage Stress
- Get support from friends and family
- Be grateful and reward yourself