

## **Quitting Tobacco Products Cold Turkey**

You are in a situation where you have no option but to quit use of tobacco products, here are some things to expect and a few techniques to help you.

1. The first 72 hours can be the hardest. After that, cravings will decrease.
2. No craving will last longer than three minutes. Nicotine cessation causes serious time distortion so three minutes can feel like hours.
3. Mentally, you will experience anxiety, anger, irritability, impatience and restlessness. These are common and temporary effects of withdrawal.
4. Physically, you may experience what is known as the “quitter’s flu” as the body withdraws and detoxifies from the harmful effects of cigarettes. As the lungs begin to clear themselves of mucus, you may cough and experience tightness in your chest. You may have nausea, headaches, fatigue, postnasal drip, and/or sore throat, tongue and gums. Again, these are all temporary effects.
5. You will go through the following six phases 1) denial 2) anger 3) bargaining 4) depression 5) acceptance 6) complacency. Each stage can last a few minutes or a number of days.
6. Nicotine is one of the most addictive substances. It has rewired your brain and your sense of taste and smell.
7. You may have extremely vivid smoking dreams.
8. Drink lots of water, it will flush the chemicals from your body. Plus carrying around a cup of water will give your hands something to do.
9. Do not skip meals! Nicotine released stored fats and sugars into your system and you may have wild blood sugar swings. It is important to eat all three meals.
10. Make a list of why you need to quit and the benefits. Read your list every day.
11. Use the recreation yard to exercise! Walk laps; do pushups/pull ups, play basketball, jumping jacks, etc.
12. Deep breathing exercises can be helpful. Breath in through your nose for 5-10 seconds, hold your breath for 5-10 seconds, breath out through your mouth for 5-10 seconds. Repeat 5 times.
13. Keep your mind busy! Attend programs, play games, talk to other inmates, read a book.
14. Don’t think about not smoking forever; quit one day at a time.
15. Be proud of yourself!
16. Quitting cold turkey gives you the best chance of success!
17. When released do not take up the habit again!
18. Hang in there . . .you will be ok.

## **Do you have a problem with alcohol?**

1. Have you ever decided to stop drinking for a week or so, but only lasted a couple of days?
2. Do you wish people would mind their own business about your drinking – stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had to have an eye-opener upon awakening during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get “extra” drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
10. Have you missed days of work or school because of drinking?
11. Do you have blackouts?
12. Have you ever felt that your life would be better if you did not drink?

Did you answer yes four or more times? If so, you are probably in trouble with alcohol.

## **Do you have a problem with drugs?**

1. Do you use alone?
2. Have you ever substituted one drug for another, thinking that one particular drug was the problem?
3. Have you ever manipulated or lied to a doctor to obtain prescription drugs?
4. Have you ever stolen drugs or stolen to obtain drugs?
5. Do you regularly use a drug when you wake up or when you go to bed?
6. Have you ever taken one drug to overcome the effects of another?
7. Do you avoid people or places that do not approve of you using drugs?
8. Have you ever used a drug without knowing what it was or what it would do to you?
9. Has your job or school performance ever suffered from the effects of your drug use?
10. Have you ever been arrested as a result of using drugs?
11. Have you ever lied about what or how much you use?
12. Do you put the purchase of drugs ahead of your financial responsibilities?
13. Have you ever tried to stop or control your using?
14. Have you ever been in a jail, hospital, or drug rehabilitation center because of your using?
15. Does using interfere with your sleeping or eating?
16. Does the thought of running out of drugs terrify you?
17. Do you feel it is impossible for you to live without drugs?
18. Do you ever question your own sanity?
19. Is your drug use making life at home unhappy?
20. Have you ever thought you couldn't fit in or have a good time without drugs?
21. Have you ever felt defensive, guilty, or ashamed about your using?
22. Do you think a lot about drugs?
23. Have you had irrational or indefinable fears?
24. Has using affected your sexual relationships?
25. Have you ever taken drugs you didn't prefer?
26. Have you ever used drugs because of emotional pain or stress?
27. Have you ever overdosed on any drugs?
28. Do you continue to use despite negative consequences?
29. Do you think you might have a drug problem?

## **Are you depressed?**

Depression affects people differently. Some people cry a lot and feel sad. Others seem angry, irritable, or anxious. For others, depression shows itself in vague physical problems like constipation, muscle aches, headaches. Take a minute to think about how you have felt over the past two weeks. Which of these statements describe you? (Quiz from WebMD)

1. I feel sad or down most of the time.
2. I've lost interest in the activities I used to enjoy.
3. I feel tired almost every day.
4. I have problems sleeping. I'm either sleeping too much or staying awake at night.
5. My appetite has changed. I'm not eating enough, or I'm eating too much.
6. My friends say I'm acting different. I'm either anxious and restless or lethargic.
7. I find myself thinking a lot about dying.
8. I feel worthless or hopeless.
9. I'm having frequent headaches, stomach problems, muscle pain or back problems.

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