

## Cessation Resources

The “fresh U” program, sponsored by the Wellness Resource Center

**Open to College Students free of charge!**

**One-on-One Support** with a tobacco cessation coach.

**Individualized Quit Plans** that will fit your lifestyle, your needs, and your situation.

**Optional Nicotine Replacement Therapy patches FREE of charge!**

**Quit Kits** containing a variety of items to help you along your path to a smoke free future.

## Online Support

**smokefree.gov**

sponsored by NCI, NIH, USDHHS, and USA.gov

**American Lung Association**

<http://www.ffsonline.org/>

**For military personnel and their families**

<http://www.ucanquit2.org/>

**Guide to Quitting Smoking - The American Cancer Society**

<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking>

## Telephone Support

**1-877-44U-QUIT**

Smoking cessation counselors from the National Cancer Institute, Monday through Friday, 8:00am - 8:00pm

**1-800-QUIT-NOW**

Connects you to counseling and information about quitting smoking in your state.

**1-800-ACS-2345**

The American Cancer Society's Quit line.

## Medical Support

Please contact your local health department or primary care provider to see what other options are available in your area.

## Wellness Resource Center



### Location

G202 MU Student Center  
Columbia, MO 65211

### Hours of Operation

Monday - Friday, 8:00am - 5:00pm  
(Summer Hours: 7:30am - 4:00pm)

### After Hours Cessation:

Tuesday - Wednesday, 4:00pm - 6:00pm

### Contact Information

Phone: (573) 882-4634

Web: [wellness.missouri.edu](http://wellness.missouri.edu)

### Services Offered

Tobacco Cessation Coaching, Wellness Coaching, Nutrition and Fitness Consultations, Off-Campus Housing

Click “Need to book an appointment?”

@ [wellness.missouri.edu](http://wellness.missouri.edu)

\*Tobacco Control Research Branch of the National Cancer Institute. (n.d.). *Quit Guide: Preparing to Quit - Overview of the Basic Steps*. (National Cancer Institute) Retrieved March 2011, from [smokefree.gov/qg-preparing-steps.aspx](http://smokefree.gov/qg-preparing-steps.aspx)

**QUIT.MISSOURI.EDU**

**MPH**  
Missouri Partnership for Health

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**Finally Reaching an Energetic  
Smoke-free and Healthier U**

**If you are considering a life without tobacco, this is the brochure for you. This brochure addresses barriers to quitting, tips for overcoming cravings, the different types of nicotine replacement therapy (NRT), and resources for cessation in your community! We congratulate you on your interest in finally reaching an energetic, smoke-free, and healthier U!**

## Preparing to Quit

If you're preparing to quit smoking the START method is recommended by the National Cancer Institute and several other reputable resources:

**S = Set** a quit date

**T = Tell** family, friends, and coworkers that you plan to quit

**A = Anticipate** and plan for the challenges you'll face while quitting

**R = Remove** cigarettes and other tobacco products from your home, car, and work.

**T = Talk** to your doctor about getting help to quit.

(Tobacco Control Research Branch of the National Cancer Institute\*)

## Watch Out!

Anything that you associate with smoking or anything that causes you to have a craving can be considered a barrier. Watch out for these barriers on the path to your tobacco free lifestyle, and try to break them down so they don't continue to give you trouble. Some common barriers include:

Common Barrier	Possible Solution
Drinking Coffee or Alcohol	Try diet soda as a caffeine source in moderation
Social Events (especially if smoking is allowed)	Stay inside when your friends go out to smoke, go to non-smoking bars and restaurants only
Driving	Try walking to work, taking the bus, or riding your bike
Boredom	Call a friend to hang out, play an online game, or read a book
Stress	Try deep breathing exercises, working out, or talk to a friend about your stress
Weight Gain	Eat fewer calories, replace snacking with fruits and vegetables, exercise daily
Fear of Failure	If you do slip up, don't worry! Everyone slips up - stay strong!
Cravings	Drink water, chew on a toothpick, chew cinnamon gum, squeeze a stress ball, use NRT
Withdrawal Symptoms	Consider a form of nicotine replacement therapy
Discouragement	Seek support from friends and family, talk to ex-smokers who have been successful in their efforts

## Overcoming Cravings

Everyone's cravings are different, so you must find the coping strategies that work best for you. Some great suggestions include:

Take a walk/run	Yoga
Ride a bike	Deep breathing
Chew gum	Brush your teeth
Chew a toothpick	Read smoking cessation materials
Drink water	Play with a pet
Read a book	Play a game
Call a friend	Do Sudoku
Exercise	Do a crossword
Eat a snack	

## Types of NRT

There are many types of Nicotine Replacement Therapy (NRT). Some are available over the counter, others are prescription only. Below is a brief description of each.

### Nicotine patch (over the counter)

Long-acting control of your cravings. A small adhesive patch is placed on your skin each day for 8-12 weeks.

### Nicotine gum (over the counter)

Used to control sudden cravings. Bite it until you get a bitter/peppery taste then bank it along your gumline.

### Nicotine lozenge (over the counter)

Short-acting. Lozenges can control sudden cravings. Place the lozenge between your gumline and your cheek and suck it slowly until it dissolves.

### Nicotine inhaler (prescription)

Short-acting. It can control sudden cravings, and also helps keep your hands occupied during a craving.

### Nicotine nasal spray (prescription)

Short-acting. Used to control sudden cravings and works faster than the gum, lozenge, and inhaler.

### Bupropion SR pills (prescription)

Does not contain nicotine, but reduces cravings and withdrawal by releasing chemicals in the brain. Takes five to seven days to be effective, so start taking bupropion SR a week or two before your quit date. Can be taken for up to nine months to help reduce risk of relapse.

### Varenicline pills (prescription)

Helps reduce cravings for tobacco. Typically used for 12 weeks, but can be used up to six months to reduce relapse. Blocks nicotine receptors in your brain decreasing the desire for nicotine and the pleasure of smoking. Also needs to be started before your quit date.