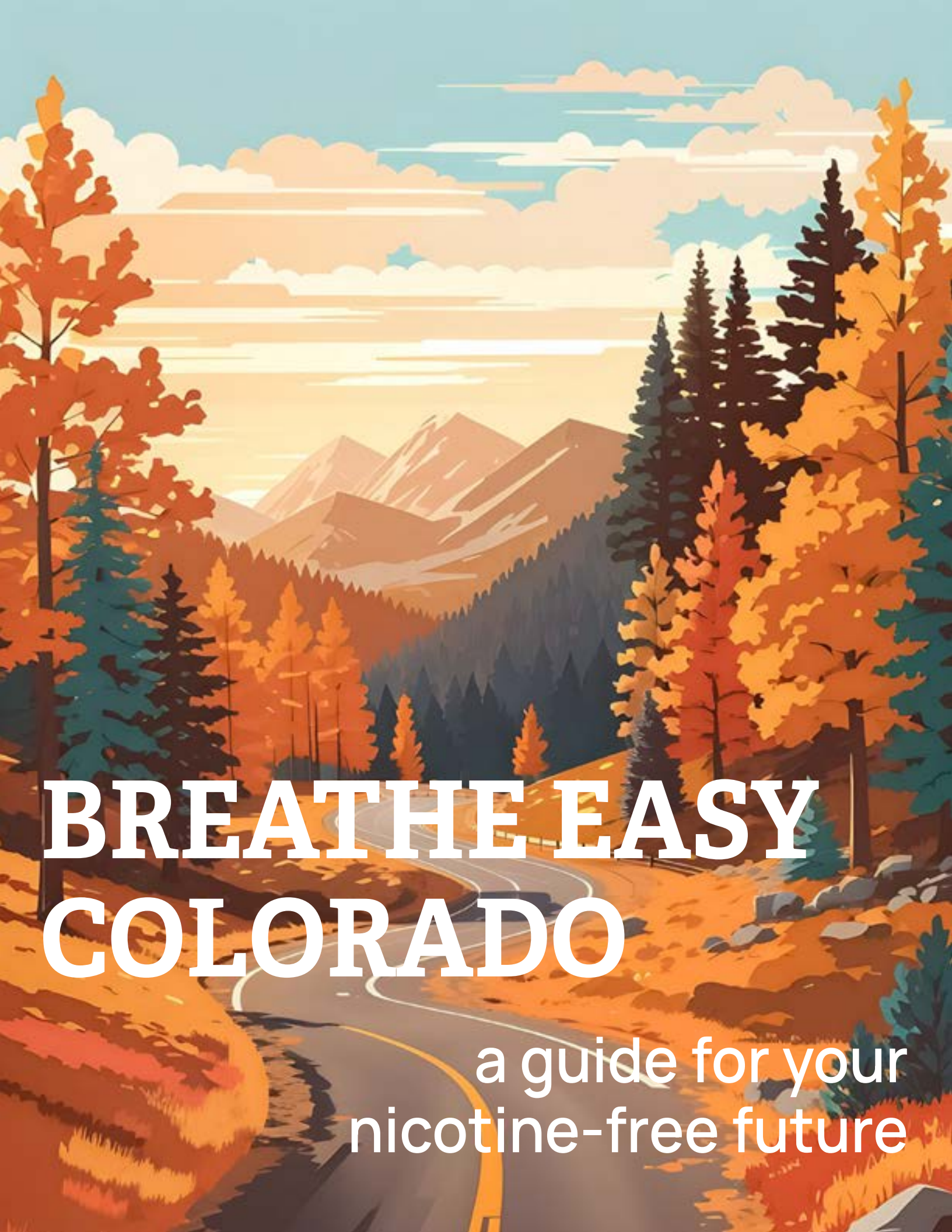




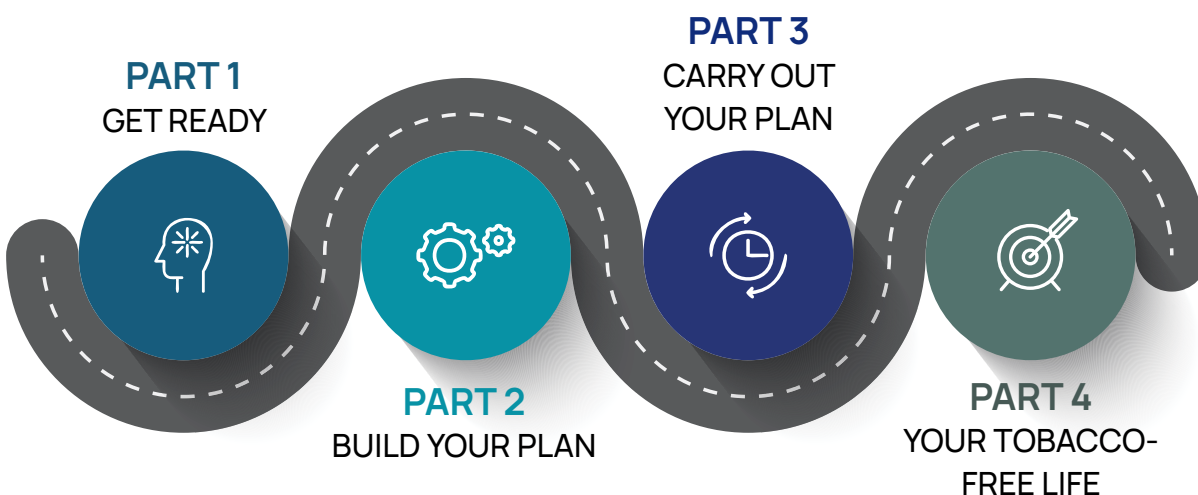
BREATHE EASY COLORADO

a guide for your
nicotine-free future

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Invitation

Ever wondered what your life might be like without nicotine? Have you tried to shift your nicotine use and found it tough to do? Do you want to make a change?

If your answer to any of these questions is, “Yes,” this guide is for you.

It's never too late to feel better. Whether you're 18 or 80, when you stop nicotine use, you will boost your health, comfort, and energy—and even add years to your life. Most people who use nicotine want to quit. And the great news? Many do. And you can, too!

You don't need to do it alone. This guide is here to walk with you—no matter where you are on your journey.

How to Use this Guide

This guide is here to help you build a plan to live without nicotine—a plan that fits **YOU**.

But wait... do you even need a plan? Couldn't you just throw away your nicotine products and move on? Sure, that works for some people. Maybe you've even tried it. But for most folks, changing nicotine use takes more than just a decision. It takes practice, support, and a solid plan.

You don't need to go through this guide in order. You can complete the exercises in any way that works for you. Try them once or come back to them as many times as you like. Your answers may grow and change as you move through your journey.

If you've used other guides before, you might notice a few differences here. For example, we don't say “Quit Date.” Why? Because for most people, the day they start their plan is not the day they fully leave nicotine behind. That final day comes later—when your plan has done its job, and you're ready to stay strong. So instead of a “Quit Date,” we'll talk about your **Start Day**.



A Word on Language

In this guide, we mostly use the word “**nicotine**” instead of “tobacco,” “smoking,” or “cigarettes.” That’s because nicotine shows up in many products, including things like vapes or e-cigarettes (also called **ENDS**—Electronic Nicotine Delivery Systems)—and none of them are known to be safe.

When we say “nicotine,” we mean **commercial nicotine**—the kind found in tobacco products and vaping devices. We don’t mean the FDA-approved **nicotine replacement therapy (NRT)** like patches, gum, lozenges, or nasal spray. This also doesn’t include traditional tobacco used by some American Indian and Alaska Native communities for ceremonial or medicinal purposes.

NRT is medicine. It’s made in a way that helps people need less nicotine over time. For many, a switch to NRT can be a smart step toward life without nicotine.

Part 1: Get Ready

All good plans begin with a clear reason. What drives you to make a change? What do you hope life will look like with less—or no—nicotine? The next few activities will help you explore your **WHY**. Maybe you already know exactly why you want to do this—and that’s great! Even so, you might still learn something useful through these activities.

WHAT MATTERS MOST TO YOU?

Whether we know it or not, our values guide how we prioritize our resources, make decisions, and inform our actions. As we move through our life, our values change. What was once our top value isn’t as important, and another value rises to the top. Because of this, as you consider a change, it’s helpful to take time to reflect on your values.



ACTIVITY: MY VALUES

Review the list of values in the table below. Circle the **ten** that matter most to you. If you'd like to add a value, place it in the blank space.

VALUES					
Acceptance	Contribution	Freedom	Integrity	Openness	Self-Control
Accuracy	Compassion	Friends	Intimacy	Order	Self-Esteem
Achievement	Cooperation	Fun	Joy	Passion	Self-Knowledge
Adventure	Courtesy	Generosity	Justice	Pleasure	Service
Attractiveness	Creativity	Growth	Knowledge	Popularity	Sexuality
Authority	Dependability	Health	Leisure	Power	Simplicity
Autonomy	Duty	Helpfulness	Love	Purpose	Solitude
Authenticity	Ecology	Honesty	Loving	Rationality	Spirituality
Beauty	Excitement	Hope	Mastery	Realism	Stability
Benevolence	Faithfulness	Humility	Mindfulness	Responsibility	Tradition
Caring	Fame	Humor	Moderation	Risk	Virtue
Challenge	Family	Independence	Monogamy	Romance	Wealth
Change	Fitness	Industry	Non-conformist	Safety	World Peace
Commitment	Flexibility	Inner Peace	Nurturance	Self-Acceptance	

Next, look at the ten values you chose, and narrow down your list even further, to the **three** most important.

Now consider your top three values. Of these three, which one stands out the most? What is your **top value**? Which one feels deeply connected to how you want to live—or how you care for others? Think about how your top value connects to your nicotine use. How might being nicotine free help you live more in line with what matters most?

MOTIVATIONS

Nicotine use can affect many parts of life. It costs **money**. It takes up **time**—time you might rather spend with family, enjoying hobbies, or doing things that matter to you. It can also affect your **health**. That alone is a big deal. And it may also cause stress or worry for people who care about you. Sometimes it even leads to conflict in **relationships** with people who love you and just want the best for you. For some people, nicotine use doesn't fit with their **spiritual life** or other **personal values**. In this section, you'll find a few short exercises to help you think about your motivations—what matters most to you as you make this change.

HOW MUCH DOES MY NICOTINE USE COST?

ACTIVITY: THE FINANCIAL COST OF NICOTINE

Your nicotine use comes at a cost. You spend a lot of your hard-earned money on it. Do you know how much you spend on your nicotine use? Let's take a look.

NICOTINE COST & SAVINGS CALCULATOR	
Step	Answer
1. What do you use? (Circle your answer)	pack cans pods vapes carts
2. How many per day?	# _____
3. What is the cost of one?	\$ _____
4. Multiply: number x cost = daily cost	_____ x \$ _____ = \$ _____ per day
5. Multiply: daily cost x 365 = yearly cost	\$ _____ x 365 = \$ _____ per year

Now consider ways you might want to use this money differently. How would you want to spend the **money you save**? What else would you do with that money? Write your ideas here.

THE HEALTH COST OF NICOTINE

- ↳ All nicotine products—except for **nicotine replacement therapy (NRT)**—can harm your body.
- ↳ **Tobacco smoke** has thousands of chemicals. Many of them are poisons, and some can cause cancer—not just in the lungs, but in many parts of your body. These chemicals, along with nicotine, travel through the blood and can damage many organs.
- ↳ **Smokeless tobacco** (like chew or dip) also causes serious problems. It raises the risk of heart attacks, strokes, and cancers in the mouth, throat, and pancreas.
- ↳ Even nicotine by itself—when used in high amounts like in cigarettes, cigars, pipes, vapes, or oral nicotine pouches—can hurt the body. It causes **inflammation** and **stress inside your cells**, which can lead to heart disease, stroke, and other health issues.
- ↳ Nicotine can also affect your **mental health**. If you feel depressed, anxious, stressed, or deal with chronic pain, nicotine use can make things worse. In fact, many people feel better—mentally and physically—when they stop nicotine use. **And you can too!**

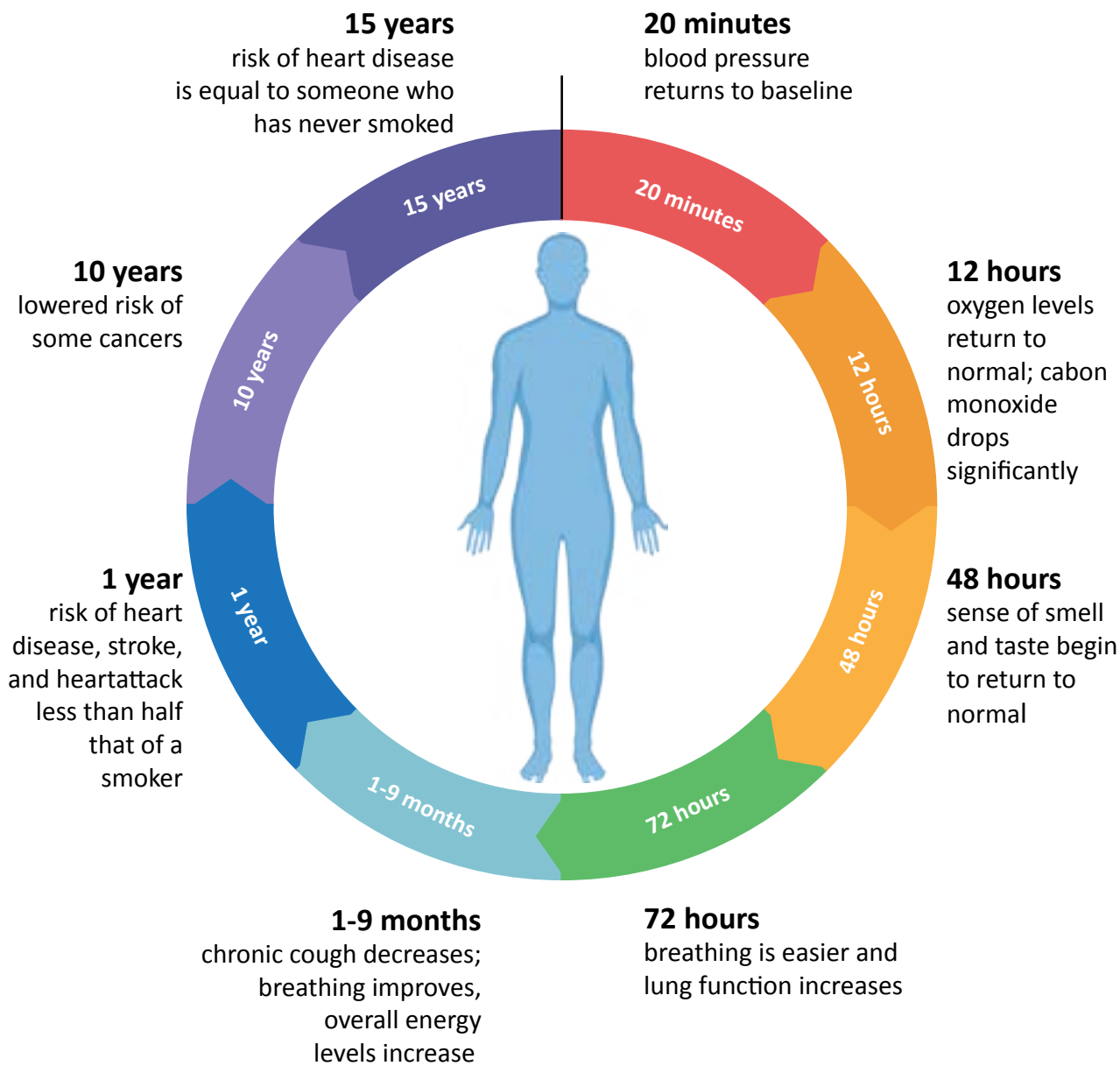
Are E-Cigarettes and Vapes Safe?

In recent years, many people have tried to switch from cigarettes or smokeless tobacco to electronic products like e-cigarettes or vapes. These products may seem safer, but they still come with risks. Breathing in the **aerosol** from e-cigarettes has been linked to **lung disease**. Some studies show that over time, these products can hurt the lungs and make it harder to breathe. Also, many of these devices use something called **nicotine salts**. This form of nicotine is very easy to take in—and it can make people **more dependent**, not less. While switching to e-products might feel like a step in the right direction, it's important to know they keep you stuck in the nicotine cycle.

You're on a great path! Changing your nicotine use is one of the **best things you can do for your health**. And the benefits start fast—some changes begin just a few hours after your last nicotine use. These health gains continue for **months and even years**. You're doing something powerful for your body and **your future**.

QUITTING SMOKING HAS MANY HEALTH BENEFITS

Within...



ACTIVITY: WHY DO I WANT TO LIVE NICOTINE FREE?

For this activity, place a **check mark** next to any of the reasons below that feel true for you. Pick as many as you like—the more, the better! We listed a lot of possible motivations, and if something important to you isn't on the list, there's space at the bottom to add your own.

Physical Health

- ☐ Breathe better
- ☐ Improve my sense of taste and smell
- ☐ Have more energy
- ☐ Increase blood flow to my arms and legs (which helps my limbs stay healthy)
- ☐ Lower the amount of pain I have in my body
- ☐ Lower blood pressure
- ☐ Reduce risk of heart disease
- ☐ Decrease chance of heart attack or stroke
- ☐ Lower the chance of getting cancer
- ☐ Lower the chance of getting a lung disease, which includes emphysema, chronic bronchitis, chronic obstructive pulmonary disease (COPD)
- ☐ Avoid making any current health condition worse
- ☐ Help the medications I take work better in my body

Mental Health

- ☐ Improve my mood
- ☐ Manage stress and anxiety better
- ☐ Control my temper
- ☐ Stay free of alcohol or other drugs

Social and Relational

- ☐ Set a positive example for my children or grandchildren
- ☐ Avoid exposing the people and pets I love in my life to second- and third-hand smoke or vape
- ☐ Make the people in my life happy
- ☐ Fulfill the requirements of a tobacco-free job
- ☐ No longer feel judged and excluded for my tobacco use
- ☐ Smell better

Personal

- ☐ Sense of accomplishment
- ☐ Show myself I can do it
- ☐ Have more control over my life
- ☐ Feel “free” from tobacco company influence
- ☐ Save money
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____

ACTIVITY: *WHAT ARE THE TOP 3 REASONS I WANT TO LIVE NICOTINE FREE?*

Now that you've identified some reasons you want to stop your nicotine use. Choose the top three reasons you want to be nicotine free and the reason it motivates you.

1.

This reason motivates me because...

2.

This reason motivates me because...

3.

This reason motivates me because...

ACTIVITY: WHAT DO I WANT TO NAME MY PLAN?

You've named what matters to you—your **motivations** and **values**. Now it's time to give your plan a name that fits your goals! This name is just for you. It can be serious, fun, creative—whatever feels right. For example, if your goal is to live a longer, healthier life, you might call it “**My Longevity Plan**.” Here are a few other ideas to get your creativity going:

- ↳ Project: Breathe Easy
- ↳ Puff, Puff, Past
- ↳ My 20-Year Plan (To Outlive my Enemies)

Brainstorm Plan Names

Now it's time to come up with your own plan name. Use the space below to brainstorm. As you read through this guide, we'll talk about **Your Plan**. But in your head (or out loud!), you can call it by the name **you** choose.

Ideas for my plan name

Many people use nicotine when they feel stressed, anxious, or down so it can seem like it helps you to feel better. Something you may not know is that nicotine actually makes those bad feelings worse over time. When you take a break from nicotine, your body begins to heal. You may start to feel **calmer**, **more clear-headed**, and even **happier**. Changing your nicotine use could be a big step toward feeling better—inside and out.



ACTIVITY: WHAT IS MY IMPORTANCE AND CONFIDENCE TO CHANGE?

Importance Ruler

A clear vision of why you want to make a positive change can help you stay on track when things get hard. Ask yourself, “How **IMPORTANT** is it for me to change right now?” Then, rank yourself on a scale from 0 to 10 where 0 means “not important at all” and 10 means “extremely important.”



Rate yourself on a scale from 0 to 10 (0-Low, 10-High):

How **IMPORTANT** is it for you to change **RIGHT NOW**?



If you rated the importance high, you are not alone! **Around 70% of people who use tobacco want to quit.**

Confidence Ruler

A big part of changing how you use nicotine is to feel confident that you can do it. Ask yourself, “How **CONFIDENT** am I in my ability to live a nicotine-free life?” Then, rank yourself from 0 to 10 where 0 means “not confident at all” and 10 means “extremely confident.”



Rate yourself on a scale from 0 to 10 (0-Low, 10-High):

How **CONFIDENT** are you that you can change **RIGHT NOW**?



No matter where your confidence is right now. It's okay! It also provides good information. Many people feel the same way. Confidence can grow over time—and this guide is here to help you build it.



ACTIVITY: *WHAT IS MY VISION?*

Imagine a Nicotine-Free Life

A great plan needs a clear picture of **where you're headed**. Take a moment to imagine your life without nicotine. What does being nicotine free mean to you? How would your health and well-being be different? Answer the questions below:

What does being nicotine free **look** like to me?

What would being nicotine free **feel** like for me?

What behaviors and activities will I **engage** in when I am nicotine free?

Part 2: Build Your Plan

Now your plan has a name. You also know why you're making a plan and where you want to go. But what exactly is a nicotine-free plan? It's the steps you'll take to reach your goal. This includes how to handle tough moments along the way.

Everyone's plan will look a little different. No one has the exact same relationship with nicotine that you do. No one else has your unique strengths or supports.

Imagine that the path to being nicotine free is a road trip, and we're all traveling to the same place—like Estes Park. But some of us start in La Junta and others in Grand Junction. Some drive a 1981 Ford LTD, others an RV. Some ride alone, others have a backseat full of noisy kids (Quiet back there!). Because of these differences, we all need different plans—different routes, different snacks, different supplies—and when detours come up, we'll take different roads.

In this section, let's explore the common parts of the journey, and give you lots of chances to plan **your** nicotine-free road trip.

SELECT YOUR START DAY

Every journey starts somewhere. Where and when will your journey begin? Big changes can feel scary and sometimes a little sad. It takes **courage** to say, "I'm going to do it anyway." The most important thing? Pick a day to start—**and stick with it**.

Here are some tips to help you pick a Start Day you can really commit to:

- ↳ Choose a **Start Day** that feels achievable. It shouldn't feel like a dream or wishful thinking.
- ↳ Choose a **Start Day** that will give you enough time to get ready. We suggest that you choose a **Start Day** about **one to three months** from now. If you can, connect your **Start Day** to a special day on the calendar. Some popular choices are New Year's Day (new year, new me!), Valentine's Day (heart health), July Fourth (freedom!), birthdays, or anniversaries.
- ↳ Between now and your **Start Day**, it helps to have a **Practice Day**.
- ↳ Also, plan one or two **Preparation Days** before your **Start Day** to get everything ready.



PREPARE FOR YOUR START DAY

How do you prepare to start a nicotine-free plan? First, you need some basic knowledge and skills, just like you need to know how to drive and follow a map when you're on a road trip. Let's turn to that now and provide some answers to questions you may have.

HOW DOES NICOTINE WORK?

- ↳ Nicotine is the addictive drug found in tobacco plants and products. Some nicotine is also made in a lab, called synthetic nicotine. When someone stops using nicotine, withdrawal is what causes strong cravings for tobacco and other nicotine products.
- ↳ Nicotine works by attaching to special spots in your brain called receptors (the fancy name is acetylcholine receptors).
- ↳ When nicotine locks in, a few things happen—your muscles relax, and you may feel more focused and ready to learn, at least for a little while.
- ↳ Nicotine also floods your brain with a chemical called dopamine. Dopamine is the chemical that makes things feel rewarding, which is a big part of why nicotine can be so hard to leave behind. Other drugs like alcohol, cocaine, and heroin work the same way—they flood your brain with dopamine.
- ↳ What's wrong with using a drug that helps you feel better? The problem is, when your brain gets used to the big dopamine rush from nicotine, normal things stop feeling as exciting. Tasty food, time outside, or hanging out with friends just don't feel the same. **One of the best surprises about living nicotine free?** You start to enjoy all those little things in life again—sometimes even more than before.

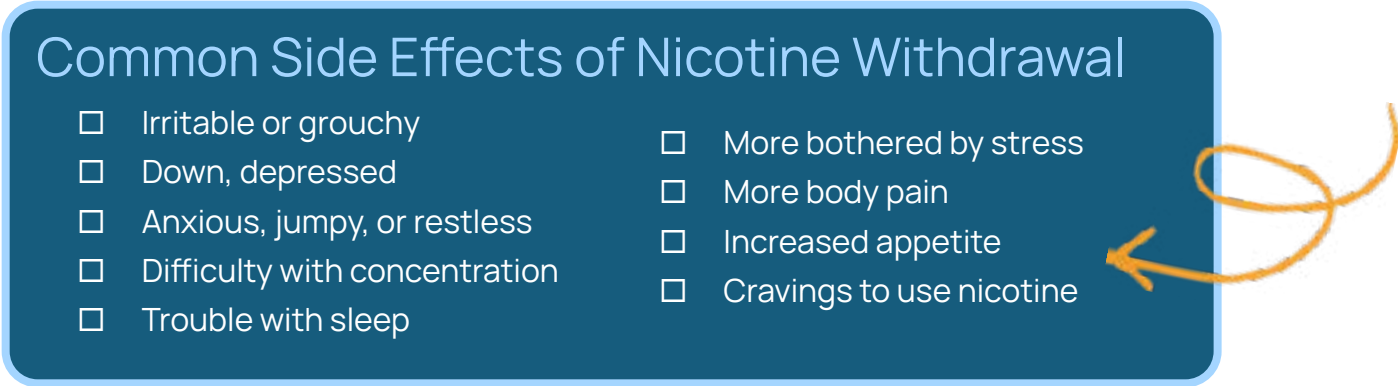


WHAT ARE CRAVINGS AND OTHER SYMPTOMS OF WITHDRAWAL?

Once nicotine leaves your body, you'll start to heal right away. For example, nicotine is a stimulant that raises your blood pressure. When it's gone, your blood pressure will return to your natural, healthier level. If you've been smoking, your body will also begin to clear out the harmful carbon monoxide from your lungs—and those levels will drop back to normal pretty fast.

But not everything will feel better at first. Cravings and other withdrawal symptoms happen because your body misses the nicotine it's used to having and nicotine use is a long-time habit that you've practiced. Nicotine helps you focus, relaxes your muscles, and can reduce your appetite. When these things go away, your brain may push you to use nicotine again to get those feelings back. These cravings are normal and very common, so **medications** and **new habits** to manage these cravings will be an important part of your plan.

Common Side Effects of Nicotine Withdrawal

- ☐ Irritable or grouchy
 - ☐ Down, depressed
 - ☐ Anxious, jumpy, or restless
 - ☐ Difficulty with concentration
 - ☐ Trouble with sleep
 - ☐ More bothered by stress
 - ☐ More body pain
 - ☐ Increased appetite
 - ☐ Cravings to use nicotine
- 

After you start to live nicotine free, cravings and withdrawal symptoms will usually come and go. Cravings tend to come in waves—they rise and fall—and usually only feel strongest for a few minutes at a time. Withdrawal symptoms will last only about 10 to 14 days before things start to get a lot better. By the end of the first month, they will mostly stop (or at least be much easier to handle). The tough part during the first month is when your brain tells you that the craving for nicotine is urgent—and that the quickest fix is to use it again.

WHAT ARE THE BEST WAYS TO HANDLE CRAVINGS AND SYMPTOMS OF WITHDRAWAL?

It's important to be aware that there are two reasons that you experience cravings and withdrawal symptoms.

1. Your body misses the **physical effects** of nicotine.
2. You are used to the **habit** of nicotine use.

This information is important for you to know because there are different ways to handle the cravings and symptoms of withdrawal you feel based on the reason behind the craving or symptom.

HOW TO HANDLE PHYSICAL CRAVINGS AND WITHDRAWAL SYMPTOMS

There are FDA-approved nicotine cessation medications that research has shown to be effective to handle physical cravings and withdrawal symptoms for most people. FDA-approved medications include:

1. Nicotine replacement therapy (NRT) products
2. Prescription medications that do not contain nicotine

Nicotine Replacement Therapy products approved by the FDA include patches, gum, lozenges, and nasal spray. NRTs work to replace the nicotine you currently get from cigarettes, vapes, or other products with pharmaceutical-grade nicotine that is specially developed to help reduce your dependence.

Key features of NRT:

- ↳ **Slower acting and lower concentration.** Unlike commercial nicotine products, NRT delivers nicotine more gradually and at lower doses, so you won't experience the usual "kick" or rush that can lead to nicotine dependence.
- ↳ **Precise dosing.** The amount of nicotine you get is **controlled and consistent**, making it easier to manage and gradually reduce over time.
- ↳ **Withdrawal moderation.** This controlled nicotine delivery helps ease withdrawal symptoms, which makes it easier to stay nicotine free.

You may be eligible for free nicotine replacement therapy through the Colorado QuitLine. The Colorado QuitLine is designed for Coloradans, by Coloradans and available in English and Spanish. You can access free coaching (phone program or online program), information, and you may be eligible for free nicotine treatment medications. Resources are available 7 days a week, 24 hours a day. For more information, call **(800) QUIT-NOW** or visit www.coquitline.org.

Over-the-counter (OTC) nicotine replacement medicines are just as effective as the nicotine nasal spray, and you can buy them at your local pharmacies. OTC nicotine medicines are the nicotine patch, the nicotine gum, and the nicotine lozenge. If you choose to go the OTC path, it will be important for you to know how much medicine you should take, which you can work out in the **Calculate Your NRT Dose** activity later in this guide.

Prescription medications that do not contain nicotine are bupropion (also known as Wellbutrin) and varenicline (formerly known as Chantix). Both are available in generic forms and require a prescription from your doctor or healthcare provider. It is important for you to know that **varenicline** is considered the **most effective** medication to help stop nicotine use. Most medical guidelines recommend trying varenicline **first** before other medications, if possible. Be sure to talk with your healthcare provider about whether either of these medications would be a good fit for you.



Tips to Use FDA-Approved Nicotine Cessation Medications

- ↳ **Get the right dose**—Make sure your nicotine replacement therapy (NRT) provides the appropriate amount of nicotine for your needs.
- ↳ **Use as long as needed**—Don't be afraid to use NRT as long as necessary, but plan to gradually reduce your dose over 3 to 6 months (90-180 days).
- ↳ **Follow instructions carefully**—Always read and follow the medication's directions to avoid side effects.

ACTIVITY: HOW TO HANDLE MY HABIT OF NICOTINE USE

Habits are thoughts or actions we do without thinking about them. For example, when you reach for nicotine as you drink coffee it isn't just a craving—it's a habit your brain has learned over time. To live a nicotine-free life, you will learn to **break these habits** and **form new, healthier habits**. This process generally takes about **three weeks**. With focused attention and practice, you can develop strategies to **interrupt old habits** and **replace them with new routines** that support your nicotine-free lifestyle.

Strategies to Break My Habit

There are many ways to form new, healthy habits. You will need to try different strategies to discover what works for you. Here are some ideas (Place a check mark next to the strategies you'd like to try):

- ☐ Use replacements to keep your hands and mouth busy:
 - ☐ Sugar-free gum
 - ☐ Flavored toothpicks
 - ☐ Straws
 - ☐ Cinnamon sticks
 - ☐ Squeeze a tennis ball
 - ☐ Snap a rubber band or hair tie on your wrist
 - ☐ Fidget spinner
 - ☐ Other: _____
 - ☐ Other: _____
- ☐ Place your nicotine product somewhere out of reach
- ☐ Put your replacements or nicotine gum or lozenges within easy reach
- ☐ Leave your nicotine product at home when you leave your house
- ☐ Create nicotine-free spaces in your environment and slowly expand the nicotine-free space
- ☐ Clean your nicotine-free spaces so you don't want to use in your car, home, or work
- ☐ Set a timer and stretch the amount of time in between nicotine use sessions
- ☐ Other: _____
- ☐ Other: _____

As you practice these strategies and build new habits, you will learn what works best for you. Remember, the goal is not to get it just right the first time, it's about **practice** and **learning, practice** and **learning**.



WHAT ACTIVATES (OR TRIGGERS) MY CRAVING FOR NICOTINE?

Activators are the people, places, activities, or feelings that trigger a craving for nicotine. The connection between the activator and the craving for nicotine develops over time as your brain links nicotine with it. For example, if you often use nicotine while drinking coffee, your brain connects nicotine and coffee. So, when you have coffee, the activity might also activate you to want nicotine.

Activators can be people, like coworkers you take a “smoke break” or “vape break” with. They can be places, such as outside a bar or concert where you usually use nicotine. Or they can be activities, for example after eating a meal or while scrolling social media. A feeling or mood—stress, anger, or even happiness—can also be an activator. And even smells, like your favorite vape juice flavor, can activate a craving for nicotine.

Once you become aware of the activators in your life, you can make a choice about how you want to handle your activators. The **first key step** is to start to notice activators that trigger your craving for nicotine.

WHAT ARE SOME STRATEGIES TO HANDLE MY ACTIVATORS?

As you become aware of your activators, the next step is to know how to handle them. As you begin your nicotine-free journey, you'll want to be aware of your activators and the strategies you can use when you are activated. It's helpful to have many strategies within easy reach in your toolbox because how you handle your activators will change over time — what works early on might change as you build confidence and gain experience. Now let's explore some strategies to manage your activators.

Use the **STARTS** Strategy:

S — Step back. Cravings rise and fall. When a craving hits, wait 5–10 minutes. You might find it eases or passes.

T — Think it through. Consider the consequences. The long-term benefits of staying nicotine free far outweigh the short-term relief of giving in.

A — Avoid. When you know the people, places, activities, or feelings that are your activators, it will be helpful to steer clear of them—especially early on.

R — Remove. If you can't avoid an activator, try to remove yourself from the situation or put the activator out of reach.

T — Trade. Replace nicotine with healthier alternatives. Whether it's deep breathing, a crossword puzzle, cinnamon toothpicks, or a stress ball—find something that keeps your hands and mouth occupied.

S — Stay busy. Boredom and unstructured time make activators harder to resist. Fill your day with meaningful, enjoyable, or distracting activities.



ACTIVITY: *MY NICOTINE-FREE TOOLBOX—ACTIVATORS & STRATEGIES*

In the space below, list at least three activators in each of these four categories (People, Places, Activities, Feelings/Moods). Next, brainstorm as many strategies as you can think of to handle these activators.

My Activators

People

- 1.
- 2.
- 3.

My Strategies

Places

- 1.
- 2.
- 3.

Activities

- 1.
- 2.
- 3.

Feelings/Moods

- 1.
- 2.
- 3.

Use this information to **build your nicotine-free toolbox**. Pay attention to the activators in your everyday life. Practice these strategies to identify the ones that **work best for you**. Continue to **practice these strategies** until they become the healthy habits you want in your nicotine-free life.

HOW MUCH NICOTINE DO I USE?

As you prepare for **YOUR PLAN**, another powerful strategy is to **track your nicotine use**. This isn't about judgment—it's about **gathering information** so you can build a smarter, more effective, and personalized Plan.

How you track depends on how you use nicotine. **If you smoke cigarettes**, you want to track each cigarette you smoke. Pay attention to the time of day, where you were, who you were with, and how you felt both before and after you smoked. **If you use other products** (vape, dip, pouches), you want to track the number of sessions and the amount you used. Pay attention to the length of your session, what you were doing at the time (e.g., driving, scrolling, watching TV), what triggered the session (e.g., boredom, stress, habit), and how you feel both before and after.

The goal? Identify your most consistent **activators** and **riskiest times of day**. These are insights you can build directly into **YOUR PLAN**.

Tracking isn't about perfection; it's about awareness.

ACTIVITY: TRACKING LOG

Below is a sample of a tracking log. You can use this form (you will find additional copies in the **Quick Reference** at the end of this guide) or create your own.

You don't need to track your nicotine use forever. Just a week or two is usually enough to gather the information you need to shape your plan. Many people find they enjoy tracking—it brings mindfulness to a habit that's often mindless. When you pause to record your nicotine use, you have time to slow down and ask yourself, "Is this really worth it?" And once your plan is in motion, your tracking log becomes a valuable tool for two things: (1) spotting new activators as they appear, and (2) measuring your progress over time.

TRACKING LOG - CIGARETTES				
TIME OF DAY	PLACE	PEOPLE	FEELING (BEFORE)	FEELING (AFTER)

TRACKING LOG - OTHER NICOTINE OR TOBACCO PRODUCTS				
HOW LONG?	ACTIVITY	TRIGGER	FEELING (BEFORE)	FEELING (AFTER)

HOW DO I ESTIMATE MY DAILY NICOTINE INTAKE (SO I KNOW HOW MUCH NRT TO USE)?

CALCULATE YOUR NRT DOSE		
PRODUCT TYPE	HOW TO CALCULATE	EXAMPLE
Cigarettes	# of cigarettes × 1-2 mg per cigarette (Use 1.5 for a quick average)	20 cigarettes/day = 20-40 mg (avg: 30 mg)
Vapes (ENDS)	% Nicotine × 10 × mL per pod/tank = Total mg, Divide by days to finish	3% pod, 0.7 mL, lasts 7 days: $3 \times 10 \times 0.7 = 210 \div 7 = \mathbf{30 \text{ mg/day}}$
Nicotine Pouches	Nicotine per pouch × # of pouches per day	6 mg pouch × 20/day = 120 mg/day
Chew/Snuff	Average 144 mg per can. Divide by days per can	1 can every 2 days: $144 \div 2 = \mathbf{72 \text{ mg/day}}$

HOW DO I CHOOSE A STARTING NRT DOSE?		
IF YOU USE...	START WITH THIS	NOTES
About 1 pack per day	21 mg patch	Add gum/lozenges if cravings still happen
Less than 1 pack per day	14 mg patch	Adjust as needed based on cravings or side effects
Strong cravings, even with patch	Patch + gum/lozenge	Use gum/lozenge during triggers or stressful times
Feel jittery or sick on patch	Try a lower dose	Reduce to 14 mg or 7 mg depending on what you started with

Tips for Gum and Lozenge Use

- ↳ Nicotine is absorbed through the cheek and gum, so don't chew or suck the gum or lozenge like candy. Instead, place it between your cheek and gum—not under your tongue.
- ↳ It takes about **20 minutes** for full effect, so use them **before** you expect a craving or trigger.
- ↳ Wait after eating or drinking (especially acidic drinks like coffee or soda) before using gum or lozenges.

Tips to Use the Patch

- ↳ Never cut a patch in half—it won't work correctly.
- ↳ Put the patch on a different spot each day. Anywhere between your neck and waist works—just avoid spots that might get rubbed or irritated, like under a seatbelt.
- ↳ If your skin still reacts, try a different brand—it may be the adhesive, not the nicotine, causing the problem.

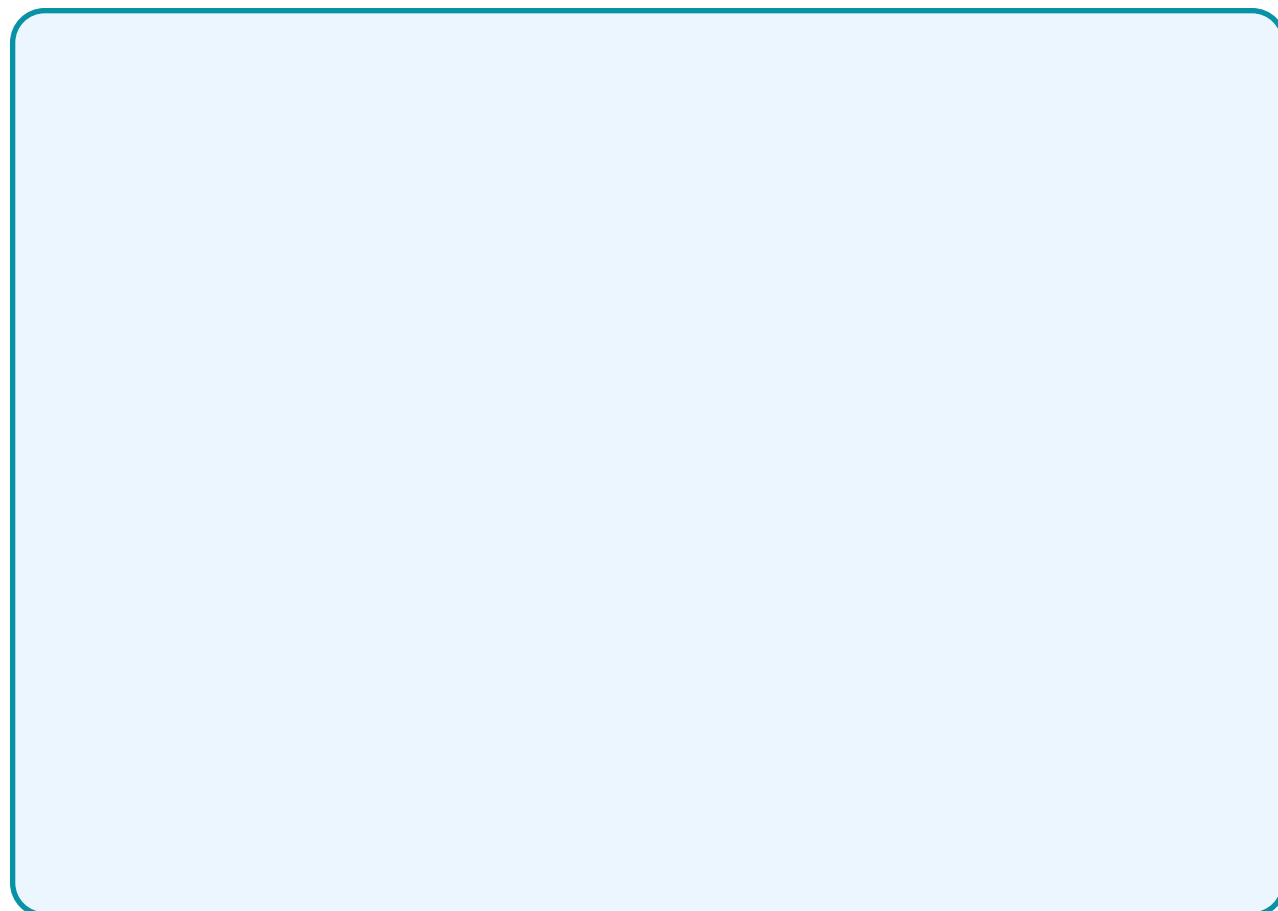
WHAT ARE MY STRENGTHS AND RESOURCES THAT WILL HELP ME LIVE NICOTINE FREE?

ACTIVITY: MY STRENGTHS

Your strengths are your **internal resources**. These could be things you know, things you can do, or even your personality. Of the list below, which strengths do you notice in yourself?

- | | |
|--|---|
| ☐ An adventurous spirit | ☐ Know who I can reach out to for help |
| ☐ Grit (or “being persistent”) | ☐ Aware of my activators |
| ☐ Open to try something new | ☐ Know why I am committed a healthy life |
| ☐ A deep love for my family | ☐ Have a clear vision of my nicotine-free life |
| ☐ Dedication to a spiritual mission | |
| ☐ Hobbies and activities I enjoy | |

Now, take a few minutes to write down as many of your strengths as you can. You might also consider asking friends, family, or coworkers for their perspective. They may see strengths in you that you’ve never noticed yourself.



DEVELOP NEW STRENGTHS (AND IMPROVE OLD ONES)

While some strengths come naturally—like aspects of our personality—most are built through learning and practice. The good news? Many of the skills you already have can be sharpened and improved. Below are some skills to help you on your nicotine-free journey.

Learn new hobbies. One of the biggest surprises for many people is just how bored they feel when they stop their nicotine use. Start to explore new hobbies now—whether it's trying a creative project, learning a new instrument, or picking up a new sport.

Journal. Writing things down is a powerful way to pass the time and reduce stress. Sometimes just getting thoughts out of your head and onto paper (or into a notes app) is enough to quiet the noise. This one habit can help you both fill your time and help to manage your emotions.

Mindfulness and relaxation practices. Simple techniques like deep breathing, mindfulness meditation, or guided visualization can be done anywhere—no tools needed. These practices not only help you relax, but they also keep you grounded and focused on why you're on this journey in the first place. Even five minutes of focused breathing can lower your heart rate and reduce stress hormones like cortisol.

Reframe your thoughts. Perhaps the most powerful skill on this list, reframing helps you challenge unhelpful or distorted thoughts that can take you off your path. Everyone has these thoughts—what matters is how we respond to them. Here are a few common unhelpful thoughts to pay attention to:

- ↳ **Catastrophizing** – When you expect the worst possible outcome.
Example: “I slipped and used nicotine after two weeks—my partner is going to leave me.”
- ↳ **All-or-nothing thinking** – When you see things in black and white, with no room for gray.
Example: “I had one cigarette. I’m a total failure. I might as well smoke the whole pack.”
- ↳ **Magnification or minimization** – When you blow things out of proportion or dismiss progress.
Example: “I only made it two days without vaping. That’s pathetic. Why do I even try?”
- ↳ **“Should” statements** – When you hold yourself to rigid, unrealistic expectations.
Example: “Quitting shouldn’t be this hard. I must be weak.”

ACTIVITY: CATCH IT! CHECK IT! CHANGE IT!

Unhelpful or inaccurate thoughts can quietly undermine your progress toward living nicotine free. But with a little practice, you can learn to catch them, question them, and change them. Here's how:

Step 1—Catch it

The first step is awareness. Notice how you “talk” to yourself—especially when things get hard. Pay attention to your inner conversation and how your mind labels struggles or cravings. If you can, write these thoughts down. Sometimes just seeing them on paper helps bring clarity.

Step 2—Check it

Next, question the thought. Is it really true? Ask yourself these questions. Does this thought match the facts of the situation? Am I being overly critical—toward myself or others? Does this thought feel extreme or exaggerated? How does this thought make me feel?

The goal is to look at the thought as clearly and fairly as you can. Sometimes, what feels true at first doesn't make sense when you think about it more.

Step 3—Change it

Once you've caught and checked a thought and found it not helpful or true—great job! That's a big step toward being more aware of yourself. The last step is to change the thought to one that feels better and fits the situation more accurately.

Now you have a chance to try it! Below is a “Catch it, Check it, Change it” thought exercise. Read the examples and practice with two of your own.

CATCH IT!	CHECK IT!	CHANGE IT!
“I just returned to nicotine after quitting for two weeks. My partner is going to be so upset, they are going to leave me.”	This seems extreme and inaccurate. Catastrophizing.	“I'm disappointed that I went back to using nicotine, but I can start again. My partner may feel disappointed, but they have always been supportive.”
“Quitting nicotine pouches shouldn't be this hard. I must be really weak.”	This seems especially critical. It makes me feel depressed. “Should” statement.	“It has been hard to quit, and I know that many people struggle to quit and eventually get there. I'm working hard. I just need to stick with it.”

As you can see, these kinds of thoughts can quickly get out of hand and lead to more of the same behavior (like using nicotine) that you're feeling bad about. That's why it helps to change those negative thoughts into more realistic ones—ones that let you be kind to yourself and try again after a setback. Catch it! Check it! Change it!

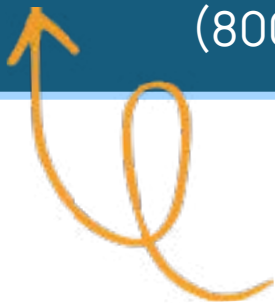
MY RESOURCES

As you work on your plan to live nicotine free, it helps to know where your support will come from. These supports are called resources—people, places, and things outside of yourself that you can turn to when you need help, guidance, or motivation.

There are two types of resources to support you on your nicotine-free journey.

1. **Evidence-Based Resources.** These are strategies and tools that research has shown to be effective for most people. They include:
 - ↳ Over-the-counter nicotine replacement therapies (patches, gum, lozenges)
 - ↳ Prescription nicotine replacement therapy (nasal spray)
 - ↳ Prescription medications (like varenicline or bupropion)
 - ↳ Counseling or coaching
 - ↳ Support groups
 - ↳ Smartphone apps and quitlines backed by science
2. **Personal or Individual Resources.** These strategies might not be proven by science, but they work for you. Maybe they're new healthy habits you have or want to start, or ways you've found to deal with your activators. Some examples include:
 - ↳ A favorite gym or walking trail
 - ↳ Friends or family members who encourage you
 - ↳ Spiritual or religious practices
 - ↳ Hobbies that help you relax or focus (e.g., woodworking, painting, music)
 - ↳ A favorite coffee shop where you don't associate the space with nicotine use

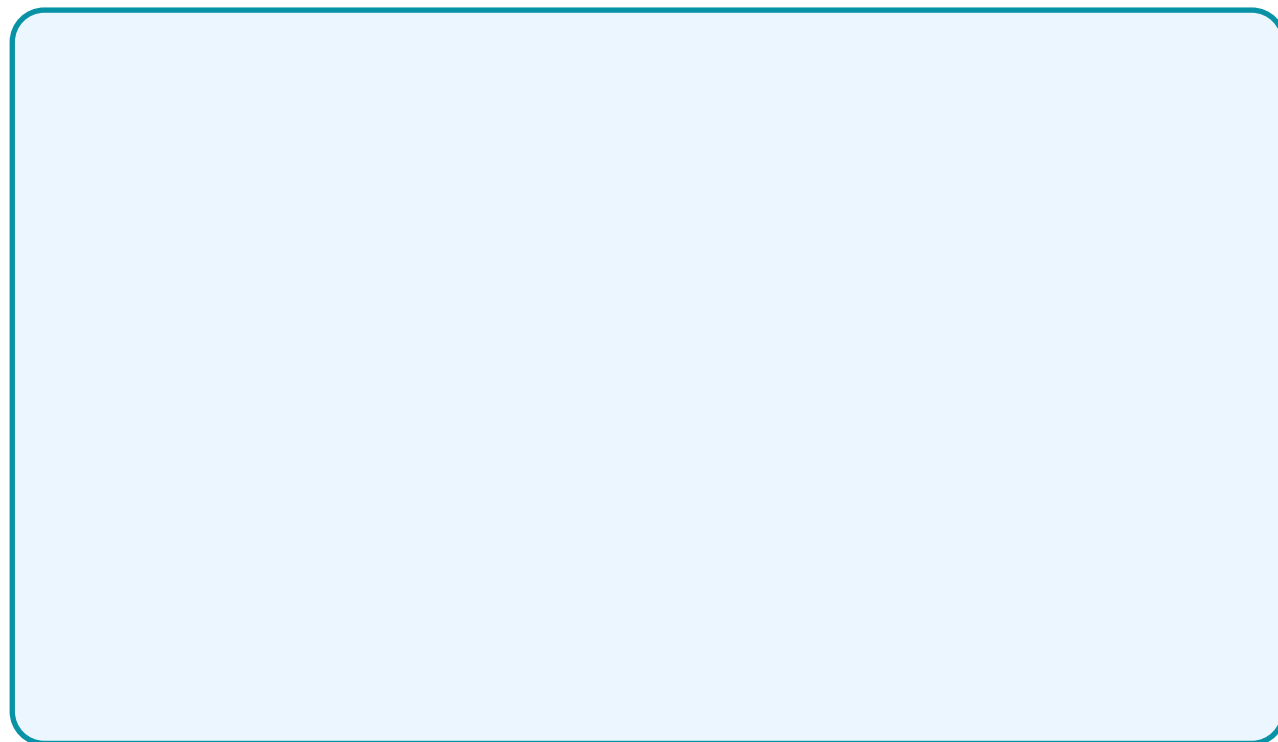
REMINDER: You may be eligible for free nicotine replacement therapy through the Colorado QuitLine. For more information, call (800) QUIT-NOW or visit www.coquitline.org.



ACTIVITY: MY NICOTINE-FREE RESOURCES

Think about **people, places, and things** that can support you as you follow your Plan to live nicotine free. Consider how these resources might connect with the **strengths** you listed earlier. For example, if one of your strengths is staying active, having access to a gym or a walking trail is a great resource.

You don't have to stop at just people and places. Anything that helps you succeed counts!



What are some evidence-based resources I can use on my nicotine-free journey?

There are two main evidence-based resources to help you along your nicotine-free journey.

- ↳ **FDA-Approved Cessation Medications.** These include over-the-counter nicotine replacement therapies (patches, gum, lozenges) as well as non-nicotine medications or nicotine nasal spray prescribed by a healthcare provider.
- ↳ **Coaching and Counseling.** Professional support that can help you to develop strategies, manage cravings, and stay motivated.

Both approaches have been proven to work for many different people—no matter their sex, gender, ethnicity, age, or background. While neither medication nor counseling work every time on its own, using both together gives you the best chance of quitting—often more than doubling your odds.

Tobacco Counseling and Coaching: Personalized Support for Quitting Nicotine

What is tobacco counseling?

It's a more personalized, in-depth version of the steps in this guide. You and your counselor explore your history with nicotine, your use patterns, activators, strengths, and resources. Together you can build and follow a tailored nicotine-free plan made just for you.

Why consider counseling if I have this guide?

Coaching or counseling gives you real-time, personal support. A coach or counselor can celebrate your successes, help you after a slip, and work with you to figure out what happened so you're better prepared next time.

What are the different types of counseling and coaching?

Support groups. Local groups, often hosted by public health departments, hospitals, or behavioral health organizations

Nicotine Anonymous. Online and phone-based peer support with experienced people who no longer use nicotine

Professional help. Psychologists, therapists, counselors, or addiction specialists—often covered by insurance or offered through Employee Assistance Programs (EAPs)

Military and veteran-specific resources. Tailored group, phone, or one-on-one counseling through military health services or the Veterans Health Administration (including a dedicated quitline)

Telephone-based and Web Support

- ↳ **Colorado QuitLine.** Offers phone, chat, and messaging coaching, plus free FDA-approved NRT (nicotine patches, lozenges, and gum). The QuitLine also offers a self-paced web-based program.
- ↳ **My Life, My Quit (MLMQ).** Support specifically for youth aged 12-17, via phone, chat, and messaging

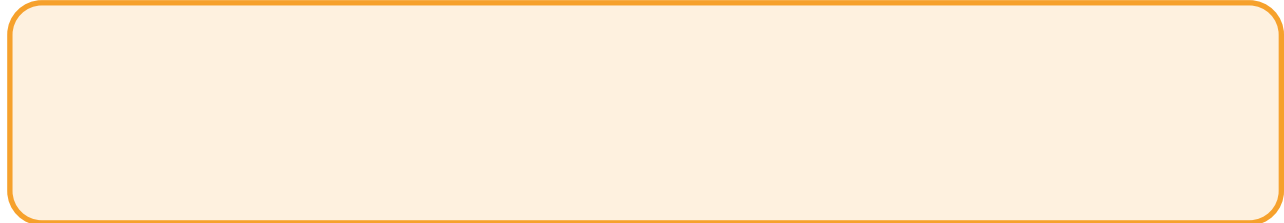
Refer to the **Quick Reference** at the end of this guide for more resources.

ACTIVITY: *MY START PLAN*

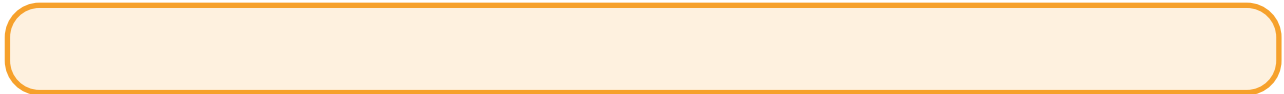
My Start Plan Name



My Top Reasons for Living a Nicotine-Free Life



Goal or Start Day



The First Two Weeks

My goal is to...

Activators

Strategies

Tools/Resources

Two Weeks to Four Weeks

My goal is to...

Activators

Strategies

Tools/Resources

Part 3: Carry Out Your Plan

Your Start Day really begins a few days—or even a few weeks—before. The more you can practice and get ready for your **Start Day**, the better it will go.

WHAT IS A PRACTICE DAY? WHY DO I WANT TO DO IT?

We recommend at least one **Practice Day**, and possibly more. Many people don't quit nicotine completely on their Start Day. Instead, it's more common to:

1. Start FDA-approved cessation medications
2. Reduce nicotine use (for example, cut back from 20 cigarettes to 15)
3. Or do both

On your Practice Day, try to go 24 hours without any nicotine use. The goal isn't just to stay nicotine-free all day—**it's to learn**:

- ↳ What challenges are the hardest on the first day?
- ↳ Which activators (or triggers) make you want to use nicotine most?
- ↳ What times of day are the toughest?

If you slip on your Practice Day, don't worry—that's the whole point of practice. A slip or struggle can teach you a lot about where your challenges are. Look over the strategies in your nicotine-free toolbox and make any changes based on what you learned. This will help you to get ready for your **Start Day**.

WHAT SHOULD I DO THE DAY BEFORE MY START DAY?

We suggest finding a meaningful way to mark the start of your plan. This can help the moment feel more important and give you a mental boost and a stronger sense of commitment. Below are some ideas, but feel free to choose—or come up with—something that feels right for you.

- ↳ Hold a goodbye ceremony for your last pack, pod, pipe, or other nicotine product.
- ↳ Clean your house and car to get rid of any lingering smells, ashes, or reminders.
- ↳ Plant a tree or start a garden to symbolize your fresh start.
- ↳ Try a "Breath Ceremony"—sit quietly and breathe deeply, think to yourself: "These are my clear breaths. I breathe for life."
- ↳ Write a Burn Letter to let go of nicotine and move forward.

ACTIVITY: *BURN LETTER*

Write a letter to your past self—the version of you who used nicotine. Thank them for what nicotine gave you, like stress relief, social moments, or comfort. **Be kind** and understanding and also explain why that way of living doesn't support who you are now or who you want to be.

You can save the letter to read later, or burn it in a quiet, respectful moment. (Or dance around afterward—it's your ceremony!)

OTHER PREPARATIONS

We won't sugarcoat it—the first week can be tough. But preparing ahead of time can make a big difference.

- ↳ **Make meals in advance.** Try to prep meals for the first week or two. Balanced, ready-to-go meals can lower stress and help you avoid grabbing snacks or fast food. These quick foods can trigger dopamine spikes and nicotine cravings. They may also leave you feeling hungry later, which can make quitting harder.
- ↳ **Tackle chores early.** Get as many household tasks done before your Start Day—ideally the weekend before. Ask for help or share the load if you can. This extra support is just for the early days, when things feel most challenging.
- ↳ **Watch for stress and boredom.** These moments can raise your chances of a slip. Try to stay busy with things that support your goal—activities that keep your hands and mind focused and help you feel proud of your progress.

IT'S MY START DAY. WHAT DO I DO?

If you've done your planning and filled out your Start Plan template, the only thing left to do on your Start Day is to follow the Action Items you've listed. But even with a good plan, it helps to be ready to move through the day with confidence.



ACTIVITY: MY START DAY CHECKLIST

Use this checklist to help you prepare—but feel free to add anything that fits your personal plan.

Review your plan

- ☐ Read over your Start Plan and Action Items
- ☐ Remind yourself why you're doing this—look at your top reasons

Set up your tools

- ☐ Keep your nicotine-free toolbox close
- ☐ Have your coping strategies ready (mints, gum, stress ball, journal, etc.)
- ☐ Use quit aids (like patches or lozenges)

Remove temptations & handle activators (or triggers)

- ☐ Avoid people, places, activities, and feelings/moods that are your activators
- ☐ Practice the strategies you've chosen to help you manage your activators
- ☐ Notice new activators that come up and add them to your plan

Take care of your body

- ☐ Eat a good breakfast
- ☐ Pack healthy snacks and drinks (water is key!)
- ☐ Plan a short walk or stretch break

Get support

- ☐ Meet up with a friend or support buddy who knows it's your Start Day
- ☐ Reach out to someone on your support team, if you're struggling

Fill your time

- ☐ Keep busy with simple tasks or fun activities
- ☐ Avoid boredom or high-stress situations if you can

Be kind to yourself

- ☐ Expect some discomfort—it's normal
- ☐ Talk to yourself with patience, not pressure
- ☐ Celebrate small wins (like getting through a craving)

Have an evening check-in

- ☐ Reflect: What went well? What was tough?
- ☐ Write it down or tell someone
- ☐ Remind yourself: You made it through your Start Day!

Part 4: Your Nicotine-Free Life

Congratulations! You made it through your Start Day and took a big step toward a nicotine-free life. Now, let's go over some strategies to help you stay nicotine-free from today forward.

WHAT CAN I EXPECT IN THE FIRST TWO WEEKS?

Many people find the first few weeks without nicotine the hardest. But your body and brain can adjust—this relearning process usually takes much less time than the years you may have spent using nicotine.

Withdrawal symptoms from nicotine can start as soon as two hours after your last use. They usually peak within one to three days and go away within two to four weeks. Some cravings or mild symptoms may last longer, but they often get easier to manage over time.

Did You Know?

Medications that treat nicotine dependence can help reduce withdrawal symptoms and make quitting easier. But if you're using nicotine replacement therapy (NRT) and still feel strong symptoms, it might be time to adjust your treatment.

Check the instructions and ask yourself:

4. Am I using my medication the right way?

If not, it may not work well—and could even cause side effects.

5. Am I taking enough?

Many people don't use enough NRT to fully relieve withdrawal.

If you're unsure, talk to your health care provider or call **(800) QUIT-NOW** or visit www.coquitline.org.

HOW LONG DO I NEED TO AVOID HIGH-RISK ACTIVATORS?

As mentioned earlier, the first stages of quitting are when you're most vulnerable. Most relapses happen in the first 30 days, especially during the first two weeks. If you can get through this period, your chances of staying nicotine-free long-term increase a lot. That's why it's so important to **stay focused** and prepared early on.

In the beginning, your main strategies should be to avoid and remove activators. But over time, you'll need to face these triggers. That's where gradual exposure helps—facing activators in small, planned steps teaches your brain to stop linking them with nicotine. This makes them feel less powerful over time.

Even the strongest craving to use nicotine usually fades within 5 to 10 minutes. If you don't know what to do in the moment, just wait it out by setting a timer or distracting yourself with an activity. Every time you resist a craving, your brain builds new pathways that make it easier to get through the next craving.

Some of the biggest activators include other drugs, like caffeine, which can increase cravings. Social situations where you can't avoid triggers—like family events—can also be tough, especially if others are using nicotine.

To prepare, ask for support from family or friends who don't use nicotine. Having allies can make a big difference.

HOW CAN I REWARD MYSELF FOR STAYING NICOTINE-FREE?

Every hour, day, and week you stay nicotine-free is a big milestone! Celebrate your progress with healthy rewards that can help you stay motivated and focused on your goals. Choose rewards that feel meaningful to you. Here are some ideas:

- ↳ Buy yourself something special
- ↳ Go to an event that might be harder if you were still using nicotine, like a basketball game
- ↳ Try out a new sport or physical activity
- ↳ Save the money you would have spent on nicotine
- ↳ Plan a fun trip or getaway





WHAT WILL HELP ME TO LIVE NICOTINE FREE?

Staying nicotine-free takes effort, even after the first few weeks. Cravings may fade, but stress, routines, and unexpected triggers can still challenge your progress. That's why it helps to have long-term strategies you can rely on to protect your quit and support your new, healthier life.

It takes about three weeks to build a new habit. Learning to get through the day without nicotine is one of them. With time, it will start to feel more natural and automatic.

- ↳ **Keep your WHY visible.** Post your reasons for quitting where you can see them—on your phone, mirror, or fridge.
- ↳ **Avoid high-risk situations.** Stay away from people, places, or activities that tempt you to use nicotine—especially during stressful times.
- ↳ **Build new routines.** Replace old habits with healthy ones, like walking after meals, chewing gum, or journaling.
- ↳ **Stay active.** Regular movement (even light exercise) helps reduce stress and cravings.
- ↳ **Manage stress in healthy ways.** Try breathing exercises, meditation, hobbies, or talk with your support team.
- ↳ **Reward yourself regularly.** Set small goals and celebrate them. Use money saved from not buying nicotine for something you enjoy.
- ↳ **Be ready for setbacks.** If a craving hits or you slip, don't give up. Reflect, adjust, and get back on track.
- ↳ **Keep using support.** Check in with a counselor, support group, or quitline at **(800) QUIT-NOW** or www.coquitline.org when needed

WHAT CAN I EXPECT ONCE I'VE COMPLETED MY START PLAN?

For many people, the maintenance phase—after you have completed your Start Plan—can feel harder than the early days of quitting. During the Plan, each week brought new challenges and small victories. It felt active and motivating.

But in maintenance, routines settle in, and support from others may fade. Without those social rewards, staying motivated can be tougher. That's why it helps to pause now and then to **recognize what you've achieved**, what's going well, and what goals still lie ahead.

Keep rewarding yourself. Even simple things, like going to a movie, can feel meaningful. Now you can enjoy the whole show without needing a break for nicotine—that's real progress.

HOW DO I RECOVER FROM A SLIP/LAPSE OR RELAPSE?

Slips or lapses happen when you break your nicotine-free streak by using a cigarette, vape, dip, or another nicotine product. The biggest risk of a slip is that it can lead to relapse—a full return to regular use. One of the best ways to stay nicotine-free is to avoid a slip in the first place.

STRATEGIES TO AVOID SLIPS/LAPSES

- ↳ Keep your activators in mind and plan ahead for high-risk situations
- ↳ Remind yourself why you chose to quit and what benefits you've noticed so far
- ↳ Share your goals with family, friends, or others who support you
- ↳ Use healthy strategies to handle stress
- ↳ Figure out what caused the slip and create a plan to handle it differently next time

HERE'S HOW TO GET BACK ON TRACK AFTER A SLIP/LAPSE:

- ↳ **Don't dwell on guilt.** A slip doesn't erase your progress. Learn from it and move forward.
- ↳ **Tell someone you trust.** Talking to a supportive person can ease shame and help you refocus.
- ↳ **Write down what happened.** Take a few minutes to note what led to the slip—what you felt, where you were, who you were with.
- ↳ **Identify the trigger.** Was it stress, boredom, social pressure, alcohol, or something else?
- ↳ **Update your plan.** Add new strategies or reminders that could help in a similar situation next time.
- ↳ **Revisit your reasons for quitting.** Read your list of benefits or look at a photo or message that keeps you motivated.
- ↳ **Practice a quick reset.** Take a short walk, breathe deeply, or drink a glass of water to break the moment and reset your mindset.
- ↳ **Use your tools.** Grab something from your nicotine-free toolbox, use your STARTS strategy, and Catch it! Check it! Change it!
- ↳ **Refocus on your next milestone.** Whether it's one hour, one day, or one week—set a small, doable goal and work toward it.

STRATEGIES TO HANDLE RELAPSE (RETURN TO USE)

If you've returned to regular nicotine use, you might feel frustrated, discouraged, or unsure if you can quit for good. These feelings are completely normal. Most people try several times before quitting for good—and the majority do succeed. With commitment and persistence, you can too.

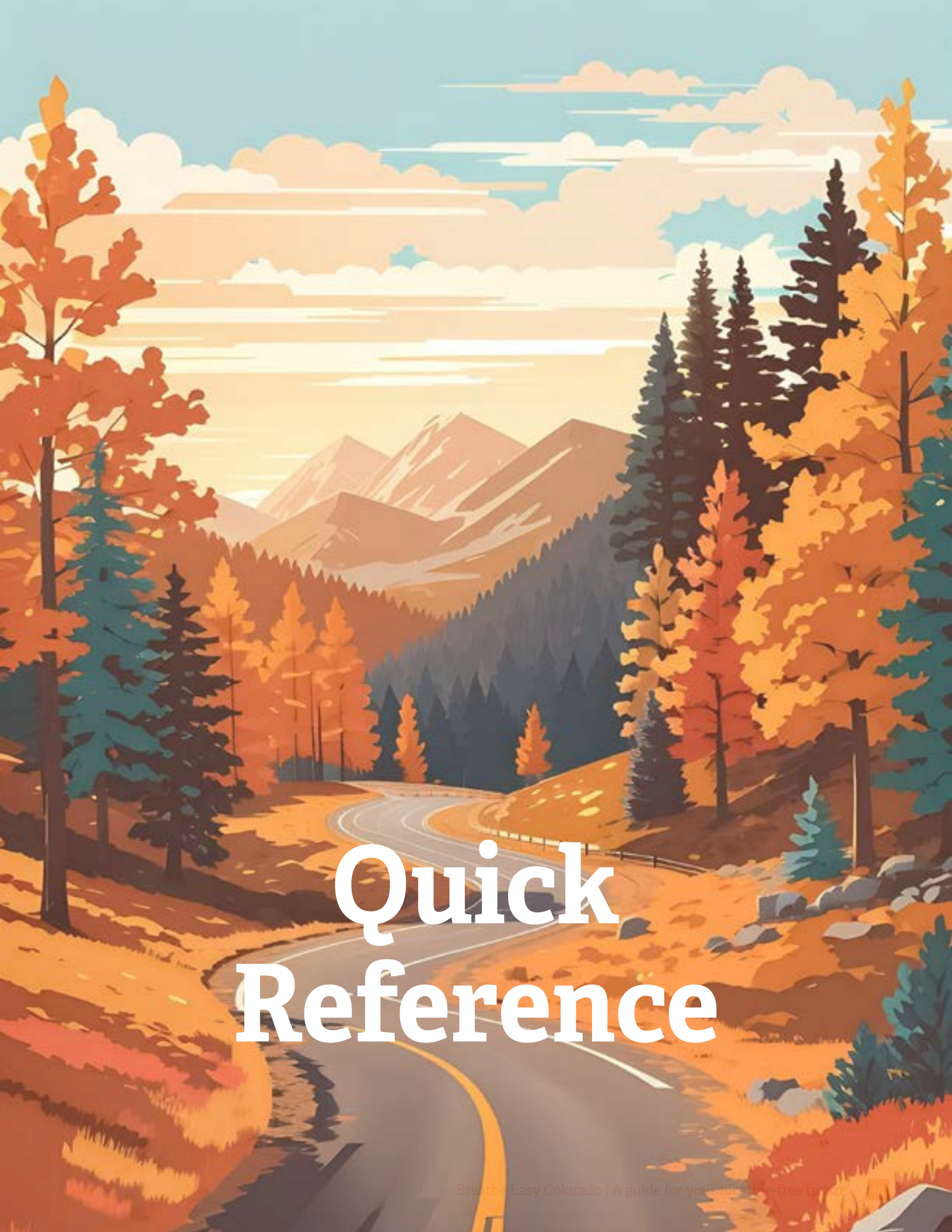
HERE'S HOW TO GET BACK ON TRACK AFTER A RELAPSE:

- ↳ **Reconnect with your reasons.** Why do you want to live nicotine-free? Have your reasons changed or become stronger?
- ↳ **Review your Start Plan.** What worked well? What didn't? What would you do differently next time?
- ↳ **Pick a new Start Day.** It's natural to hesitate after a setback. But each attempt brings you closer to success. Every try teaches you something new.
- ↳ **Write a letter to your future self.** Use it to encourage yourself and explain why quitting matters. Read it whenever you need a reminder of your goals.

WHAT BENEFITS HAVE I NOTICED SINCE BECOMING NICOTINE-FREE?

- | | |
|---|--|
| ☐ I have more energy | ☐ I cough less or not at all |
| ☐ I breathe more easily | ☐ I feel less anxious |
| ☐ I feel more in control of my life | ☐ I think more clearly |
| ☐ My sense of taste and smell has improved | ☐ I don't need to plan my day around nicotine |
| ☐ I feel more confident | ☐ I set a good example for my family or community |
| ☐ People who support me are proud | ☐ I have more time for things I enjoy |
| ☐ I smell better | ☐ Other: _____ |
| ☐ I sleep better | ☐ Other: _____ |
| ☐ I save money | ☐ Other: _____ |
| ☐ My skin looks healthier | |

Quitting nicotine isn't easy, but it's one of the best decisions you can make for your health, your future, and your sense of control. Whether you've had slips, setbacks, or steady progress, every step counts. Keep showing up for yourself. Use the tools that work for you, reach out for support when you need it, and remember—this is your journey, and **you have what it takes to keep moving forward.**



Quick Reference

TRACKING LOG - CIGARETTES

[illegible]

TRACKING LOG - OTHER NICOTINE OR TOBACCO PRODUCTS

[illegible]

NICOTINE-FREE RESOURCES

There are many resources available to help you live a nicotine-free life. Below is a list of resources.

Colorado QuitLine. The Colorado QuitLine is designed for Coloradans, by Coloradans and available in English and Spanish. You can access free coaching (phone program or online program), information, and you may be eligible for free nicotine treatment medications. Resources are available 7 days a week, 24 hours a day. For more information, call **(800) QUIT-NOW** or visit www.coquitline.org

My Life My Quit. My Life My Quit is a text and online program designed for youth who use nicotine and tobacco products available in English and Spanish. For more information, visit www.mylifemyquit.com

Baby & Me-Tobacco Free. Baby & Me-Tobacco Free is a quit smoking program for pregnant parents. Pregnant parents will receive counseling services and vouchers for free diapers and wipes. For more information, visit <https://babyandmetobaccofree.org/>

Military Veteran Programs. VA nicotine treatment resources are available for military Veterans in English and Spanish. Resources include a telephone quitline (available Monday through Friday, between 7:00 AM and 7:00 PM Mountain Time), text message program, and a smartphone application. For more information, call telephone quitline at **(855) QUIT-VET** or visit www.veterans.smokefree.gov

Smokefree Programs. Smokefree offers information and online programs, text message, smartphone application, chat, and quitline support with tailored information for people in specific groups (women & pregnant people, teens & youth, and vets) in English and Spanish. For more information, visit <https://smokefree.gov/>

Asian Smokers' Quitline. The Asian Smokers' Quitline offers self-help materials in Cantonese, Mandarin, Korean, and Vietnamese. For more information, visit <https://www.asiansmokersquitline.org/>

American Indian Commercial Tobacco Program. The American Indian Commercial Tobacco Program offers quitline support, an online program, or a combination of telephone program and the online program in English and Spanish. For more information, call **(855) 5AI-QUIT** or visit <https://aiquitline.com/>

Meditation and Relaxation Smartphone Apps

- ☐ **Breathe2Relax** (free) available at <https://www.militaryonesource.mil/resources/mobile-apps/breathe2relax/>
- ☐ **Mindfulness Coach** (free) available at <https://mobile.va.gov/app/mindfulness-coach>



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