

## Are You Ready To Quit Smoking Self Assessment

1. Do I want to quit smoking for myself?
2. Is quitting smoking a #1 priority for me?
3. Have I tried to quit smoking before?
4. Do I believe that smoking is dangerous to my health?
5. Am I committed to trying to quit even though it may be tough at first?
6. Are my family, friends, and co-workers willing to help me quit smoking?
7. In addition to health reasons, do I have other personal reasons for quitting smoking?
8. Will I be patient with myself and keep trying if I backslide?

If you answered “YES” to 4 or more of these questions, you are ready to quit smoking.

### Additional Resources:

#### American Lung Association

[www.lungusa.org](http://www.lungusa.org) - helps smokers who want to quit through its Freedom From Smoking self-help, quit-smoking program

#### National Cancer Institute

[www.cancer.gov](http://www.cancer.gov) -provides tools to help quit smoking

#### American Cancer Society

[www.cancer.org](http://www.cancer.org) - teaches about the health hazards of smoking and how to become an ex-smoker

#### American Heart Association

[www.americanheart.org](http://www.americanheart.org) - offers books, tapes, and videos on how smoking affects the heart

#### Centers for Disease Control and Prevention

[www.cdc.gov/tobacco/osh/](http://www.cdc.gov/tobacco/osh/) - funds booklets on smoking topics

## HOW DO I CONTACT THE CENTER FOR WORK AND FAMILY LIFE (CWFL)?

If you are a USC staff or faculty member and are interested in scheduling an appointment with a counselor or receiving information regarding resources and referrals, phone the CWFL at (213) 821-0800. If you are an immediate family member of a USC employee, you may also phone the Center directly to request services. CWFL services are available at all USC sites by appointment. All services are free and confidential.

The Center for Work and Family Life is open Monday through Friday from 8:30 a.m. to 5:00 p.m.

## SMOKING CESSATION

© University of Southern California  
Center for Work and Family Life

Phone: (213) 821-0800

Fax: (213) 747-8304

#### University Park Campus

University Village  
3375 South Hoover, Suite E206  
Los Angeles, CA 90007-7794

#### Health Science Campus

Soto Street Building  
Room 112  
2001 N. Soto Street  
Los Angeles, CA 90033

# SMOKING CESSATION

center for  
work & family  
life

USC

Employee Assistance Program

[www.usc.edu/worklife](http://www.usc.edu/worklife)

# SMOKING CESSATION

We smoke when we are stressed, bored, or angry. We light up when we drink coffee, or alcohol, talk on the phone or read the morning paper, watch TV, or drive, finish a meal or are around other smokers. After months and years of smoking, it is part of the daily routine. To quit may be the hardest thing we ever do, because it can be such a big part of our life. The nicotine, which is in all tobacco products, makes us feel calm and satisfied, but also alert and focused. Yet, the more we smoke, the more nicotine we need to feel good. Soon, we don't feel "normal" without the nicotine, without the smoke, without the cigarette. We're addicted.

## **Are You Addicted to Cigarettes? Knowing How Addicted You Are to Nicotine Can Help You Quit.**

1. Do you usually smoke your first cigarette of the day within 30 minutes of waking up?
2. Do you smoke 20 cigarettes (one pack) or more each day?
3. At times when you can't smoke or don't have any cigarettes, do you feel a craving for one?
4. Is it tough for you to keep from smoking for more than a few hours?
5. When you are sick enough to stay in bed, do you still smoke?

**Give yourself one point for each question you answered "YES." The higher your score, the higher your addiction level.**

## **Benefits of Not Smoking**

### **Think of health reasons such as:**

- Start healing right away
- Increased energy and focus
- Feel more physically fit
- Reduce the risk of fertility problems, premature births, and lower birth weight babies
- Diminish the risk of cancer, heart attack, stroke, emphysema, chronic bronchitis and cataracts
- Improve circulation and get a better night's sleep
- Breathe easier, cough less
- Enjoy whiter teeth and healthier gums
- Limit secondhand smoke exposure to family and friends

## **Making a Change**

Quitting smoking doesn't just happen. You may try to quit several times before you are finally finished with cigarettes. But you will learn something each time you try. You might start simply by thinking that you'll quit "someday".

## **Some Options To Help Quit**

- Think about quitting, and why, and write it down
- Learn how much we depend on nicotine
- Understand what makes us want to smoke
- Know what triggers us to smoke and learn how to overcome them
- Determine options for quitting, such as "going cold turkey," over-the-counter medication, prescription medication, counseling, and Quitlines
- Establish a quit date and announce it to family and friends

- Anticipate and plan for the challenges we will face while quitting. For example, remove cigarettes and other tobacco products from the home, car, and workplace, talk to a doctor about getting help, stay away from what tempts us and change our routine
- Stay away from what tempts you
- When faced with the urge to smoke, try the Four D's . Distract Yourself, Deep Breathe, Drink Water, Do Something Else (exercise, walk, read)
- Plan rewards
- Keep our guard up and don't get discouraged if we slip
- Stay upbeat and focus on a new, healthier lifestyle
- Remember the long-term rewards

## **Ways the Center for Work and Family Life Can Help**

- An American Lung Association trained licensed clinician can take you through a 7-step cessation series
- A self-guided Stress Lab focused on reducing stress, improving mood, sleep, focus, and performance is available to all benefits eligible employees
- CWFL website ([www.usc.edu/worklife](http://www.usc.edu/worklife)) and USC Wellness ([www.usc.edu/wellness](http://www.usc.edu/wellness)) both offer online visualization and guided imagery, as well as other health and wellness information.
- Licensed counselors can work with you through hypnotherapy, meditation, relaxation, deep breathing, and mindfulness exercises
- Individual and confidential counseling is also available