



The Quit Kit

We're glad you're ready to take steps to quit. Habits can be hard to break, but we're here to help. Having knowledge, motivation, and coping skills will help you quit. Let's get started.

How to Quit

Use this kit to help you quit. On the back of this sheet, you will find information about nicotine and resources at UNH, off-campus help, and apps to try on your own.

Here are a few of our favorite tips to help you start this journey.

COPING TIPS

If you feel like using nicotine try:

- Chewing gum
- Sucking on candy or a toothpick
- Playing with a rubber band
- Drawing on paper or other creative arts
- Focusing on your breath
- Learning new ways of managing your stress like yoga or meditation and mindfulness.
- Moving your body

HELPFUL HINTS

- **PAUSE.** Ask yourself, is this really what I want?
- **MOVE.** Take a walk outside to release feel-good endorphins.
- **DISTRACT YOURSELF.** Cravings usually pass within 3 minutes!
- **SEEK SUPPORT.** Ask friends not to let you hit on their Juuls and to give you encouragement instead.
- **DON'T GIVE UP!** Each quit attempt increases the likelihood of staying nicotine-free.

Why Quit?

The effects of smoking are immense:

- Decreased life expectancy (by as much as 10 years)
- Bad breath
- Yellow teeth
- Weakened immune system (easier to get colds and the flu)
- Weakened muscles
- Less money (smoking is expensive)
- Possibly less attractive to others
- Damaging others' health with secondhand smoke

BUT! So are the changes that happen when you quit. Some changes happen immediately, others take time:

After 20 MINUTES...	your heart rate drops
After 12 HOURS...	carbon monoxide levels in your blood drop to normal
After 3 WEEKS...	your heart attack risk drops and lung function begins to improve
After 1-9 MONTHS...	coughing and shortness of breath decrease
After 1 YEAR...	you are 50% less likely to have heart disease than smokers
LONGTERM...	you are less likely to have lung cancer, gum disease, breathing problems, and stomach ulcers

Nicotine

Do you use vape or smoke when you are stressed, tired, or bored? Has it become a habit that you would like to stop?

If you are struggling to quit, you may be addicted to nicotine. Nicotine is a stimulant found naturally in the tobacco leaf. Stimulants speed up your body's systems, including heart rate and breathing.

Nicotine is found in cigarettes, smoke-less tobacco, e-cigarettes, and vaping products such as Juul pods.

- one e-cigarette cartridge/Juul pod = one pack of cigarettes

Nicotine does not relax you. In fact, stress is often caused by the body's desire for nicotine. It's a feedback loop. You can put a stop to it!

WITHDRAWAL

Withdrawal is a term that refers to discomfort, distress, and intense cravings for a substance that occur when one stops using.

Withdrawal symptoms may occur during the first few days after quitting:

- light headed or dizziness
- increased coughing
- depressed feelings
- shaky and anxious feelings
- trouble sleeping
- trouble concentrating

These symptoms will lessen in intensity by the end of your first week, and will eventually fade away altogether.

NICOTINE OVERDOSE

The signs and symptoms of nicotine overdose/poisoning vary by dose, but usually include an initial phase of stimulation (head high), followed by a later phase of central nervous system and respiratory depression.

- eye irritation
- pain
- blurred vision
- headache
- nausea
- vomiting
- sweating
- agitation
- drowsiness
- dizziness

Other Health Risks

Nicotine is not the only concern and risk. E-cigarette liquid contains the chemical propylene glycol which is also found in anti-freeze. Other combinations of chemicals are also present in tobacco, e-cigarettes and smokeless products that can lead to bronchitis, heart disease, and cancer.



FINDING HELP

Campus Resources

MEDICAL CARE

Make an appointment to meet with a clinician and discuss medical therapies such as prescription medications to help reduce cravings.

We also offer medical acupuncture (students only), which has been shown to reduce withdrawal symptoms.

COUNSELING FOR STUDENTS

Alcohol, Nicotine, and Other Drug (ANOD) Educator / Counselors provide support and can work with you to develop a quit plan that will help you cope with the discomfort of change and improve overall wellness. Nutrition, wellness coaching, meditation, and massage therapy are also available through Health & Wellness.

MAKE AN APPOINTMENT

Visit unh.edu/health/appointments or call (603) 862-3823.

Other Resources for Quitting

Education, skills, having a plan, and support are key to quitting nicotine. The websites, text programs, and apps listed below can help you understand your use patterns, and provide tips and inspiration to help you quit and live a healthier life.

QUIT NOW NH

1-800-QUIT-NOW | quitnownh.org

BE TOBACCO FREE

betobaccofree.hhs.gov

THIS IS QUITTING

text DITCHJUUL to 88709

BECOME AN EX

becomeanex.org

TOBACCO 21

tobacco21.org

QUITSTART APP

smokefree.gov/tools-tips/apps/quitstart

QUIT VAPING APP

apps.apple.com/us/app/quit-vaping/id1479615245

TRUTH INITIATIVE

truthinitiative.org



Health & Wellness

603-862-9355 · unh.edu/health · @UNHHealth