



# Stephen Hill's Step By Step Guide To Quit Nicotine

## Preparation:

1) Make a REAL commitment to quit nicotine

2) Make a list of 3 main reasons why you want to quit:

- Health
- Money
- Role Model

3) Post the list somewhere you will see it every day:

- Bedroom
- Background of phone or computer

4) Mentally prepare yourself:

- Accept that it will not be easy, especially at the beginning

## Action:

### Proactive Relapse Prevention

1) Clean house: Dispose of...

- Vapes
- E-liquid
- Cigarettes
- Lighters

**Note:** DO NOT keep a “just in case I need it” vape or cigarette. Get rid of all nicotine paraphernalia.

2) Put friends and family on notice

- “I am quitting nicotine.”

3) Ask for help

- Student Assistance Counselor
- Therapist
- Family
- Friends
- Higher Power

#### 4) Wellness Warrior:

- Exercise
  - Weightlifting
  - Running/Walking
  - Yoga
- Nutrition
  - Healthy Foods
  - Drink Water

**Note:** There are also many other ways to practice overall wellness (meditation, volunteering, etc.)

#### 5) Avoid negative influence/temptation:

- People
- Places
- Things



#### Action:

#### Reactive Relapse Prevention

#### 1) Exposure to nicotine exit strategy:

- Speak up
- Walk away
- Call someone

#### 2) Coping with urges & anxiety:

- Breathe
- Own the uncomfortable feeling
- "It's ok to feel this way"
- This feeling is only temporary
- MOVE
  - Walk
  - Talk
  - Pray
  - Music
  - Read
  - Go back to list

Do not get discouraged if you have a slip or get off to a rough start. Take it one day at a time and take pride in each day you are nicotine-free. It is no easy task and a major accomplishment that you should be very proud of! YOU GOT THIS!



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## ***How do I help a friend I am concerned about who is using drugs and/or alcohol?***

**START  
HERE**

**1) Setting:** Pick a time and place for a serious, in-depth, one on one conversation in a peaceful environment without distractions or interruptions when your friend is sober.



**2) Care-frontation:** Come from a place of care and concern without judgment. Be gentle with your words and give specific examples as to why you are concerned.



**3) Active Listening:** Give your friend a chance to respond and listen closely to what they are saying as this will help you get a better understanding of their mindset.



**4A) Helping Hand:** If your conversation ends on a positive note, talk about the next steps you can take to help such as speaking with a counselor and being a supportive friend.

**\*If your conversation ends on a negative note, go to 4B.**



**4B) Regroup:** Do not get discouraged, do not give up, and remember it's not your fault. Try and revisit the conversation again at a later time.



**5) Wait, See, & Speak Up:** If your friend makes positive changes, GREAT! If not, tell a trusted adult who is in a position to intervene and get your friend the help they need.

**\*\*Remember:** Being a true friend sometimes requires making hard decisions to hopefully make your friendship stronger in the end. Speaking up with the motive to help does not make you a 'snitch'—it makes you a good friend.