

Riverside County Human Resources

Occupational Health & Wellness
Smoking Cessation Program

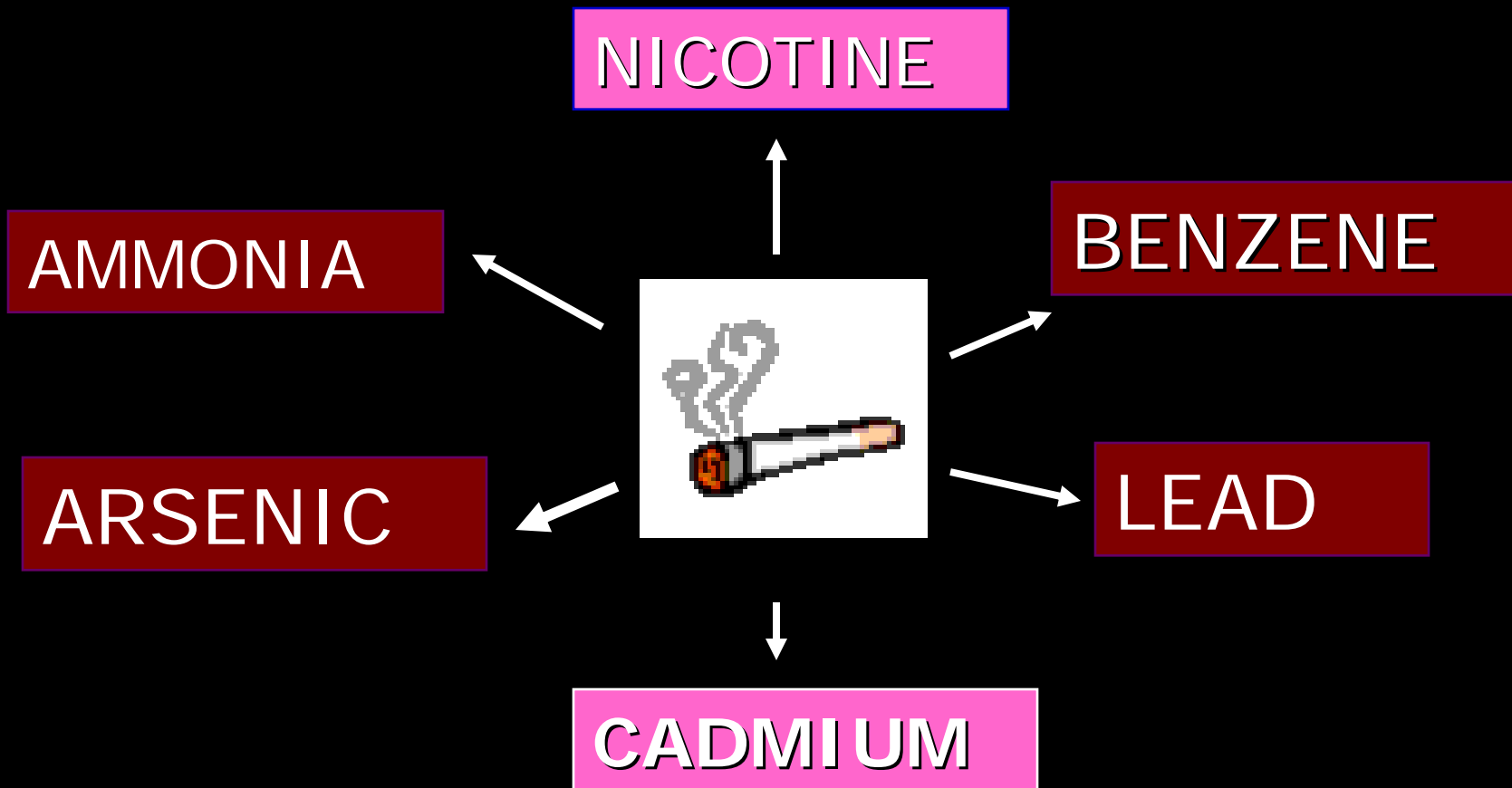
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It's a life and death issue.....



- 430,000 deaths/yr
- Live 7.5 years less
- Quitting reverses risks

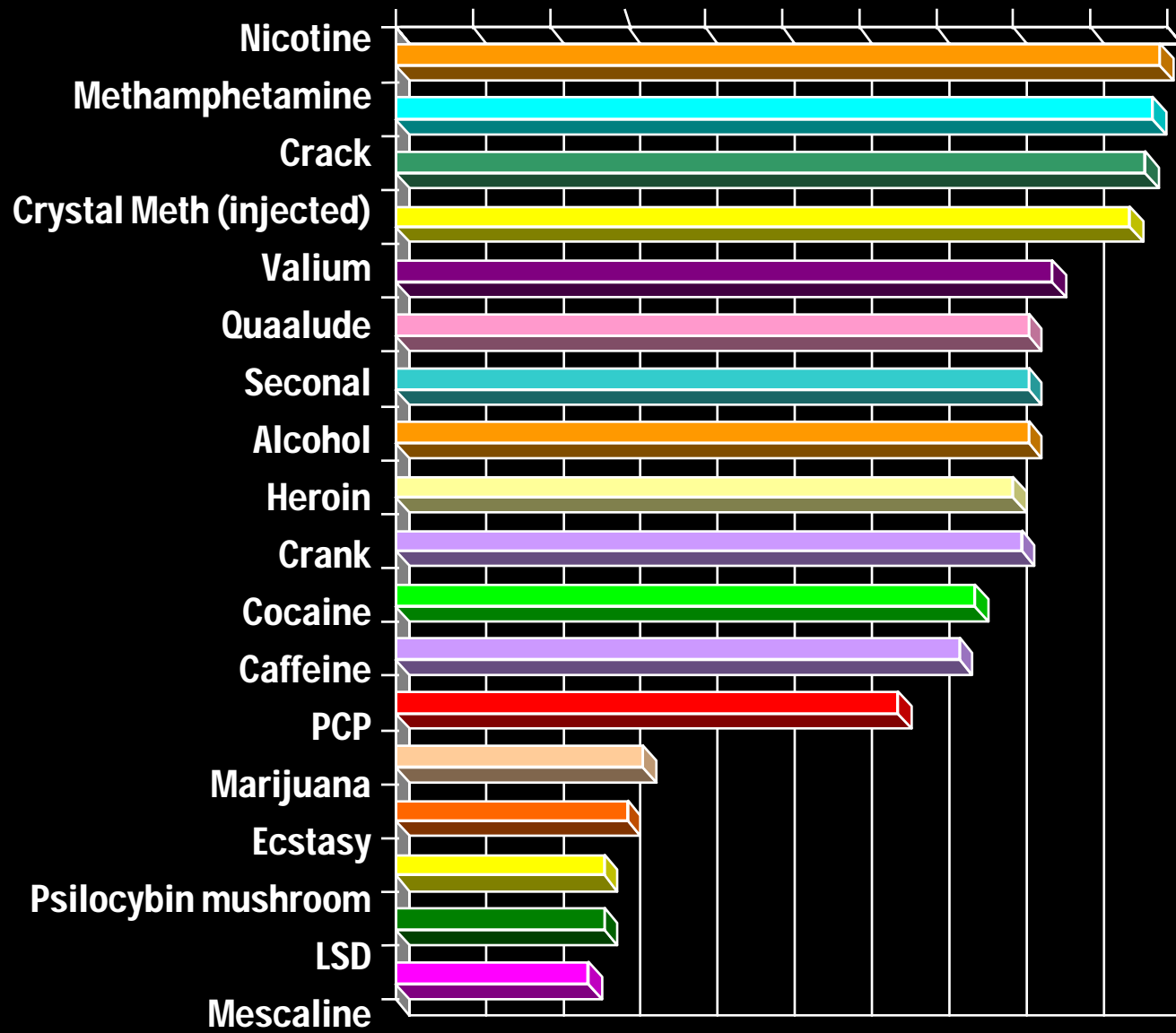
What is inside a cigarette??



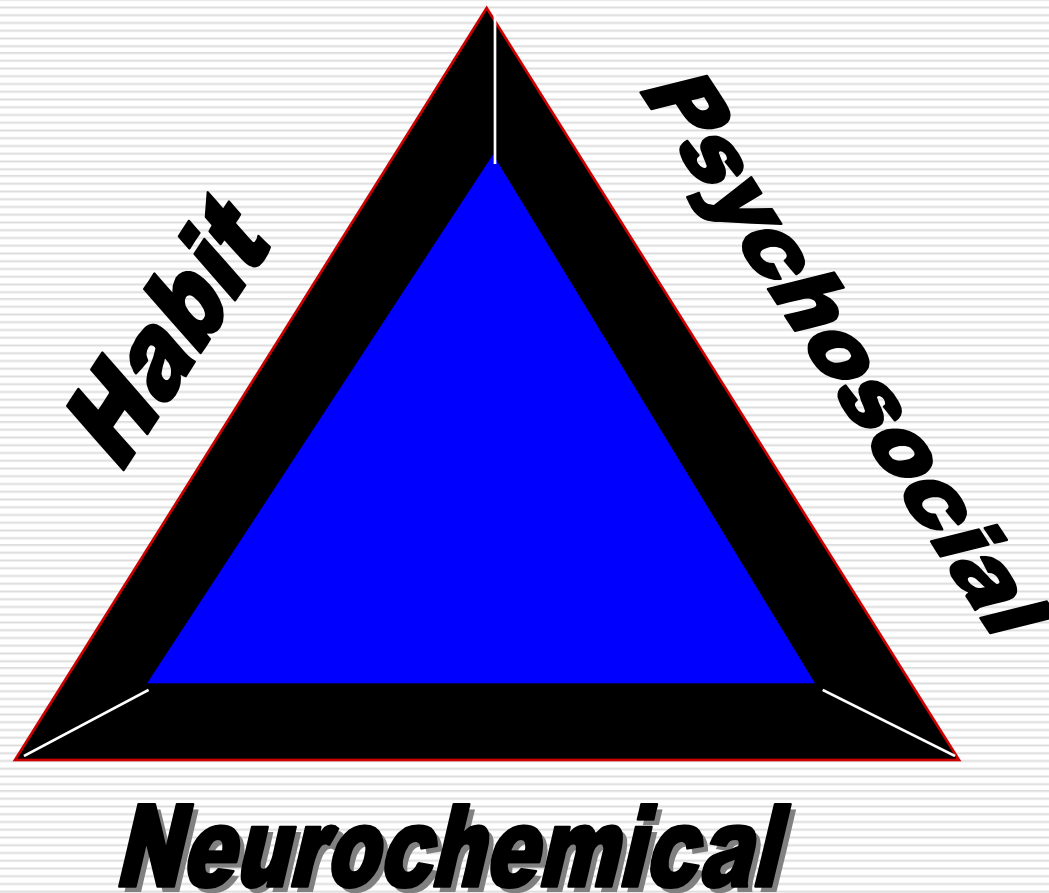
Carbon Monoxide

- What is carbon monoxide??
- Displaces oxygen on red blood cells
- Reduces oxygen supply to organs
- Normal **0-6 ppm**
- Firearm goes off at 12 ppm!

Addiction Potential



Understanding the Enemy



Stopping is a Process

- Breaking the chain
- Replace old habits with new habits
- Get an attitude for success



Break the Chains (Habit)

- No automatic smoking
- Make smoking inconvenient
 - Enlarge non-smoking time
 - Enlarge non-smoking space



Break the Chains (Habit)

■ 6 D's

- Utilized to manage cravings
- Have a physiological basis for their effectiveness
- Easy to perform
- Can add your own personal strategies that are effective
 - Experiment as needed

Six D's

- Delay



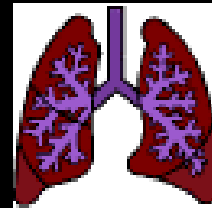
- Do something else



- Drink water



- Deep breathing



- Discuss with friend



- Divine Power



Cutting Down.....

SET A QUIT DATE

One cigarette less a day
Keeps the butts away!!

Remember !

Quitting is easy. I quit a
thousand times.....

- Mark Twain

So don't give up trying!

Sign up for 1-800-NO-BUTTS

Tobacco Free Family Program Tobacco Control Program

Michelle

Health Promotion Department

(951) 358-7167

Questions? Concerns?

Please feel free to contact us!

Wellness Coordinator

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