Helping Clients Develop a Quit Plan

Identify Their Reasons for Wanting to Quit
- Commonly reasons: health, financial and family
- Have them write a list of their reason(s) for wanting to quit and encourage them to place it somewhere within sight.

Go Over Coping Strategies to Fight Cravings
- When the brain stops receiving nicotine, the body adjusts by going through withdrawals.
- Help clients develop strategies to cope with withdrawals ahead of their quit date to prevent relapse.

Identify Their Smoking Triggers
- Certain activities, feelings and people may trigger urges to smoke.
- Help clients anticipate smoking triggers and develop ways to deal with them.
- For example, walk them through their daily routines to identify scenarios that trigger smoking. Together come up with ways to deal with those situations.
- Discuss tobacco-proofing their environments (e.g., remove ashtrays)

Help Them Pick a Quit Date
- Encourage them to select a date within two weeks to maintain motivation.
- Plan to meet with them before the quit date to go over expectations and after to address any challenges.
- Help them avoid dates when they know they will be busy, stressed or tempted to smoke (e.g., a night out with friends).

Offer Support:
- Nicotine Replacement Therapy (i.e., patch, lozenge, nasal spray, gum & inhaler)
- Online resources (e.g., QUITPLAN and Smokefree.gov)
- Support groups (e.g., Nicotine Anonymous)
- Phone apps (e.g., Craving to Quit and No Butts)

Sources: QUITPLAN®, CDC, Smokefree.gov
For more information on NAMI MN visit us at: www.namihelps.org
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