

Behavioral Health & Wellness Program

University of Colorado Anschutz Medical Campus
School of Medicine

DIMENSIONS: Tobacco Free Program

Group Facilitator Manual

Version 4.0

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Behavioral Health & Wellness Program

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DIMENSIONS: Tobacco Free Program

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DIMENSIONS: Tobacco Free Program

Program Overview

Health and well-being are shaped by many different factors. Among these factors is tobacco use. Tobacco use remains the leading cause of preventable morbidity and mortality in the United States (King et al, 2011). It causes many health problems, including cancer, heart disease, and Chronic Obstructive Pulmonary Disease (COPD). There are 443,000 deaths each year in the United States attributed to tobacco use (King et al, 2011). Also, its financial impact is staggering. Tobacco use has been estimated to cost the United States \$96 billion in direct medical expenses and \$97 billion in lost productivity each year (CDC, 2008; Fiore et al, 2008). Although much progress has been made in decreasing the number of individuals who use tobacco, 25% of U.S. adults still use some form of tobacco (King et al, 2012). The DIMENSIONS: Tobacco Free Program was created to engage and motivate individuals to make healthy lifestyle choices, including tobacco cessation.

Creating and maintaining the physical health and wellness you want is a lifelong journey. The Tobacco Free Program teaches information and skills that can be used to build a healthy lifestyle and to stop tobacco use. This program is designed to assist individuals to envision and achieve their personal Tobacco Free goals. This innovative program provides training in effective community education, as well as tobacco cessation services for individuals and groups. The DIMENSIONS: Tobacco Free Program is meant to complement other peer or provider services, such as the DIMENSIONS: Well Body Program for weight management and nutrition.

Promoting tobacco cessation for priority populations

Tobacco cessation is a key component of health promotion for everyone. However, some groups are particularly at-risk for tobacco use and related health concerns. This may be because they have lived, worked, and received healthcare services in environments that encouraged tobacco use, or they may have other health conditions associated with increased tobacco use. Many of these at-risk populations are underserved and do not receive needed tobacco cessation counseling and medications. Services tailored to these priority populations are vital to address their unique needs. The DIMENSIONS: Tobacco Free Program provides tailored information designed to meet the needs of priority populations, including persons with behavioral health conditions, persons with cognitive impairments, people in criminal justice or re-entry settings, and ethnic minority populations.

DIMENSIONS: Tobacco Free Program

How to Use this Manual

This manual provides step-by-step instructions about how to run the Tobacco Free groups. On pages 3-9 of this manual, there is general information about the groups, including:

- 1) *Group Overview* – A quick reference that lists group session topics and activities;
- 2) *General Tips for Facilitators* – Some general information about how to run the Tobacco Free Program;
- 3) *Tobacco Free Personal Progress Form* – An attendance and progress form that you will copy and ask all group participants to fill out.

The rest of this manual will prepare you to successfully run the Tobacco Free groups. There are six group sessions. Each group session has five sections, including:

- 1) *Introduction* – A description of the session topic;
- 2) *Session Objectives* – Goals for each group session;
- 3) *Group Materials Checklist* – A list of materials needed to run the specific group session;
- 4) *Group Facilitator Notes* – Directions about how to run session activities;
- 5) *Group Handouts* – Handouts for the session activities you will copy and pass out to group participants.

The group facilitator notes for each activity are placed next to the associated handouts for easy reference. There is also space for you to write your own notes.

At the end of this manual, there is a list of references used to develop the DIMENSIONS: Tobacco Free Program.

DIMENSIONS: Tobacco Free Program

Group Overview

Session A: Creating a Plan

- Group Start-Up – Personal Progress Forms
- Group Activity #1 – Being Tobacco Free
- Group Activity #2 – My Tobacco Free Life
- Group Activity #3 – My Tobacco Free Goals
- Group Activity #4 – Change Exercise
- Group Close

Session B: Healthy Behaviors

- Group Start-Up – Personal Progress Forms
- Group Activity #1 – 6 Steps Toward Healthier Living
- Group Activity #2 – How Can I Make Healthier Food and Drink Choices?
- Group Activity #3 – My Healthy Living Plan
- Group Close – Revisit Tobacco Free Goals

Session C: The Truth about Tobacco

- Group Start-Up – Personal Progress Forms
- Group Activity #1 – What's in Cigarette Smoke?
- Group Activity #2 – What is Carbon Monoxide?
- Group Activity #3 – How Tobacco Harms You
- Group Activity #4 – Health Benefits of Stopping Smoking
- Group Close – Revisit Tobacco Free Goals

Session D: Changing Behaviors

- Group Start-Up – Personal Progress Forms
- Group Activity #1 – My Tobacco Free Journey
- Group Activity #2 – My Top 5 Reasons
- Group Activity #3 – Activities I Enjoy
- Group Close – Revisit Tobacco Free Goals

Session E: Coping with Cravings

- Group Start-Up – Personal Progress Forms
- Group Activity #1 – Triggers for Tobacco Use – Part I
- Group Activity #2 – Triggers for Tobacco Use – Part II
- Group Activity #3 – Craving Scale
- Group Activity #4 – Tobacco Cessation Medication
- Group Close – Revisit Tobacco Free Goals

DIMENSIONS: Tobacco Free Program

Group Overview

Session F: Maintaining Change

- Group Start-Up – Personal Progress Forms
- Group Activity #1 – Deep Breathing Exercise
- Group Activity #2 – How Do I Feel?
- Group Activity #3 – Saying No – Situations and Strategies
- Group Activity #4 – Tobacco Free Plan
- Group Close

DIMENSIONS: Tobacco Free Program

General Tips for Facilitators

Who can be Tobacco Free facilitators?

The DIMENSIONS: Tobacco Free Program is designed to be led by persons trained to work in healthcare, mental health, addictions, public health, business and other community settings. Tobacco Free Program facilitators should have experience with training, group facilitation and health behavior change prior to implementing this program. The education and training provided to Tobacco Free facilitators by the Behavioral Health and Wellness Program is intended to build upon already existing skills and experience facilitating groups. If you do not have this experience, you should seek out additional training and supervision before implementing the Tobacco Free Program at your organization.

Tobacco Free Program can be led by:

Peer Advocates

Peer advocates are persons who are trained and supervised to provide services for people with a similar history or background. For example, a peer advocate could be a person with a history of a behavioral health condition, a university student, a co-worker or colleague, among others.

We have found that peer-led services, such as groups or motivational interventions, help peers make positive life changes. These services teach peers the skills they need to maintain these changes. Peer advocates who have completed the Tobacco Free Program training should have the knowledge and skills to help their peers move towards their Tobacco Free goals.

Peer services support treatment offered by healthcare providers. Peer advocates are encouraged to refer participants to healthcare professionals or to other health services in the community as needed.

Providers

Healthcare providers who have experience with training, facilitation, or direct healthcare services can lead this program. The education and training provided in the Tobacco Free Program is intended to build upon existing training, skills and supervision.

DIMENSIONS: Tobacco Free Program

General Tips for Facilitators

Role of the Tobacco Free Program Facilitator

Tobacco Free Program facilitators engage in important activities that contribute to meeting the wellness needs of the populations they serve. These include:

Raising awareness

Tobacco Free Program facilitators raise awareness about the importance of engaging in healthy lifestyles and encourage a tobacco-free life among colleagues and peers in their organization.

Conducting motivational interventions

Tobacco Free Program facilitators conduct individual motivational interventions taught as part of the Tobacco Free training course. This motivational intervention raises awareness about an individual's readiness to change, assists in increasing their motivation to change and sets goals for health behavior change.

Facilitating Tobacco Free groups

The role of the Tobacco Free group facilitator is to help group participants learn information and build skills to support tobacco cessation and a healthy lifestyle. Group facilitators should provide a supportive, safe and non-judgmental environment. Participants are encouraged to share their experiences as they take steps towards their Tobacco Free goals.

Making referrals

Tobacco Free Program facilitators should refer group participants to healthcare providers and other health services as appropriate. These may include mental health or primary care providers for counseling and prescription of medications. You may also refer individuals to other cessation services, such as the quitline.

Creating a positive social network

Through informational sessions, lunch and learns, and other social interactions, Tobacco Free Program facilitators create an environment that supports a healthy lifestyle, a culture of wellness and supportive social interactions.

DIMENSIONS: Tobacco Free Program

General Tips for Facilitators

Facilitating the Tobacco Free Group

- 1) **Setting up groups** – You may run Tobacco Free groups within the organization in which you were trained. This organization is authorized by the Behavioral Health and Wellness Program (BHWP) to run the Tobacco Free Program. This program is not to be used outside the authorized organization or for personal profit.
- 2) **Group length** – Tobacco Free group sessions can be 60- or 90-minutes long. The length of your groups will be based on the needs of your organization.
- 3) **Open door policy** – Tobacco Free groups are designed to be open groups. This means that participants may begin at any time during the series of group sessions. It does not matter if they attended any other group sessions. However, some of the information presented in one group does build on information presented in other group sessions. It is a good idea to talk individually with new group participants about their Tobacco Free goals if they are not starting with the first session. You should encourage group participants to attend all six group sessions. If group participants want to continue to attend your Tobacco Free group after completing the six sessions, encourage them to attend future sessions. These additional sessions will be supportive for many people.
- 4) **Personal progress forms** – Ask all participants to complete a Tobacco Free “Personal Progress” form at the beginning of each group. The information on this form can give you and group participants good insight into the progress they are making towards their Tobacco Free goals.
- 5) **Starting each session** – Start group sessions by having group participants briefly introduce themselves to each other. Then, you will want to set ground rules with the group to create an open and supportive environment. Some examples include:
 - a. *Avoid judgment* – There is no single right way to do anything. Try to maintain openness to differences.
 - b. *Be respectful* – Respect each person’s different beliefs and experiences. Also, consider cultural differences that influence individual perspectives.
 - c. *Sharing is encouraged* – Although sharing is not mandatory, sharing personal experiences makes the group discussion more meaningful to everyone.
 - d. *What is said in group stays in group* – Information shared in group is to remain private and confidential.
 - e. *The door is always open* – Be clear about your open door policy. Living tobacco-free is an ongoing process. If participants need additional sessions or drop out of group, allow them back in.

DIMENSIONS: Tobacco Free Program

General Tips for Facilitators

Facilitating the Tobacco Free Group

- 6) ***Providing information*** – As a group facilitator, your role is to lead group activities, provide handouts and information as well as facilitate group discussion. You can use the information and handouts from the Tobacco Free Advanced Techniques Manual and the Tobacco Free Group Facilitator Manual. These resources provide information about the risks of tobacco use, the benefits to stopping tobacco use, tobacco cessation strategies, and other healthy behaviors. You can encourage group participants to actively learn more about these topics outside of the group sessions. Please avoid bringing additional materials or resources to group sessions. It is not your job to provide participants with all the answers to their questions. Instead, your role is to provide a safe group environment that can help them explore, think, learn and grow. If a participant has a question that you cannot answer from the materials provided in the Tobacco Free Program you can encourage them to seek out additional information and resources. Remember that people will learn from the personal experiences that you and other group participants share. We encourage you to share your experiences. These can be very helpful for group participants. Please present them as *your* experiences, which may be different from those of others.
- 7) ***Closing group sessions*** – Wrap up each group session by checking in with group participants about their Tobacco Free activities and goals from today's session or previous sessions. If needed, remember to refer group participants to their providers and/or community tobacco cessation resources.

DIMENSIONS: Tobacco Free Program

Personal Progress

Group Participant Initials:

First Initial Middle Initial Last Initial

Return forms by fax to 303-724-3717 or scan to bh.wellness@ucdenver.edu

Date: _____ Center/Location: _____

Today's group session topic (Check one):

<input type="checkbox"/> Session A: <i>Creating a Plan</i>	<input type="checkbox"/> Session D: <i>Changing Behaviors</i>
<input type="checkbox"/> Session B: <i>Healthy Behaviors</i>	<input type="checkbox"/> Session E: <i>Coping with Cravings</i>
<input type="checkbox"/> Session C: <i>The Truth about Tobacco</i>	<input type="checkbox"/> Session F: <i>Maintaining Change</i>

The TOTAL number of Tobacco Free group sessions I have attended (including today) is:

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> Other: _____
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Please answer ALL of the following:

Think about your recent tobacco use, how many cigarettes (or other tobacco products) did you consume in an average _____ / day?	Type of Tobacco Used _____	Number of quit attempts since starting the Tobacco Free group _____
---	-------------------------------	--

Are you currently using any tobacco cessation medications? Check all that apply.

<input type="checkbox"/> Zyban/Wellbutrin/bupropion	<input type="checkbox"/> Nicotine gum	<input type="checkbox"/> Nicotine nasal spray	<input type="checkbox"/> Chantix/Varenicline
<input type="checkbox"/> Nicotine patch	<input type="checkbox"/> Nicotine inhaler	<input type="checkbox"/> Nicotine lozenge	<input type="checkbox"/> Other: _____

I have the knowledge I need to lead a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I plan to take steps towards living a tobacco-free life in the next 30 days.

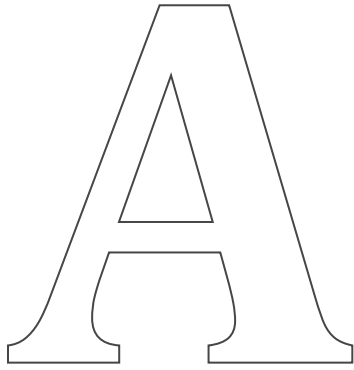
Strongly Agree Agree Disagree Strongly Disagree

I am currently taking steps towards living a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I am confident I have the ability to live a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree



Tobacco Free Program Session A: Creating a Plan

Tobacco Free Program Session A:

Creating a Plan

Introduction

When a person decides to take positive steps towards change, it is helpful to create a road map to plan parts of the journey. Although it is impossible (and unnecessary) to plan the whole journey, it is helpful to know the starting place and identify some steps to take towards their goal. Since each person has different values and preferences, the Tobacco Free goals set by group participants will look very different. It is important that each person focus on what they want and believe it is possible for them to achieve. There may be some people who want to jump to the destination without taking the journey. However, it is the journey itself that helps people learn about themselves. As they practice and strengthen their skills, they will begin to feel more confident about their ability to achieve their goals.

The activities in the *Creating a Plan* session are designed to help group participants visualize their tobacco-free life. They will set some personal Tobacco Free goals as well as explore what they need to make their vision a reality.

Tobacco Free Program Session A:

Creating a Plan

Session Objectives

Group participants will:

- 1) Discuss the definition of what it means to be Tobacco Free;
- 2) Explore what Tobacco Free means to them;
- 3) Practice envisioning their tobacco-free life;
- 4) Set two short-term Tobacco Free goals;
- 5) Clarify and refine their Tobacco Free goals using a change exercise.

Tobacco Free Program Session A:

Creating a Plan

Group Materials Checklist

- ✓ Pens/Pencils
- ✓ Copies of the Tobacco Free “Personal Progress” Form
- ✓ Copies of the “Being Tobacco Free” Handout
- ✓ Copies of the “My Tobacco Free Goals” Handout
- ✓ Copies of the “My Tobacco Free Life” Handout
- ✓ Copies of the “Change Exercise” Handout
- ✓ Extra blank paper for notes, if needed

Tobacco Free Program Session A:

Group Facilitator Notes

Group Start Up:

- 1) *Tobacco Free Personal Progress* — Start your group session by handing out copies of the Tobacco Free “Personal Progress” form. Ask group participants to fill out this form completely. Collect the completed forms.
- 2) *Introductions* — Introduce yourself as the group facilitator. Ask group participants to introduce themselves to each other as well, particularly if there are any new group attendees.
- 3) *Group Ground Rules* — Take a moment to review the ground rules for group. Some examples include:
 - a. *Avoid judgment* – There is no single right way to do anything. Try to maintain openness to differences.
 - b. *Be respectful* – Respect each person’s different beliefs and experiences. Also, consider differences in culture and perspective.
 - c. *Sharing is encouraged* – Although sharing is not mandatory, sharing personal experiences makes the group discussion more meaningful to everyone.
 - d. *What is said in group stays in group* – Information shared in group remains private and confidential outside of group.
 - e. *The door is always open* – Be clear about your open door policy. Becoming tobacco-free is an ongoing process. If participants need additional sessions or drop out of group, allow them back in.
- 4) Now you are ready to start the first group activity.

Notes: _____

DIMENSIONS: Tobacco Free Program

Personal Progress

Group Participant Initials:
 First Initial Middle Initial Last Initial

Return forms by fax to 303-724-3717 or scan to bh.wellness@ucdenver.edu

Date: _____ Center/Location: _____

Today's group session topic (Check one):

<input type="checkbox"/> Session A: <i>Creating a Plan</i>	<input type="checkbox"/> Session D: <i>Changing Behaviors</i>
<input type="checkbox"/> Session B: <i>Healthy Behaviors</i>	<input type="checkbox"/> Session E: <i>Coping with Cravings</i>
<input type="checkbox"/> Session C: <i>The Truth about Tobacco</i>	<input type="checkbox"/> Session F: <i>Maintaining Change</i>

The TOTAL number of Tobacco Free group sessions I have attended (including today) is:

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> Other: _____
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Please answer ALL of the following:

Think about your recent tobacco use, how many cigarettes (or other tobacco products) did you consume in an average _____ / day?	Type of Tobacco Used _____	Number of quit attempts since starting the Tobacco Free group _____
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Are you currently using any tobacco cessation medications? Check all that apply.

<input type="checkbox"/> Zyban/Wellbutrin/bupropion	<input type="checkbox"/> Nicotine gum	<input type="checkbox"/> Nicotine nasal spray	<input type="checkbox"/> Chantix/Varenicline
<input type="checkbox"/> Nicotine patch	<input type="checkbox"/> Nicotine inhaler	<input type="checkbox"/> Nicotine lozenge	<input type="checkbox"/> Other: _____

I have the knowledge I need to lead a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I plan to take steps towards living a tobacco-free life in the next 30 days.

Strongly Agree Agree Disagree Strongly Disagree

I am currently taking steps towards living a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I am confident I have the ability to live a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

Tobacco Free Program Session A:

Group Facilitator Notes

Group Activity #1 — Being Tobacco Free:

The goal of this activity is two-fold. First, this activity is designed to introduce the tobacco free concept and orient individuals to the group. Second, this activity is created to help group participants begin to think about what being tobacco-free means to them. This exploration lays the groundwork for the next exercise, Tobacco Free Visualization.

Instructions

- 1) Pass out the “Being Tobacco Free” handout.
- 2) Talk with group participants about the definition of tobacco free. Introduce them to the group process and goals of the Tobacco Free group.
- 3) Ask group participants to consider where they are in the process of being tobacco-free.
- 4) Have them consider the following questions:
 - a. What does tobacco-free mean for you?
 - b. What would be different in your life?
- 5) Ask them to complete the sentences listed on the handout.
- 6) When they have completed the activity, start a group discussion about their responses. Encourage a discussion that generates specific examples of what being tobacco-free looks like, feels like and the behaviors they will engage in when they are tobacco-free.

Notes: _____

Tobacco Free Program Session A:

Creating a Plan

Being Tobacco-Free

What is does it mean to be tobacco-free?

- The process of being tobacco-free looks different for different people. There is not one path to a tobacco-free life. Some people may be ready to set a quit date. While others may want to decrease their tobacco use but not be ready to quit. Others are ready to learn information about becoming tobacco-free but not change their current tobacco use.
- Regardless of your readiness to change, this program is designed to help you to envision and actualize your unique path to becoming tobacco-free.
- The focus of this program is to generate movement towards positive health behavior changes based on your specific Tobacco Free goals. Positive health behavior change occurs through:
 1. Learning new information
 2. Increasing awareness of your behaviors
 3. Clarifying what behaviors work for you
 4. Practicing new behaviors

Being Tobacco-Free

Take a few moments to contemplate being tobacco-free. What does tobacco free mean for you? What would be different from your current level of physical health and wellness? Complete the following statements:

Being tobacco-free looks like: _____

Being tobacco-free feels like: _____

Behaviors I engage in when I am tobacco-free: _____

Tobacco Free Program Session A:

Group Facilitator Notes

Group Activity #2 – My Tobacco Free Life:

The goal of this activity is to help group participants envision their tobacco-free life. In order for a person to begin believing they can have a tobacco-free life, it helps to practice imagining and feeling what it may be like to have already reached this goal. The more “real” it can become in their mind, the more it seems possible. There may be some group participants who have difficulty visualizing. Encourage them to do what they can in group as well as practice this skill outside of group. As they practice envisioning their tobacco-free life, they will create increasingly clearer images and begin to feel what it would be like to live tobacco-free.

Instructions

- 1) Tell the group you will be guiding them through a visualization. Explain to them that visualization is the process of forming clear mental images by using your imagination and memory. Let them know you will be asking them to envision themselves tobacco-free. If any group participants do not want to join in the guided visualization, let them know they can draw or write during this activity instead.
- 2) When guiding the group through this activity, read the instructions slowly, pausing to give the participants time to create the images in their mind. Use a gentle and calming tone of voice. When you have completed the visualization, facilitate a group discussion about their experience of this activity with the following questions:
 - a. Describe the tobacco-free life you envisioned with as much detail as possible.
 - b. How did it feel to move around in your body?
 - c. What were some activities you visualized yourself doing?
- 3) Pass out the “My Tobacco Free Life” visualization instructions to the group. Encourage them to practice on their own.

Notes: _____

Tobacco Free Program Session A:

Creating a Plan

My Tobacco Free Life

As you move towards your Tobacco Free goals, a powerful technique you can use is to practice visualizing your tobacco-free life. Visualization is the process of forming clear mental images by using your imagination and memory. In this exercise, you will be guided through some instructions to help you envision your tobacco-free life.

Tobacco Free Visualization Instructions:

Begin by closing your eyes, if you feel comfortable doing so. Adjust your body into a comfortable position, settling into your seat. Be aware of your posture. Straighten your back against the chair. Lower your shoulders if they are raised. Relax the muscles in your body. Release any tension you may be holding. Draw your attention to your breath. Take a deep breath in through your nose. Release your breath out through your mouth. Take a few slow, deep breaths in this manner. Relax into a feeling of ease with each slow, deep breath you take. Breathe slowly, in and out.

When you are ready, create a mental picture of your body. Use your imagination to envision your body free of the influence of and addiction to tobacco. As you envision your tobacco-free life, consider the following questions. How does it feel to move around in my tobacco-free body? How does it feel to wake up free of cravings for tobacco? How does it feel to breathe? Or take a walk? Try to imagine as many details about your tobacco-free life as you can. What new experiences will you have from the money you save from quitting tobacco? What new activities will you engage in? How will your relationships change for the better? Fill in other details, such as the increase in your feeling of self-confidence from your success in quitting tobacco or your feeling of freedom from your dependence on tobacco. When your visualization is complete, pause for a moment to take a mental picture of your tobacco-free life. You will use this image for future visualizations. Over time, you will add to and fill out more and more details of your life free from tobacco.

When you are ready, please open your eyes and bring your attention back into the room.

Tobacco Free Program Session A:

Group Facilitator Notes

Group Activity #3 – My Tobacco Free Goals:

The goal of this activity is for group participants to develop their individual Tobacco Free goals. Be sure to encourage them to choose short-term goals, starting out with goals that they can easily achieve. This way they can build their confidence and skills over time. Setting unachievable goals from the start can be a setup for failure.

Instructions

- 1) Pass out the “My Tobacco Free Goals” handout.
- 2) Ask group participants to think about tobacco free goals they would like to achieve. One goal is related to their tobacco use behaviors. Even if an individual may not feel ready to set a quit date, there are behaviors they can change to help them move towards a tobacco-free life, such as learning about how to become tobacco-free. The other goal is related to healthy behaviors. As individuals practice increasing their overall wellness, at some point, tobacco use will no longer fit into this lifestyle. Remind them that these goals are meant to be one small step towards achieving their long-term goals.
- 3) Start a group discussion about what people have set as their goals. Ask them to share and brainstorm ideas with the group. Have them write down their goals on the handout.
- 4) Encourage group participants to also think about what they need to achieve each goal. These may be things others may do to provide support. They may also be ways they can remove barriers to taking action. Have them write down what they need in the space provided on the handout.

Notes: _____

Tobacco Free Program Session A:

Creating a Plan

My Tobacco Free Goals

Take a moment to identify two short-term Tobacco Free goals. Choose one goal that is related to your tobacco use behaviors. Choose a second goal that is related to healthy behaviors. As you achieve these goals, you will set new ones. Try to choose goals that feel attainable to you. If you do not feel ready to change your tobacco use behaviors, focus on setting a goal to increase your healthy behaviors.

Tobacco Free Goal #1: Tobacco Use Behaviors

What I need to successfully achieve my Tobacco Free Goal #1:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Tobacco Free Goal #2: Healthy Behaviors

What I need to successfully achieve my Tobacco Free Goal #2:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Tobacco Free Program Session A:

Group Facilitator Notes

Group Activity #4 – Change Exercise:

The goal of this activity is to assist group participants in exploring their readiness to change as well as clarify their Tobacco Free goals.

Instructions

- 1) Pass out the “Change Exercise” handout.
- 2) Ask group participants to consider each of their Tobacco Free goals, rating them along the listed scales.
- 3) Start a group discussion about why they rated themselves as they did along each of the scales. Facilitate a discussion about what their response tells them about each of these areas.
- 4) If any of the areas is rated particularly low, it provides you information that something needs to change in that area before the individual can be successful in their goal. It lets you know that they may need to shift their goal and/or choose another goal.
- 5) A low rating can also give a person insight into the how they feel about their goal as well as any obstacles or barriers.

Notes: _____

Tobacco Free Program Session A:

Creating a Plan

Change Exercise

When you set goals, it is important to set goals that are meaningful and achievable. This activity helps you to assess your Tobacco Free goals along a number of different scales. Place a mark along each of the scales below, using a "T" to mark your tobacco use behavior goal and an "H" to mark your healthy behavior goal.

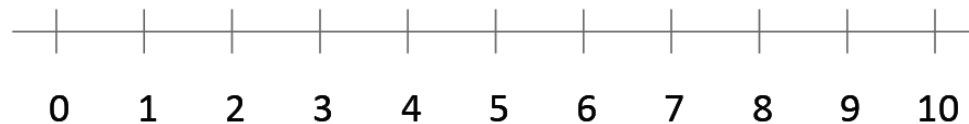
Importance Ruler

On a scale from 0 to 10, how IMPORTANT is it for you to change RIGHT NOW?



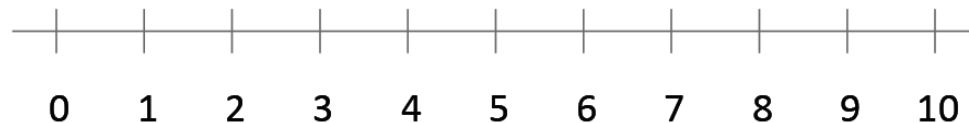
Confidence Ruler

On a scale from 0 to 10, how CONFIDENT are you that you can change RIGHT NOW?



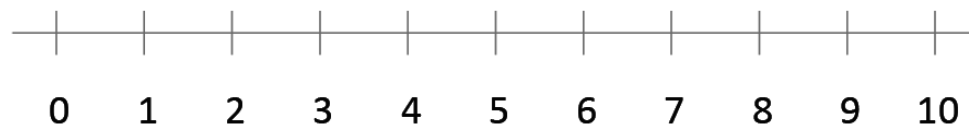
Readiness for Change Ruler

On a scale from 0 to 10, how READY are you to take steps towards change RIGHT NOW?



Control Ruler

On a scale from 0 to 10, how much CONTROL do you have over your ability to make positive change RIGHT NOW?



B

**Tobacco Free
Program
Session B:
Healthy Behaviors**

Tobacco Free Program Session B:

Healthy Behaviors

Introduction

There are many ways in which a person can choose to live a healthy life. It may be making the choice to become tobacco-free. Or someone may decide they want to focus on nutrition and eating or physical activity. Depending upon a person's values, beliefs and experiences, different areas will be more or less important to each individual. Given the personal nature of healthy living, it is useful to take time to explore and identify healthy behaviors and strategies to increase these healthy choices in daily life.

The activities in the *Healthy Behaviors* group session are designed to increase awareness, knowledge, and skills to live a healthy life. Group participants will learn the information they need to help them make good choices in many different areas of their life, including eating, physical activity, sleep and tobacco use.

Tobacco Free Program Session B:

Healthy Behaviors

Session Objectives

Group participants will:

- 1) Learn about living a healthy lifestyle;
- 2) Discover ways to make healthier choices;
- 3) Create their healthy living plan.

Tobacco Free Program Session B:

Healthy Behaviors

Group Materials Checklist

- ✓ Pens/Pencils
- ✓ Copies of the Tobacco Free “Personal Progress” Form
- ✓ Copies of the “6 Steps Toward Healthier Living” Handout
- ✓ Copies of the “How Can I Make Healthier Food and Drink Choices?” Handout
- ✓ Copies of the “My Healthy Living Plan” Handout
- ✓ Extra blank paper for notes, if needed

Tobacco Free Program Session B:

Group Facilitator Notes

Group Start Up:

- 1) *Tobacco Free Personal Progress* — Start your group session by handing out copies of the Tobacco Free “Personal Progress” form. Ask group participants to fill out this form completely. Collect the completed forms.
- 2) *Introductions* — Introduce yourself as the group facilitator. Ask group participants to introduce themselves to each other as well, particularly if there are any new group attendees.
- 3) *Group Ground Rules* — Take a moment to review the ground rules for group. Some examples include:
 - a. *Avoid judgment* – There is no single right way to do anything. Try to maintain openness to differences.
 - b. *Be respectful* – Respect each person’s different beliefs and experiences. Also, consider differences in culture and perspective.
 - c. *Sharing is encouraged* – Although sharing is not mandatory, sharing personal experiences makes the group discussion more meaningful to everyone.
 - d. *What is said in group stays in group* – Information shared in group remains private and confidential outside of group.
 - e. *The door is always open* – Be clear about your open door policy. Becoming tobacco-free is an ongoing process. If participants need additional sessions or drop out of group, allow them back in.
- 4) Now you are ready to start the first group activity.

Notes: _____

DIMENSIONS: Tobacco Free Program

Personal Progress

Group Participant Initials:
 First Initial Middle Initial Last Initial

Return forms by fax to 303-724-3717 or scan to bh.wellness@ucdenver.edu

Date: _____ Center/Location: _____

Today's group session topic (Check one):

<input type="checkbox"/> Session A: <i>Creating a Plan</i>	<input type="checkbox"/> Session D: <i>Changing Behaviors</i>
<input type="checkbox"/> Session B: <i>Healthy Behaviors</i>	<input type="checkbox"/> Session E: <i>Coping with Cravings</i>
<input type="checkbox"/> Session C: <i>The Truth about Tobacco</i>	<input type="checkbox"/> Session F: <i>Maintaining Change</i>

The TOTAL number of Tobacco Free group sessions I have attended (including today) is:

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> Other: _____
----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	---------------------------------------

Please answer ALL of the following:

Think about your recent tobacco use, how many cigarettes (or other tobacco products) did you consume in an average _____ / day?	Type of Tobacco Used _____	Number of quit attempts since starting the Tobacco Free group _____
---	-------------------------------	--

Are you currently using any tobacco cessation medications? Check all that apply.

<input type="checkbox"/> Zyban/Wellbutrin/bupropion	<input type="checkbox"/> Nicotine gum	<input type="checkbox"/> Nicotine nasal spray	<input type="checkbox"/> Chantix/Varenicline
<input type="checkbox"/> Nicotine patch	<input type="checkbox"/> Nicotine inhaler	<input type="checkbox"/> Nicotine lozenge	<input type="checkbox"/> Other: _____

I have the knowledge I need to lead a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I plan to take steps towards living a tobacco-free life in the next 30 days.

Strongly Agree Agree Disagree Strongly Disagree

I am currently taking steps towards living a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I am confident I have the ability to live a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

Tobacco Free Program Session B:

Healthy Behaviors

Group Facilitator Notes

Group Activity #1 — 6 Steps Towards Healthier Living:

The goal of this activity is to teach group participants steps they can practice in their daily lives to increase healthier living.

Instructions

- 1) Pass out copies of the “6 Steps Towards Healthier Living” handout.
- 2) Begin this activity by reviewing the concept of wellness with group participants. Let them know wellness is not just the absence of sickness or disease, but it is an overall sense of well-being. Wellness is also a choice – a choice to make decisions each day to live healthy.
- 3) Review the information in this handout with group participants.
- 4) Start a group discussion about how to incorporate these steps into their daily routine. Encourage the group to share their personal healthy living strategies.

Notes: _____

Tobacco Free Program Session B:

Healthy Behaviors

6 Steps Toward Healthy Living

- 1) **Envision the life you want** – In order to believe you can have the life you want, it helps to practice imagining and feeling what it may be like to have it. The more *real* it can become in your mind, the more it seems possible. Make time each day to envision yourself healthy and well. Ask yourself...what does the life I want look like? How does it feel to be healthy and well? How will I act? What current behaviors do I want to change?
- 2) **Listen to your emotions** – Check in with your feelings throughout the day. Ask yourself...how do I feel? Am I content? Am I frustrated? Am I excited? Am I nervous? Do I need anything? Pay attention to your emotional response to daily situations. What does it tell you about what you do and do not want? Once you are aware of your wants and needs, you can take the necessary steps to meet them.
- 3) **Pay attention to your behaviors** – For one week, take a few minutes each day to record your tobacco use. Notice your triggers for tobacco use, including emotional triggers and behaviors associated with tobacco use. Even if you decide to use tobacco, it is important to be aware of triggers, alternatives to dealing with these triggers and the support you may need to decide to quit or stay quit. Your awareness of these behaviors provides an opportunity for you to decide to do something different.
- 4) **Make manageable changes** – When you set goals for yourself, choose short-term, manageable goals— ones you believe you can achieve. This way, you can build your confidence and skills over time.
- 5) **Reach out for support** – There are many resources available to provide you the support you need to live tobacco-free. Attend a Tobacco Free Group, schedule regular meetings with your healthcare providers, reach out to family and friends and seek out community as well as online resources.
- 6) **Enjoy your journey!** – Look for daily activities that feel good to you. You are more likely to maintain behaviors you enjoy by building them into your daily routine. Take this opportunity to learn about your preferences, likes and dislikes, and practice new behaviors. Your path to living tobacco-free has the potential to be a journey of self-discovery.

Tobacco Free Program Session B:

Group Facilitator Notes

Group Activity #2 – How Can I Make Healthier Food and Drink Choices?:

The goal of this activity is to help group participants realize they have a choice whether they consume healthy food and drink each day. This activity will assist them in identifying foods and drink they want to INCREASE or DECREASE as well as the reason(s) behind their desire to change their food and drink choices.

Instructions

- 1) Pass out copies of the “How Can I Make Healthier Food and Drink Choices?” handout.
- 2) Ask group participants to create a list of foods and drink they consume regularly and want to decrease. Once they have created this list, ask them to write down their reasons for wanting to decrease their consumption of these foods or drink.
- 3) Encourage group participants to share the foods and drink they want to decrease as well as their reasons for wanting to decrease their consumption of these foods and drink. Encourage group discussion about foods and drink that are healthiest when consumed in moderation.
- 4) Ask group participants to create a list of foods and drink they want to increase in order to maintain a healthy eating plan. Once they have created this list, ask them to write down their reasons for wanting to increase their consumption of these foods or drink.
- 5) Encourage group participants to share the foods and drink they want to increase as well as their reasons for wanting to increase their consumption of these foods and drink. Encourage group discussion about foods and drink that are part of a healthy diet.
- 6) Start a discussion about ways group participants can actively practice making these choices. Try to explore strategies to remove barriers to these practices.

Notes: _____

Tobacco Free Program Session B:

Healthy Behaviors

How Can I Make Healthier Food and Drink Choices?

Each day, you have choices about what you eat and drink whether you believe you do or not. Even if someone else prepares your meals for you, you have choices about which foods and drink you will consume more or less of.

Create a list of current foods and drink you consume regularly that you want to DECREASE. Next to the food or drink indicate why you want to decrease your consumption of this food/ drink.

Food/ Drink	The reason I want to DECREASE this food/ drink is...
1)	
2)	
3)	
4)	
5)	

Create a list of foods and drink you would like to INCREASE in order to maintain a healthy eating plan. Next to the food or drink indicate why you want to increase your consumption of this food/ drink.

Food/ Drink	The reason I want to INCREASE this food/ drink is...
1)	
2)	
3)	
4)	
5)	

Tobacco Free Program Session B:

Healthy Behaviors

Group Facilitator Notes

Group Activity #3 – My Healthy Living Plan:

The goal of this activity is to assist group participants to increase their awareness of what they want, identify their motivations and make the choice to live healthy.

Instructions

- 1) Pass out the “My Healthy Living Plan” handout.
- 2) Inform group participants that you will guide them through the handout, completing each section separately.
- 3) Begin with physical activity. Review the importance of being physically active each day, even if only for a few minutes at a time.
- 4) Ask group participants to create a list of physical activities they enjoy doing. Encourage them to think about activities they currently enjoy or used to enjoy but may not have done in a long time. Ask them to consider what made the physical activity fun for them and write this reason down next to the physical activity they enjoy.
- 5) Facilitate a discussion about ways to increase their physical activity each day.
- 6) Move to spiritual practices. Ask group participants to think about one belief or value they hold that has a positive influence on how they live their life. Have them complete the sentence, “I believe/ value....”
- 7) Once they have completed this statement, encourage them to share their responses with the group.

Tobacco Free Program Session B:

Healthy Behaviors

My Healthy Living Plan

Physical Activity

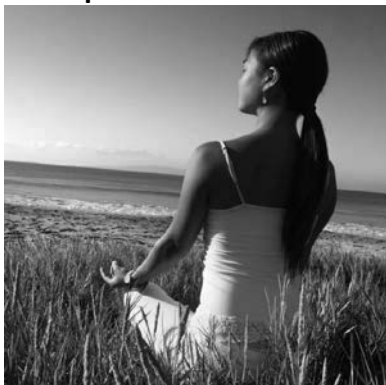


There are many different ways you are active each day. You may not even think of many of these physical activities as exercise. Any increase in physical activity is good for your health. Try to get up to 30 minutes of physical activity a day, even in 10-minute increments.

Create a list of physical activities you enjoy doing. Think about activities you currently enjoy or used to enjoy but may not have done in a long time. Think about activities you do with others. As you create this list, consider what made the physical activity fun for you. Write this reason down next to the physical activity you enjoy.

Physical Activities I enjoy	I enjoy this activity because...
1)	
2)	
3)	
4)	

Spiritual Practices



Whether you have a strong spiritual/ religious belief system, we all have beliefs that give meaning to our lives. Think about one belief or value that has a positive influence on how you live your life:

I believe/ value...

Tobacco Free Program Session B:

Healthy Behaviors

Group Facilitator Notes

Group Activity #3 – My Healthy Living Plan (continued):

The goal of this activity is to assist group participants to increase their awareness of what they want, identify their motivations and make the choice to live healthy.

Instructions

- 1) Move to tobacco-free living. Ask group participants to create a list of reasons for wanting to live a tobacco-free life. Encourage them to choose reasons that are important to them rather than for other people. Then, ask them to consider the benefits they may experience (or have experienced if they have already quit) once they have stopped using tobacco, listing them on the handout.
- 2) Facilitate a discussion about their reasons for wanting to live tobacco-free. Encourage them to share the benefits they may experience from living tobacco-free.
- 3) Move to restful sleep. Have them fill in the blank in the statement, “In order to wake feeling refreshed and rested, I need _____ hours of sleep per night.” Also, ask group participants to consider what they need to have a restful sleep experience and list them on the handout.
- 4) Facilitate a discussion about their responses, exploring ways in which group participants can increase their experience of restful sleep.

Tobacco Free Program Session B:

Healthy Behaviors

My Healthy Living Plan

Tobacco-free Living



Stopping tobacco use is one of the most positive steps a person can make towards living a healthy life. Although you may feel unsure about whether you are ready to quit, there are things you can do now to prepare to live a tobacco-free life.

Create a list of reasons why you would like to live a tobacco-free life. Choose reasons that are important to you rather than reasons others give you to quit. Then, consider the benefits you may experience once you stop using tobacco. Write them next to the reasons why I want to live a tobacco-free life.

Reasons why I want to live a tobacco-free life	Benefits to living a tobacco-free life

Restful sleep



Each person needs a different amount of sleep. The amount of sleep you need to feel rested may change over time. Listen to your body. What does it tell you about the amount of sleep you need? A regular sleep schedule helps improve the quality of your sleep. For some people, it helps to wake up at the same time each day.

Consider what you need to have a restful sleep experience and list them below.

In order to wake feeling refreshed and rested, I need _____ hours of sleep per night.

To have a restful sleep experience, I need:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

C

**Tobacco Free
Program
Session C:
The Truth
about Tobacco**

Tobacco Free Program Session C:

The Truth about Tobacco

Introduction

Most people know that nicotine is the addictive substance in cigarettes and other tobacco products. However, what most people do not know is that tobacco and tobacco smoke contains over 7,000 chemicals, which can damage cells and lead to cancer. The 2010 U.S. Surgeon General's report on smoking and health indicates that any level of exposure to tobacco smoke is harmful. Tobacco use hurts almost every part of your body, and there is a direct link to several diseases, such as various cancers, diabetes, cardiovascular disease, and respiratory illnesses, among many others. When someone makes the choice to stop using tobacco, they will experience many positive health effects.

The activities in *The Truth about Tobacco* group session are designed to teach group participants about the deadly chemicals in cigarette smoke. They will also learn about ways tobacco use harms their bodies as well as the health benefits of stopping smoking.

Tobacco Free Program Session C:

The Truth about Tobacco

Session Objectives

Group participants will:

- 1) Learn about the chemicals in cigarette smoke;
- 2) Learn how tobacco harms their body;
- 3) Explore the health benefits of stopping smoking.

Tobacco Free Program Session C:

The Truth about Tobacco

Group Materials Checklist

- ✓ Pens/Pencils
- ✓ Copies of the Tobacco Free “Personal Progress” Form
- ✓ Copies of the “What’s in Cigarette Smoke?” Handout
- ✓ Copies of the “What is Carbon Monoxide?” Handout
- ✓ Copies of the “How Tobacco Harms You” Handout
- ✓ Copies of the “Health Benefits of Stopping Smoking” Handout
- ✓ Extra blank paper for notes, if needed

DIMENSIONS: Tobacco Free Session C:

Group Facilitator Notes

Group Start Up:

- 1) *Tobacco Free Personal Progress* — Start your group session by handing out copies of the Tobacco Recovery “Personal Progress” form. Ask group participants to fill out this form completely. Collect the completed forms.
- 2) *Introductions* — Introduce yourself as the group facilitator. Ask group participants to introduce themselves to each other as well, particularly if there are any new group attendees.
- 3) *Group Ground Rules* — Take a moment to review the ground rules for group. Some examples include:
 - f. *Avoid judgment* – There is no single right way to do anything. Try to maintain openness to differences.
 - g. *Be respectful* – Respect each person’s different beliefs and experiences. Also, consider differences in culture and perspectives.
 - h. *Sharing is encouraged* – Although sharing is not mandatory, sharing personal experiences makes the group discussion more meaningful to everyone.
 - i. *What is said in group stays in group* – Information shared in group remains private and confidential outside of group.
 - j. *The door is always open* – Be clear about your open door policy. Becoming tobacco-free is an ongoing process. If participants need additional sessions or drop out of group, allow them back in.

- 5) Now you are ready to start the first group activity.

Notes: _____

DIMENSIONS: Tobacco Free Program

Personal Progress

Group Participant Initials:
 First Initial Middle Initial Last Initial

Return forms by fax to 303-724-3717 or scan to bh.wellness@ucdenver.edu

Date: _____ Center/Location: _____

Today's group session topic (Check one):

<input type="checkbox"/> Session A: <i>Creating a Plan</i>	<input type="checkbox"/> Session D: <i>Changing Behaviors</i>
<input type="checkbox"/> Session B: <i>Healthy Behaviors</i>	<input type="checkbox"/> Session E: <i>Coping with Cravings</i>
<input type="checkbox"/> Session C: <i>The Truth about Tobacco</i>	<input type="checkbox"/> Session F: <i>Maintaining Change</i>

The TOTAL number of Tobacco Free group sessions I have attended (including today) is:

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> Other: _____
----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	---------------------------------------

Please answer ALL of the following:

Think about your recent tobacco use, how many cigarettes (or other tobacco products) did you consume in an average _____ / day?	Type of Tobacco Used _____	Number of quit attempts since starting the Tobacco Free group _____
---	-------------------------------	--

Are you currently using any tobacco cessation medications? Check all that apply.

<input type="checkbox"/> Zyban/Wellbutrin/bupropion	<input type="checkbox"/> Nicotine gum	<input type="checkbox"/> Nicotine nasal spray	<input type="checkbox"/> Chantix/Varenicline
<input type="checkbox"/> Nicotine patch	<input type="checkbox"/> Nicotine inhaler	<input type="checkbox"/> Nicotine lozenge	<input type="checkbox"/> Other: _____

I have the knowledge I need to lead a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I plan to take steps towards living a tobacco-free life in the next 30 days.

Strongly Agree Agree Disagree Strongly Disagree

I am currently taking steps towards living a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I am confident I have the ability to live a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

Tobacco Free Program Session C:

The Truth about Tobacco

Group Facilitator Notes

Group Activity #1 – What’s in Cigarette Smoke?:

The goal of this activity is to teach group participants about some of the deadly chemicals found in cigarette smoke.

Instructions

- 1) Pass out copies of the “What’s in Cigarette Smoke?” handout.
- 2) Review the information in this handout with group participants.
- 3) Ask group participants to review the list of chemicals in the box located in the lower right-hand corner of the handout. As a group, match the chemicals in the list with the product pictures in the lower left-hand corner of the handout. (Matchup answer key: lighters use butane, D-CON mice killer contains arsenic, insecticides like Raid contain DDT, car batteries contain cadmium and Windex glass cleaner contains ammonia.)
- 4) Facilitate a discussion about their reactions to learning about the chemicals in tobacco.

Notes: _____

Tobacco Free Program Session C:

The Truth about Tobacco

What's in Cigarette Smoke?

There is more than just tobacco in your cigarettes. When cigarettes are made, flavors, additives and other chemicals are added to tobacco to enhance the smoking experience. Most of the harmful chemicals in cigarettes are released as gases when cigarettes are burned.

- ✓ Tobacco and tobacco smoke contains over 7,000 chemicals, many of which can damage cells and lead to cancer!
- ✓ Nicotine is a chemical in tobacco that is highly addictive. Nicotine affects many parts of your body including your heart, blood vessels, metabolism and brain.
- ✓ Cigarette tar is a sticky brown substance that is the main cause of lung and throat cancers in smokers.



Listed below are some of the chemicals found in cigarette smoke. Match these chemicals with the products shown to the left:

- 1) Ammonia
- 2) Arsenic
- 3) Butane
- 4) Cadmium
- 5) DDT

Tobacco Free Program Session C:

The Truth about Tobacco

Group Facilitator Notes

Group Activity #2 – What is Carbon Monoxide?:

The goal of this activity is to teach group participants about carbon monoxide.

Instructions

- 1) Pass out copies of the “What is Carbon Monoxide?” handout.
- 2) Review the information in this handout with group participants.
- 3) If you have access to a carbon monoxide (CO) monitor, you may want to use the CO monitor to check the levels of carbon monoxide in group participants.
- 4) Facilitate a discussion about their reaction to their CO levels.

Notes: _____

Tobacco Free Program Session C:

The Truth about Tobacco

What is Carbon Monoxide?

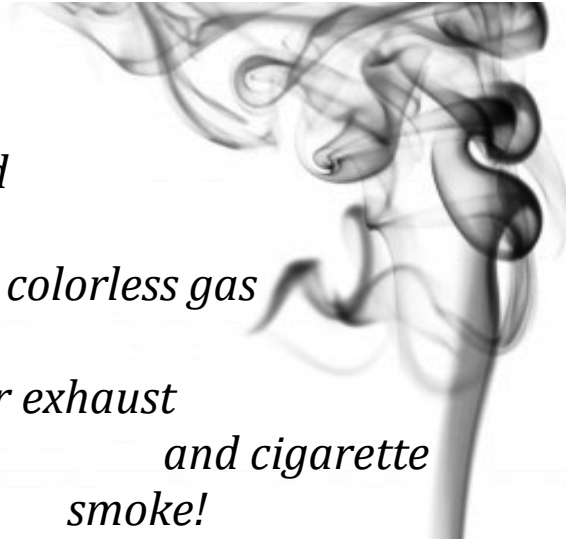
Carbon monoxide is...

a deadly chemical and

an odorless and colorless gas

found in air pollution, car exhaust

*and cigarette
smoke!*



How carbon monoxide affects your body

Carbon monoxide takes the place of oxygen in your blood. Your body needs oxygen to survive. Since carbon monoxide makes it harder for your body to get the oxygen it needs, your body works harder to deliver oxygen, placing strain on your heart and body. This strain puts smokers at a greatly increased risk for heart attack and stroke.

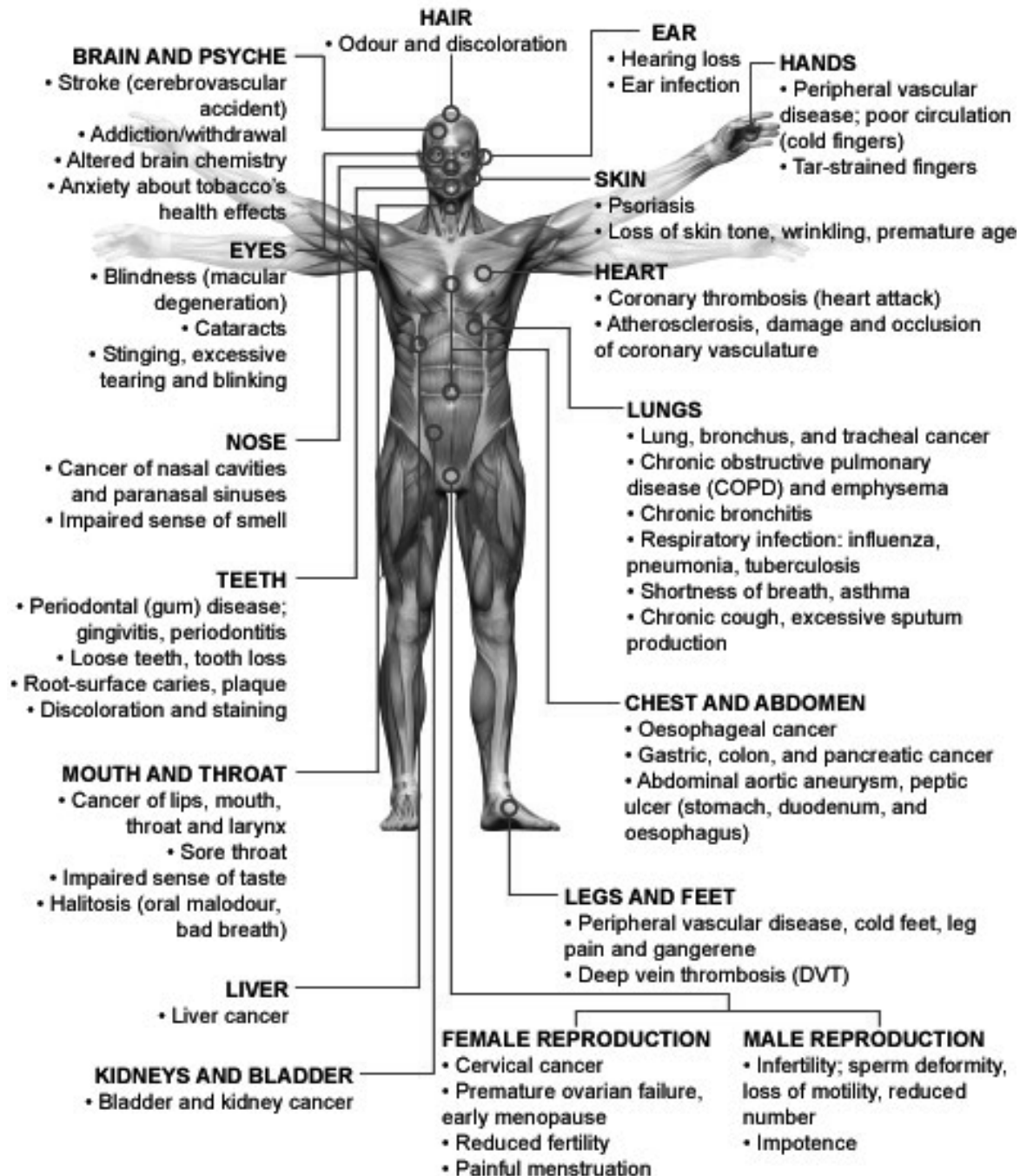
The good news about carbon monoxide

Although it is deadly, carbon monoxide lasts for only a short time in your body. You can eliminate carbon monoxide within two to three days after you stop smoking. The effect of carbon monoxide is reversible! Your carbon monoxide level can be reduced to the same level as somebody who has never smoked.

Tobacco Free Program Session C:

The Truth about Tobacco

How Tobacco Harms You



From The Tobacco Atlas Third Edition

Tobacco Free Program Session C:

The Truth about Tobacco

Group Facilitator Notes

Group Activity #4 – Health Benefits of Stopping Smoking

The goal of this group activity is to inform group participants about the positive health effects they will experience once they stop smoking.

Instructions

- 1) Pass out copies of the “Health Benefits of Stopping Smoking” handout.
- 2) Review the information provided in this handout.
- 3) Encourage group participation by asking different participants to name the health benefit that is most important to them.
- 4) Facilitate a discussion about negative health effects they currently experience, or have experienced, due to their tobacco use. Explore the positive health effects they look forward to experiencing once they stop smoking.

Notes: _____

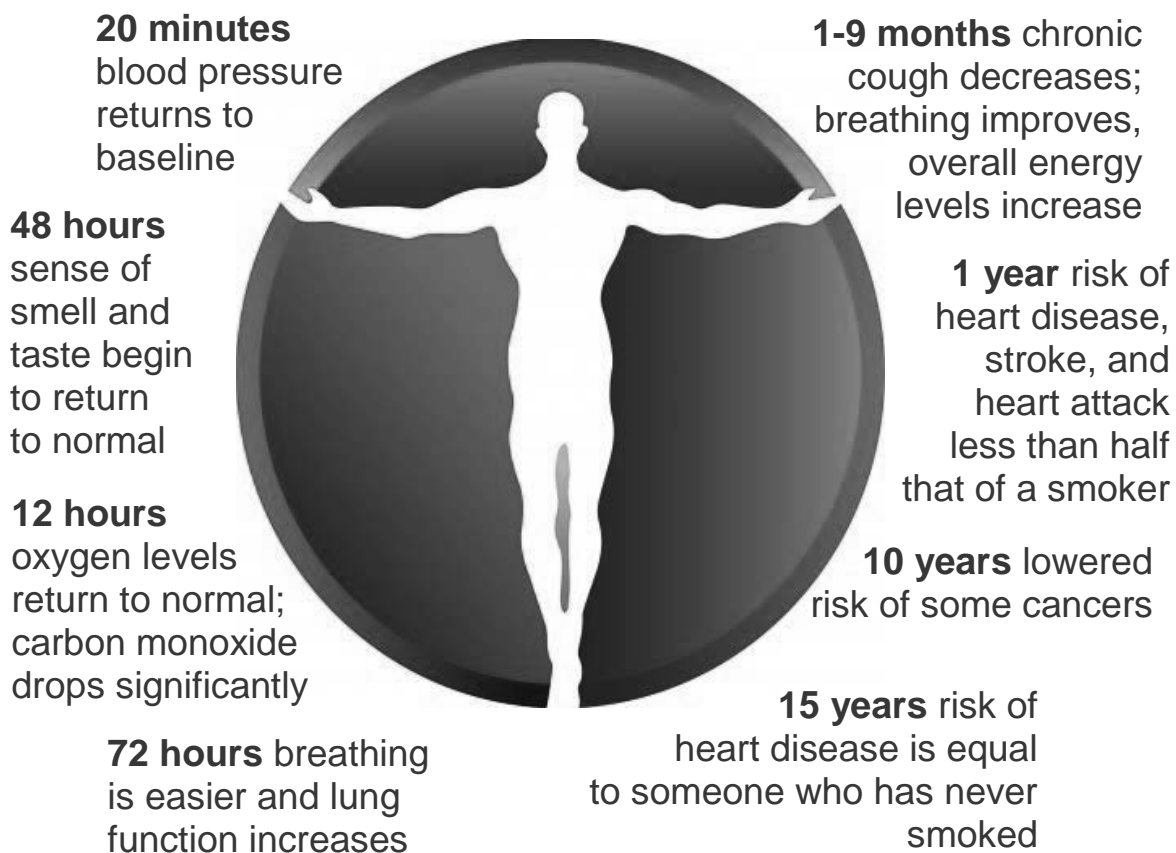
Tobacco Free Program Session C:

The Truth about Tobacco

Health Benefits of Stopping Smoking

The health benefits of quitting smoking are numerous and your health can improve very soon after quitting. While there are benefits of quitting earlier in life rather than later, it is never too late to benefit from quitting, no matter how old you are.

Within...



D

**Tobacco Free
Program
Session D:
Changing
Behaviors**

Tobacco Free Program Session D:

Changing Behaviors

Introduction

Many people want to stop using tobacco, but they do not know how to successfully reach their goal. The first step to changing any behavior is being aware of what you are doing right now. Once you are aware of what you are doing, you can make the choice to do something differently.

In order to do things differently, it helps to identify the new behaviors to practice. At first, it may seem unfamiliar or even uncomfortable to try these new behaviors. Over time, these new behaviors can take the place of unhealthy old behaviors.

As people practice new behaviors, they may run into roadblocks that stop their progress. A key to getting back on track is to understand what happened and continue to practice the new behaviors until they become habits. Along the way, it is helpful to identify the supports that make the journey easier and even fun!

The activities in the *Changing Behaviors* group session are designed to help group participants achieve a tobacco-free life by learning how to take steps towards behavior change, understanding underlying motivations for their tobacco use and discovering new activities they enjoy.

Tobacco Free Program Session D:

Changing Behaviors

Session Objectives

Group participants will:

- 1) Learn steps to change their tobacco use behaviors;
- 2) Explore their motivations for stopping tobacco use;
- 3) Discover enjoyable activities that do not involve tobacco use.

Tobacco Free Program Session D:

Changing Behaviors

Group Materials Checklist

- ✓ Pens/Pencils
- ✓ Copies of the Tobacco Free “Personal Progress” Form
- ✓ Copies of the “My Tobacco Free Journey” Handout
- ✓ Copies of the “My Top 5 Reasons” Handout
- ✓ Copies of the “Activities I Enjoy” Handout
- ✓ Blank index cards
- ✓ Extra blank paper for notes, if needed

Tobacco Free Program Session D:

Group Facilitator Notes

Group Start Up:

- 1) *Tobacco Free Personal Progress* — Start your group session by handing out copies of the Tobacco Free “Personal Progress” form. Ask group participants to fill out this form completely. Collect the completed forms.
- 2) *Introductions* — Introduce yourself as the group facilitator. Ask group participants to introduce themselves to each other as well, particularly if there are any new group attendees.
- 3) *Group Ground Rules* — Take a moment to review the ground rules for group. Some examples include:
 - a. *Avoid judgment* – There is no single right way to do anything. Try to maintain openness to differences.
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 - d. *What is said in group stays in group* – Information shared in group remains private and confidential outside of group.
 - e. *The door is always open* – Be clear about your open door policy. Becoming tobacco-free is an ongoing process. If participants need additional sessions or drop out of group, allow them back in.
- 4) Now you are ready to start the first group activity.

Notes: _____

DIMENSIONS: Tobacco Free Program

Personal Progress

Group Participant Initials:
 First Initial Middle Initial Last Initial

Return forms by fax to 303-724-3717 or scan to bh.wellness@ucdenver.edu

Date: _____ Center/Location: _____

Today's group session topic (Check one):

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<input type="checkbox"/> Session B: <i>Healthy Behaviors</i>	<input type="checkbox"/> Session E: <i>Coping with Cravings</i>
<input type="checkbox"/> Session C: <i>The Truth about Tobacco</i>	<input type="checkbox"/> Session F: <i>Maintaining Change</i>

The TOTAL number of Tobacco Free group sessions I have attended (including today) is:

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> Other: _____
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Please answer ALL of the following:

Think about your recent tobacco use, how many cigarettes (or other tobacco products) did you consume in an average _____ / day?	Type of Tobacco Used _____	Number of quit attempts since starting the Tobacco Free group _____
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Are you currently using any tobacco cessation medications? Check all that apply.

<input type="checkbox"/> Zyban/Wellbutrin/bupropion	<input type="checkbox"/> Nicotine gum	<input type="checkbox"/> Nicotine nasal spray	<input type="checkbox"/> Chantix/Varenicline
<input type="checkbox"/> Nicotine patch	<input type="checkbox"/> Nicotine inhaler	<input type="checkbox"/> Nicotine lozenge	<input type="checkbox"/> Other: _____

I have the knowledge I need to lead a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I plan to take steps towards living a tobacco-free life in the next 30 days.

Strongly Agree Agree Disagree Strongly Disagree

I am currently taking steps towards living a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I am confident I have the ability to live a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

Tobacco Free Program Session D:

Group Facilitator Notes

Group Activity #1 – My Tobacco Free Journey:

The goal of this activity is to teach group participants how to take steps towards living tobacco-free. Changing behaviors is not just as simple as deciding to do things differently. It involves planning, practicing skills, problem solving, and decision-making.

Instructions

- 1) Pass out copies of the “My Tobacco Free Journey” handout.
- 2) Introduce the concept of behavior change as a *journey*. Explain how changing behavior, particularly habits, does not happen automatically. It is a process that has several steps.
- 3) Review each of the steps listed on the “My Tobacco Free Journey” handout.
- 4) As you review each step, ask group participants what each step may look like for them as they move towards living tobacco-free. Brainstorm answers as a group.
- 5) Examples of questions for each step include:
 - a. When you think about living tobacco-free, where do you want to go? What are your goals?
 - b. What do you need (supports, skills, resources) to begin your journey?
 - c. How will you get started? What would you like to change first?
 - d. When you run into an obstacle, how will you keep going?
 - e. How would you like to celebrate your successes along the way?
 - f. Since making a choice to live tobacco-free is a lifelong process, how do you keep going?
 - g. How will you know when to create new goals and directions?

Notes: _____

Tobacco Free Program Session D:

Changing Behaviors

My Tobacco Free Journey

Where am I going?



What will I need?



Managing detours



Getting started



Celebrate your success!



How do I keep going?



Where am I going next?

Tobacco Free Program Session D:

Group Facilitator Notes

Group Activity #2 – My Top 5 Reasons:

The goal of this activity is to create a list of the top 5 reasons group participants use tobacco and top 5 reasons they want to stop using tobacco. Understanding their motivation is useful to help encourage group participants to make the decision to stop.

Instructions

- 1) Pass out copies of the “My Top 5 Reasons” handout.
- 2) Ask group participants to think about their reasons for using tobacco and reasons to stop.
- 3) Give them a few minutes to write down their responses.
- 4) Encourage group participants to discuss their motivations. Have group participants write down their top 5 reasons to stop using tobacco on an index card they can keep in their wallets or cigarette pack, if they are still smoking. This card can serve as a reminder of their reasons to quit.
- 5) Facilitate a discussion about the pros and cons of continuing to use tobacco and stopping their tobacco use with the following questions:
 - a. Which list feels more important to you? Why?
 - b. What are the ways you can *tip* the importance towards tobacco cessation?
 - c. How ready do you feel to set a quit date? Discuss.

Notes:

Tobacco Free Program Session D:

Changing Behaviors

My Top 5 Reasons

People use tobacco for different reasons. People stop using tobacco for different reasons. Think about the reasons you use tobacco and the reasons you want to stop. Write down your answers below. Transfer your top 5 reasons to STOP using tobacco on an index card. Keep the index card where you will frequently see it, such as in your cigarette pack.

My Top 5 Reasons for Using Tobacco

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

My Top 5 Reasons to STOP Using Tobacco

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Tobacco Free Program Session D:

Group Facilitator Notes

Group Activity #3 – Activities I Enjoy:

The goal of this activity is to identify activities group participants enjoy that do not involve tobacco use. These new ideas of activities will help group participants to develop new interests and learn to engage in life without the use of tobacco.

Instructions

- 1) Pass out copies of the “Activities I Enjoy” handout.
- 2) Ask group participants to fill out the handout. Encourage them to think of activities they enjoy and may not have done in a while. Have them think of activities they may do with others or alone. You may even encourage them to think of activities that they have not done before but sound fun to them.
- 3) After everyone has completed their list, ask them to share their list with the group.
- 4) Continue the group discussion with the following questions:
 - a. What are some positive memories you have related to these activities?
 - b. What are some ways to bring these activities into your life?
- 5) Encourage group participants to write down the ideas from the group that they may enjoy and want to practice.

Notes: _____

Tobacco Free Program Session D:

Changing Behaviors

Activities I Enjoy

Create a list of activities you enjoy doing that do not involve tobacco use. Think about activities you used to enjoy but may not have done in a long time. Think about activities you do with others as well as on your own. As you create this list, consider what makes this activity fun for you. Write this reason down next to the activity you enjoy.

Activities I Enjoy	I enjoy this activity because...
1)	
2)	
3)	
4)	
5)	
6)	
7)	
8)	
9)	
10)	

E

Tobacco Free Program Session E: Coping with Cravings

Tobacco Free Program Session E:

Coping with Cravings

Introduction

Given the addictive nature of nicotine, it is typical for people to experience tobacco cravings, withdrawal symptoms, and triggers for tobacco use. Therefore, it helps to have strategies in place to handle tobacco cravings. In particular, when someone is feeling bored, lonely, depressed or anxious, they may use tobacco to manage their mood or distract themselves from their feelings. A key to dealing positively with tobacco cravings is to be aware of triggers for tobacco use when they occur. With increased awareness, people are able to make conscious decisions to handle triggers or cravings without using tobacco.

The activities in the *Coping with Cravings* group session are designed to teach group participants about tobacco cravings and their triggers for tobacco use. They will learn how to increase their awareness of their triggers and ways to manage their cravings.

Tobacco Free Program Session E:

Coping with Cravings

Session Objectives

Group participants will:

- 1) Identify their triggers for tobacco use;
- 2) Learn about cravings and determine their craving level;
- 3) Discover new ways to cope with cravings;
- 4) Learn about tobacco cessation medications.

Tobacco Free Program Session E:

Coping with Cravings

Group Materials Checklist

- ✓ Pens/Pencils
- ✓ Copies of the Tobacco Free “Personal Progress” Form
- ✓ Copies of the “Triggers for Tobacco Use – Part I” Handout
- ✓ Copies of the “Triggers for Tobacco Use – Part II” Handout
- ✓ Copies of the “Craving Scale” Handout
- ✓ Copies of the “Tobacco Cessation Medication” Handout
- ✓ Extra blank paper for notes, if needed

Tobacco Free Program Session E:

Coping with Cravings

Group Facilitator Notes

Group Start Up:

- 1) *Tobacco Free Personal Progress* — Start your group session by handing out copies of the Tobacco Free “Personal Progress” form. Ask group participants to fill out this form completely. Collect the completed forms.
- 2) *Introductions* — Introduce yourself as the group facilitator. Ask group participants to introduce themselves to each other as well, particularly if there are any new group attendees.
- 3) *Group Ground Rules* — Take a moment to review the ground rules for group. Some examples include:
 - a. *Avoid judgment* – There is no single right way to do anything. Try to maintain openness to differences.
 - b. *Be respectful* – Respect each person’s different beliefs and experiences. Also, consider differences in culture and perspectives.
 - c. *Sharing is encouraged* – Although sharing is not mandatory, sharing personal experiences makes the group discussion more meaningful to everyone.
 - d. *What is said in group stays in group* – Information shared in group remains private and confidential outside of group.
 - e. *The door is always open* – Be clear about your open door policy. Becoming tobacco-free is an ongoing process. If participants need additional sessions or drop out of group, allow them back in.
- 4) Now you are ready to start the first group activity.

Notes: _____

DIMENSIONS: Tobacco Free Program

Personal Progress

Group Participant Initials:
 First Initial Middle Initial Last Initial

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<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> Other: _____
----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	---------------------------------------

Please answer ALL of the following:

Think about your recent tobacco use, how many cigarettes (or other tobacco products) did you consume in an average _____ / day?	Type of Tobacco Used _____	Number of quit attempts since starting the Tobacco Free group _____
---	-------------------------------	--

Are you currently using any tobacco cessation medications? Check all that apply.

<input type="checkbox"/> Zyban/Wellbutrin/bupropion	<input type="checkbox"/> Nicotine gum	<input type="checkbox"/> Nicotine nasal spray	<input type="checkbox"/> Chantix/Varenicline
<input type="checkbox"/> Nicotine patch	<input type="checkbox"/> Nicotine inhaler	<input type="checkbox"/> Nicotine lozenge	<input type="checkbox"/> Other: _____

I have the knowledge I need to lead a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I plan to take steps towards living a tobacco-free life in the next 30 days.

Strongly Agree Agree Disagree Strongly Disagree

I am currently taking steps towards living a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

I am confident I have the ability to live a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

Tobacco Free Program Session E:

Coping with Cravings

Group Facilitator Notes

Group Activity #1 – Triggers for Tobacco Use – Part I:

The goal of this activity is to identify the activities, environments, people and feelings that trigger a desire to use tobacco.

Instructions

- 1) Pass out copies of the “Triggers for Tobacco Use – Part I” handout.
- 2) Ask group participants to think about different activities, environments, people and feelings that trigger their tobacco use.
- 3) Give them a few minutes to write down their responses.
- 4) Facilitate a discussion with the group about their triggers with the following questions:
 - a. Are you aware when you are being triggered?
 - b. How do you know?
 - c. What strategies may help you to increase your awareness?

Notes: _____

Tobacco Free Program Session E:

Coping with Cravings

Triggers for Tobacco Use – Part I

As you move towards reducing or stopping your tobacco use, it is helpful to be aware of the activities, situations, environments and people that trigger you to use tobacco. When you are aware of these triggers, you can take active steps to avoid using tobacco. Take a moment to consider specific activities, environment, people and other situations that trigger you to use tobacco. Write them down below.

Activities (for example, drinking coffee)

- 1) _____
- 2) _____
- 3) _____

Environments (for example, in your car)

- 1) _____
- 2) _____
- 3) _____

People (for example, co-workers who smoke)

- 1) _____
- 2) _____
- 3) _____

Feelings (for example, anxiety and stress)

- 1) _____
- 2) _____
- 3) _____

Tobacco Free Program Session E:

Coping with Cravings

Triggers for Tobacco Use – Part II

Review the list you created in “Triggers for Tobacco Use – Part I.” Choose your top 3 tobacco use triggers from this list. Then, list your ideas of things you can do to distract yourself from tobacco use at those times.

My top 3 tobacco use triggers:

- 1) _____
- 2) _____
- 3) _____

Things I can do to distract myself from my tobacco use:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Tobacco Free Program Session E:

Coping with Cravings

Group Facilitator Notes

Group Activity #3 – Craving Scale:

The goal of this activity is to learn about tobacco cravings and identify current craving levels.

Instructions

- 1) Pass out copies of the “Craving Scale” handout.
- 2) Talk with group participants about tobacco cravings. Encourage them to describe their past experience of tobacco cravings and its effect on their tobacco cessation efforts.
- 3) Review the five different levels of tobacco craving. Ask group participants to choose the craving level that best matches their current craving level.
- 4) Facilitate a discussion about the best strategies to cope with cravings based on the intensity of their cravings.

Notes: _____

Tobacco Free Program Session E:

Coping with Cravings

Craving Scale

This craving scale is a tool to help you pay attention to your craving level for tobacco throughout the day. Depending on the intensity of your craving, you will need different levels of support and intervention to help you to move through your craving without the use of tobacco. Remember, cravings only last for a few minutes. Circle your current craving level below.



1

I have no current desire for tobacco use.

2

I have thoughts of using tobacco but I do not plan to act on my thoughts.

3

I have physical urges to use tobacco but feel in control of my urges.

4

I have physical urges to use tobacco and I feel at risk for using tobacco.

5

I plan to use tobacco.

Tobacco Free Program Session E:

Coping with Cravings

Tobacco Cessation Medications

When you decide to stop your tobacco use, you have many different options for medications to help decrease your nicotine withdrawal symptoms.

- ✓ ALL the medications are effective;
- ✓ Some require a physician's prescription while others do not;
- ✓ There are five forms of nicotine replacement therapy (NRT) and two other FDA approved cessation medications (bupropion and varenicline);
- ✓ The daily cost of most tobacco cessation medications is about the same as a pack of cigarettes.



Nicotine withdrawal symptoms include:

- 1) Irritability/Frustration/Anger
- 2) Anxiety
- 3) Difficulty Concentrating
- 4) Restlessness/Impatience
- 5) Depressed Mood/Depression
- 6) Insomnia
- 7) Increased Appetite/Weight Gain
- 8) Cravings

People who use tobacco cessation medication have many advantages over people who don't:

- ✓ They are twice as likely to successfully stop their tobacco use;
- ✓ Their nicotine withdrawal symptoms are decreased;
- ✓ They have fewer cravings or urges to use tobacco;
- ✓ They feel less depressed;
- ✓ In some cases, they gain less weight.

Talk with your doctor about these safe and effective medications.

F

**Tobacco Free
Program
Session F:
Maintaining
Change**

Tobacco Free Program Session F:

Maintaining Change

Introduction

As individuals move through the different stages of the change process, they need specific skills and resources to sustain the changes they have made. Positive health behavior change can be derailed by daily stressors. Often, people fall back to unhealthy habits when their needs are not met or they feel “tapped out.” They may use tobacco as a quick and easy way to manage their stress. Therefore, it is important for individuals to have self-care strategies in place to prevent or decrease their experience of stress.

Another key to maintaining change is to have a plan. In order to maintain focus on building and sustaining new wellness practices, it is useful for individuals to assess where they are at in the change process and where they want to go.

The activities in the *Maintaining Change* group session are designed to help group participants explore ways to practice self-care and set their Tobacco Free plan. Group participants will learn some information to manage their stress, say “No” to tobacco, and plan for a tobacco-free life.

Tobacco Free Program Session F:

Maintaining Change

Session Objectives

Group participants will:

- 1) Discover new ways to cope with stress;
- 2) Increase their awareness of their feelings;
- 3) Identify potential relapse situations and alternative strategies;
- 4) Explore effective ways to continue to move towards their Tobacco Free goals.

Tobacco Free Program Session F:

Maintaining Change

Group Materials Checklist

- ✓ Pens/Pencils
- ✓ Copies of the Tobacco Free “Personal Progress” Form
- ✓ Copies of the “Deep Breathing Exercise” Handout
- ✓ Copies of the “How Do I Feel?” Handout
- ✓ Copies of the “Saying No—Situations and Strategies” Handout
- ✓ Copies of the “Tobacco Free Plan” Handout
- ✓ Extra blank paper for notes, if needed

Tobacco Free Program Session F:

Maintaining Change

Group Facilitator Notes

Group Start Up:

- 1) *Tobacco Free Personal Progress* — Start your group session by handing out copies of the Tobacco Free “Personal Progress” form. Ask group participants to fill out this form completely. Collect the completed forms.
- 2) *Introductions* — Introduce yourself as the group facilitator. Ask group participants to introduce themselves to each other as well, particularly if there are any new group attendees.
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 - b. *Be respectful* – Respect each person’s different beliefs and experiences. Also, consider cultural differences around food and food preferences.
 - c. *Sharing is encouraged* – Although sharing is not mandatory, sharing personal experiences makes the group discussion more meaningful to everyone.
 - d. *What is said in group stays in group* – Information shared in group remains private and confidential outside of group.
 - e. *The door is always open* – Be clear about your open door policy. Weight management is an ongoing process. If participants need additional sessions or drop out of group, allow them back in.
- 4) Now you are ready to start the first group activity.

Notes: _____

DIMENSIONS: Tobacco Free Program

Personal Progress

Group Participant Initials:
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Please answer ALL of the following:

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I have the knowledge I need to lead a tobacco-free life.

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Strongly Agree Agree Disagree Strongly Disagree

I am confident I have the ability to live a tobacco-free life.

Strongly Agree Agree Disagree Strongly Disagree

Tobacco Free Program Session F:

Maintaining Change

Group Facilitator Notes

Group Activity #1 – Deep Breathing Exercise:

The goal of this activity is to practice deep breathing as a way to decrease stress.

Instructions

- 1) Pass out the “Deep Breathing Exercise” handout.
- 2) When guiding the group through this activity, read the instructions slowly, pausing to give the participants time to follow your directions. Use a gentle and calming tone of voice. When you have completed the exercise, facilitate a group discussion about their experience of this activity with the following questions:
 - a. How do you feel?
 - b. What is your experience of this exercise?
 - c. Do you notice any positive effects?
- 3) Encourage group participants to practice deep breathing on their own. Discuss ways in which they can incorporate this practice into their daily lives.

Notes: _____

Tobacco Free Program Session F:

Maintaining Change

Deep Breathing Exercise

There are many different exercises designed to decrease stress levels. One of the simplest and most effective is a deep breathing exercise. Here are the following steps:

- 1) Shift your body into a comfortable seated position.
- 2) Be aware of any feelings of tension in your muscles. Focus your attention on relaxing these muscles. Envision your muscles releasing this tension. Feel the tension melt gently away.
- 3) Place one hand on your chest and your other hand on your stomach.
- 4) As you take a slow, deep breath in through your nose, pay attention to whether your stomach or chest raises first.
- 5) If your breathing is shallow, you may feel only your chest lifting. Focus on taking a deep breath that lifts your stomach first, then your chest.
- 6) Once you are able to take a full and complete breath, practice taking several long, slow and deep breaths.
- 7) Inhale gently through your nose. When your lungs are full, hold your breath for three seconds.
- 8) Exhale by blowing the air out through your mouth.
- 9) As you take each breath, focus your attention on the sound and experience in your body. Envision the tensions of your day easing gently away with each exhale.

Practice these simple steps a few minutes each day. As you become more skilled at focusing your attention on your breath and relaxing your body, it will become easier for you to shift to this state no matter what is going on in your day.

Tobacco Free Program Session F:

Maintaining Change

Group Facilitator Notes

Group Activity #2 – How Do I Feel?:

The goal of this activity is to help group participants to practice identifying and labeling their feelings. As group participants become aware of their feelings, they can then make choices to assist them in maintaining or improving how they feel.

Instructions

- 1) Pass out the “How Do I Feel?” handout.
- 2) Ask group participants to review the list of feeling words and choose the one that best fits how they feel right now. If there is not a feeling word in the list that describes their current feeling, encourage them to choose a different word and write it in the blank box in the lower right-hand corner of the table.
- 3) Encourage group participants to consider why they feel the way they do right now. Also, ask them to think about what they need to maintain their positive feelings or decrease their negative feelings. Give them some time to think about their reasons for how they feel, writing down their response. Ask them to share their responses with the group.
- 4) Discuss creative ways to decrease negative feelings, particularly ones that trigger tobacco use.
- 5) Ask group participants to practice paying attention to their feelings at least one time each day.

Notes: _____

Tobacco Free Program Session F:

Maintaining Change

How Do I Feel?

In order to decrease your experience of stress, it is important to pay attention to your emotions. Your emotions are your guide to understanding your reaction to situations. They also help you to clarify what you do and do not want.

Consider the following list of feeling words. Choose one word that best describes how you feel right now. If your feeling word is not listed below, write one in the empty box.

Right now I feel...(Circle a feeling word)

Accepted	Confused	Excited	Hopeful	Overwhelmed	Supported
Afraid	Confident	Embarrassed	Hopeless	Relaxed	Uncomfortable
Amused	Content	Friendly	Lonely	Respected	Understood
Angry	Courageous	Fearful	Loved	Resentful	Valuable
Anxious	Curious	Frustrated	Proud	Sad	Worried
Bored	Depressed	Guilty	Peaceful	Shy	Worthwhile
Comfortable	Disappointed	Happy	Powerful	Strong	

I feel this way because...

I can maintain my positive feeling or decrease my negative feeling by ...

- 1) _____
- 2) _____
- 3) _____

Tobacco Free Program Session F:

Maintaining Change

Group Facilitator Notes

Group Activity #3 – Saying No—Situations and Strategies:

The goal of this activity is to identify high-risk situations that trigger tobacco use and identify alternative behaviors or strategies to deal with these situations. In order to avoid using tobacco when these situations arise, individuals need to have a plan of action.

Instructions

- 1) Pass out the “Saying No—Situations and Strategies” handout.
- 2) As a large group, discuss the different situations and why they are triggers to tobacco use.
- 3) For each situation, explore a plan of action to manage the situation and use alternative behaviors.
- 4) Examine ways to get around barriers to successful implementation of their plan.
- 5) Encourage group participants to write down the plans of actions that work for them. Remind them to practice these behaviors in their daily life even if they are not yet living tobacco-free.

Notes: _____

Tobacco Free Program Session F:

Maintaining Change

Saying No—Situations and Strategies

As you begin your tobacco-free life, you will face situations in which you will be triggered to use tobacco or be offered tobacco by others. In order to successfully move through these situations, it helps to have a plan of action. Consider how you will handle each situation as it happens.

- 1) Situation #1: Being around friends who use tobacco

Plan of action: _____

- 2) Situation #2: Being offered a cigarette by a friend who smokes

Plan of action: _____

- 3) Situation #3: Feeling bored or upset

Plan of action: _____

- 4) Situation #4: Driving a car

Plan of action: _____

- 5) Situation #5: Drinking coffee/alcohol

Plan of action: _____

- 6) Situation #6: Other situations

Plan of action: _____

Tobacco Free Program Session F:

Maintaining Change

Group Facilitator Notes

Group Activity #4 – Tobacco Free Plan

The goal of this activity is to set a plan to maintain change after the completion of the Tobacco Free group. In order to maintain this change, group participants need to identify the new skills and knowledge they have acquired, set new long-term and short-term goals, and set their intention for change.

Instructions

- 1) Pass out the “Tobacco Free Plan” handout.
- 2) Ask group participants to consider the skills they have built through the Tobacco Free group. These skills can be practical (e.g. identifying their craving score, deep breathing, or engaging in physical activity) or informational (e.g. steps towards healthier living, health benefits to stopping smoking, or tobacco cessation medications). Have them record their responses in the table provided.
- 3) Facilitate a discussion so people can share individual responses. Encourage group participants to identify ways they can practice, strengthen and expand these skills.
- 4) Next, ask group participants to identify long-term and short-term Tobacco Free goals. Have them record their responses on the handout.
- 5) Facilitate a discussion so people can share their goals with the group. If needed, help group participants to clarify and refine their goals.
- 6) Finally, ask group participants to set their intention by listing the actions they plan to focus on and engage in. Have them record their responses on the handout.
- 7) Wrap up this activity by asking people to say their intention out loud in group.

Notes: _____

Tobacco Free Program Session F:

Maintaining Change

Tobacco Free Plan

My Tobacco Free Skills

Take a moment to identify the skills you have built through the Tobacco Free group. These skills can be practical (e.g. identifying their craving score, deep breathing, or engaging in physical activity) or informational (e.g. steps towards healthier living, health benefits to stopping smoking, or tobacco cessation medications). Record your skills in the space below.

1)	4)
2)	5)
3)	6)

My Tobacco Free Goals

Consider the tobacco-free life you envision for yourself. Set a long-term Tobacco Free goal you want to work towards. Then, list some short-term goals you can move towards now that will help you reach your long-term goal.

Long-Term Tobacco Free Goal:

Short-Term Tobacco Free Goals:

1) _____

2) _____

My Intention for being tobacco-free

Setting an intention is an important step in realizing your Tobacco Free goal. It is a plan to follow a certain course of action. As you write your intention, consider behaviors that support your Tobacco Free goals.

I, _____, intend to continue to focus on and actively engage in the following actions:

1) _____ 3) _____

2) _____ 4) _____

DIMENSIONS: Tobacco Free Program

References

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