

Second-Wind, First Breath: Participants Guide

A Smoking Cessation Support Group Curriculum for Pregnant and Post-Partum American Indian Women



**Created by Cynthia Tainpeah and LaDonna BlueEye for the
National Partnership to Help Pregnant Smokers Quit**

Table of Contents

Participant's Guide

| | |
|--|----|
| Session One: Understanding basic tobacco facts..... | 3 |
| Session Two: Exploring factors that contribute to smoking..... | 12 |
| Session Three: Coping skills and relaxation techniques..... | 17 |
| Session Four: Identify potential danger situations..... | 24 |
| Session Five: Building personal support networks..... | 29 |
| Session Six: Learning how to stay quit..... | 33 |

Appendices

| | |
|------------------------------|--|
| Session Evaluation Form | |
| Certificate of Participation | |

SESSION #1 – Participant

OBJECTIVE

To understand basic facts about tobacco and the effect it has on pregnant women, their babies and families.

Introduction

Welcome to the Second Wind First Breath Program! To get the most out of this program, you are strongly encouraged to attend all six one-hour group sessions, which will meet every two weeks for a total of three months. Research has demonstrated that the length and intensity of tobacco cessation interventions can be positively associated with the likelihood of an individual staying smoke-free. The longer the intervention, the greater the quit rate! To do this, the Second Wind First Breath program provides basic information about smoking, practical counseling, problem solving skills, and social support.

The following is an overview of what will be discussed during your Second Wind First Breath meetings:

Session 1: Consists of an all-inclusive explanation of the program, with emphasis on information regarding pregnant women and asks the group to sign a participant agreement. The focus is on basic facts about tobacco use.

Session 2: Facilitates an understanding of why participants smoke and the factors that led them to begin. Participants are asked to participate in a talking circle to explore their journey with tobacco.

Session 3: Explores relaxation techniques and coping skills necessary to master withdrawal symptoms. The group discusses Native American/Alaska Native activities such as dancing and traditional games to relieve stress.

Session 4: Identifies danger situations and events that increase the risk of relapse. The group will view a video or discuss the traditional use of Tobacco by Native American communities.

Session 5: Seeks to build personal support networks for participants through effective communication. Role-play activities will be used to assist members asking family members for support.

Session 6: Explores the long-term benefits associated with stopping tobacco use and recognizes the importance of being a healthy non-smoker in the home and community.

Ambivalence

Perhaps you are questioning your own desire to stop smoking. At the moment, the thought of continuing to smoke may seem very appealing. This is normal. Many smokers feel ambivalent about quitting. They want to quit but they would also like to go on smoking.

Pregnant women often want to quit, not for themselves but for their baby. Perhaps you had not really considered quitting tobacco use until you found out you were pregnant. If this is the case, your ambivalence level may be very strong and your feelings may be very intense.

There are many stages one must go through before deciding to quit. Before you decided to take this important step, you might have thought there was no reason for you to quit or denied that you were addicted to commercial tobacco products. Then you probably thought about the possibility of stopping before actually getting motivated to take any action. You may have thought about stopping for a while or tried to quit only half-heartedly. Now it is time to take action for yourself, your baby, family and friends! In order to quit you must now take specific steps to tackle this, and begin the process of learning new behaviors. In time, after you have stopped using commercial tobacco, you will have to continue to practice these skills in order to prevent accidental slips. If you do slip, use it as an opportunity to learn from that experience and begin setting new goals for quitting.

Basic Tobacco Facts

Cigarette smoke contains more than 4,000 chemicals. Two hundred of these chemicals are poisonous and 30-40 are known to cause cancer. These are just a few of the chemicals contained in commercial tobacco products:

- **Nicotine** - is an insecticide that is so powerful farmers aren't allowed to use it to kill insects. If all the nicotine in a single pack of cigarettes were ingested at once it would kill you. It's a poison that causes a rise in blood pressure and heart rate, narrows the blood vessels and is very addictive.
- **Tar** is found in ALL "additive-free" commercial tobacco products. It contains benzopyrene, one of the deadliest cancer causing agents known to man.
- **Formaldehyde** is used to preserve dead bodies.
- **Hydrogen cyanide** was used to kill people in gas chambers.
- **Carbon monoxide** is gas emitted in car exhaust fumes. It causes shortness of breath and reduces the amount of oxygen carries in the blood.
- **Arsenic** is often used as a rat poison.
- **Cadmium** is used in car batteries.
- **Acetone** is found in fingernail polish remover.
- **Methane** is produced along with cow manure.

Smoking 2 packs of cigarettes a day takes 8 years off your life. Even light smokers, who smoke 2-9 cigarettes daily, shorten their lives by 4 years.

Smokeless (Chewing, Spit) Tobacco Facts

- Smokeless tobacco use can lead to nicotine addiction and dependence
- Smokeless tobacco contains 28 cancer-causing agents
- Smokeless tobacco use increases the risk of developing oral cancer
- Smokeless tobacco use increases the risk of gum recession and tooth loss
- Adolescents who use smokeless tobacco are more likely to become cigarette smokers

Smokeless Tobacco Fact Sheet. Tobacco Information and Prevention Source. National Center for Health Promotion and Disease Prevention. Centers for Disease Control and Prevention. December 2006. <http://www.cdc.gov/tobacco/factsheets/smokelesstobacco.htm>

Prevalence Rates- Statistics

Cigarette Related Mortality

Cigarette smoking is the single most preventable cause of premature death in the United States.

Although many tribes consider tobacco a sacred gift and use it during religious ceremonies as a traditional medicine, tobacco-related health problems are caused by chronic cigarette smoking and spit tobacco use. Because of the cultural and geographic diversity of American Indians and Alaska Natives, tobacco use often varies widely by region or subgroup.

Health Effects

Nationally, lung cancer is the leading cause of cancer death among American Indians and Alaska Natives.

Cardiovascular disease is the leading cause of death among American Indians and Alaska Natives, and tobacco use is an important risk factor for this disease.

Cigarette smoking prevalence data shows that among the five major racial and ethnic populations, adult smoking prevalence was highest among American Indians and Alaska Natives – 26.8% of American Indian/Alaska Native women and 37.5% of American Indian/Alaska Native men

Source: Centers for Disease Control and Prevention. "Tobacco use among adults – United States, 2005." *Morbidity and Mortality Weekly Report*. 55(42), Oct 27, 2006.

Women who smoke increase their risk of dying from lung cancer by nearly 12 times and the risk of dying from bronchitis and emphysema by more than 10 times. Smoking triples the risk of dying from heart disease among middle-aged men and women.

Source: http://www.cdc.gov/tobacco/research_data/health_consequences/mortali.htm

The Surgeon General reports that there is no safe exposure to second hand smoke. Second hand smoke causes coronary heart disease and lung cancer. Children exposed to second hand smoke have a higher risk of suffering from Sudden Infant Death Syndrome (SIDS), asthma, respiratory infections, and ear problems. Smoking by parents causes respiratory symptoms and slows lung growth in their children.

Source: *The health consequences of involuntary exposure to tobacco smoke : a report of the Surgeon General*. Atlanta, GA: U.S. Dept. of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.

Benefits of Quitting Tobacco Use During Pregnancy

Quitting smoking during pregnancy is one of the most important things you can do for you and your baby. Benefits of quitting smoking during your pregnancy:

For your baby:

- Increases the amount of oxygen your baby will get.
- Increases the chances your baby's lungs will work well.
- Lowers the risk that your baby will be born too early.
- Increases your chances of having a normal-weight, healthy baby.
- Increases the chances your baby will come home from the hospital with you.

For you:

- Gives you more energy and helps you breathe easier.
- Saves you money that you can spend on other things.
- Makes your clothes, hair, and home smell better.
- Makes your food taste better.
- Lets you feel good about what you've done for yourself and your baby.

Facts about Quitting During Pregnancy:

- Many pregnant women are tempted to cut down the number of cigarettes they smoke instead of quitting. Cutting down to less than 5 cigarettes a day can reduce risk, but quitting is the best thing you can do for you and your baby.
- It's never too late to quit smoking during your pregnancy.
- After just one day of not smoking, your baby will get more oxygen. Each day that you don't smoke, you are helping your baby grow.
- During the first few weeks after quitting, cravings and withdrawal symptoms may be strongest. You can reduce the length of each craving for a cigarette by distracting yourself (keep your hands, mouth, and mind busy).
- Withdrawal symptoms are often signs that your body is healing. They are normal, temporary, and will lessen in a couple of weeks.

Weight gain during pregnancy is normal.

*If you are worried about gaining weight when you quit smoking, now is an ideal time to quit.
The weight you gain is far less harmful than the risk you take by smoking.*

Source: <http://www.helppregnant smokersquit.org/quit/benefits.asp>

Methods for Stopping

Cold Turkey - You are probably familiar with the phrase “going cold turkey.” Going cold turkey means that you abruptly stop smoking. If you usually smoke two packs of cigarettes a day, you are going cold turkey if you smoke your usual two packs today and zero cigarettes tomorrow. Any gradual method of stopping smoking is not cold turkey. Most successful former smokers quit cold turkey. Cold turkey is also the simplest and – for most people – the easiest way to quit.

Tapering - Some smokers find it helpful to taper or cut down the number of cigarettes they smoke before quitting. Tapering involves counting your cigarettes and smoking a set fewer number each day. Tapering can be used in two ways:

1. Reduce the number of cigarettes you smoke by two each day for several days. Each day you choose your two “least needed” cigarettes to part with.
2. You can also taper by smoking the same number of cigarettes each day, but smoking only $\frac{3}{4}$ of each cigarette, then $\frac{1}{2}$ of each, and then $\frac{1}{4}$.

Tapering can reduce the level of nicotine in your body, making it easier to quit. It may also give you confidence in your ability to stop. Be advised that this technique can be very hard and that most people find it very difficult to smoke fewer than 10-12 cigarettes per day. If you want to try tapering before quitting, we suggest decreasing the number of cigarettes you smoke per day to 10-12--and then quit entirely. Tapering is not likely to reduce the withdrawal symptoms of individuals who are addicted to nicotine.

Postponing - This is another gradual method in which the individual postpones the time they begin smoking each day by a predetermined number of hours. Once smoking begins each day, there is no need to count cigarettes or focus on reducing the number smoked. You might decide to postpone the time you start smoking by two hours each day for six days, until you reach your personal quit date. On the first day, smoking might begin at 9 am, on the second day 11 am, third day 1 pm, fourth day 3pm, fifth day 5 pm, and sixth day 7 pm. The next day (the seventh day) is the quit date, and first day with no cigarettes.

When choosing to stop gradually, you may also want to change your smoking habits. If you usually sit while smoking, stand up. If you smoke after eating, take a walk, chew gum or drink a glass of water. Practice traveling without your cigarettes – leave your pack at home.

Your quit method is a personal decision that you should make based on your own personality and motivation. Keep in mind that for most smokers, **cold turkey** is the best approach to quitting.

Pharmaceutical Aids and Nicotine Replacement Therapies (NRTs)

A number of pharmaceutical aids have been found to help non-pregnant adults quit smoking. These include the medicines Zyban and Chantix and nicotine replacement therapies, such as the nicotine patch, lozenge, and gum. NRT helps alleviate nicotine withdrawal symptoms by keeping a sustained amount of nicotine in your body.

Because we do not know if these are safe to use during pregnancy, **a pregnant woman should always talk to her doctor about the risks and benefits of taking medications or using nicotine replacement therapy.** Second Wind, First Breath is a counseling curriculum and does not endorse or provide any of these cessation aids during pregnancy.

ACOG Statement on Pharmacotherapy

“The use of nicotine replacement products or other pharmaceuticals for smoking cessation aids during pregnancy and lactation have not been sufficiently evaluated to determine their efficacy or safety. Nicotine gum, lozenges, patches, inhalers, and special-dose antidepressants that reduce withdrawal symptoms, such as bupropion, should be considered for use during pregnancy and lactation only when nonpharmacologic treatments (e.g. counseling) have failed. If the increased likelihood of smoking cessation, with its potential benefits, outweighs the unknown risk of nicotine replacement and potential concomitant smoking, nicotine replacement products or other pharmaceuticals may be considered (PHS).

Because potential benefits seem to outweigh potential risks, research to determine the safety and efficacy of pharmacotherapy is underway. Some tobacco control experts have reported that if nicotine replacement therapy is used during pregnancy, products with intermittent dosages, such as the gum or inhaler, should be tried first (Benowitz). If the nicotine patch is used, it can be removed at night to reduce fetal nicotine exposure (Windsor). Nicotine replacement therapy also may be considered during lactation. Optimally, smokers can be treated with these pharmacotherapies before conception.”

Source: The American College of Obstetricians and Gynecologists Committee Opinion on Smoking Cessation During Pregnancy (#13, October 2005).

- Fiore M, et al. Treating tobacco use and dependence. Clinical practice guideline. Rockville (MD): U.S. DHHS, Public Health Service, 2000

- Benowitz N, et al. Pharmacotherapy for smoking cessation during pregnancy. Nicotine and Tobacco Research 2004;6 (suppl 2):S189-202.

- Windsor R, et al. Behavioral and pharmacological treatment methods for pregnant smokers: issues for clinical practice. Journal of American Medical Women's Association 2000;55:304-310.

Next Session – Preparation

Find new, healthy ways to fill your time! Take a walk, drink more fluids, and get more rest, exercise, or work on a hobby. Remember to condition yourself emotionally and spiritually for this new transition. Give yourself pep talks and remind yourself of the benefits of quitting. Imagine yourself handling stress in new ways. Share your feelings with someone you trust. Ask the Creator for strength, meditate, have others join you in prayer, and create a ritual in preparation for quitting.

Exercise 1.1

Make a list of the reasons you have to quit smoking. Keep the list posted in a place you see often, keep it in your wallet, or keep the reasons in your memory to remind yourself daily!

Motivation

Think about the reasons you'd like to stop smoking. Be honest. Be fair to both sides of the issue. Is it to have better health? Because your healthcare providers or friends are giving you a hard time? To have a healthier baby? To set a good example for other family members? To protect your family from second-hand smoke? To find a better way to spend your money? To prevent future health problems? Now think about which reason is the most important to you.

Setting A Quit Date

Many people find it helpful to set a specific quit date – We highly recommend you do this! Look carefully over your calendar to pick a day that will be easiest for you. If possible, try to avoid a day that is likely to be particularly stressful. For example, do not choose to quit on the first day of a new job or during the week you are preparing to host a large family reunion.

Mark your chosen quit day on your calendar and begin to prepare yourself for it. Throw away all of your smoking paraphernalia – packs, lighters, ashtrays – make your space entirely smoke free. You may wish to share your quit day with supportive family and friends. Your Second Wind First Breath facilitator will discuss setting a quit date with you.

MY QUIT DATE IS _____.

Exercise 1.2

My tobacco use calendar

In the weeks prior to your quit date, indicate the number of cigarettes smoked each day.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Assignment for the next session

- Read Session 2
- Think about and complete Exercise 1.1
- Keep track of the amount of tobacco you use in Exercise 1.2

SESSION #2 – Participant

OBJECTIVE: Understand why I smoke.

Welcome to the second session of the Second Wind First Breath program. By now you have thought about why you want to quit using commercial tobacco products, the method you will use to stop, and have chosen a Quit Date. Congratulations! This is a wonderful first step. As your Quit Date nears, there are a number of things you may want to do to prepare yourself for the next step.

The following are some things that are important to think about so you can understand why you started smoking. If you understand the reasons *why* you started smoking, it may be beneficial to you to discuss or share with others in the group.

Think about the factors that influenced your decision to start smoking.

What situations triggered you to start smoking?

What situations trigger you to smoke today?

Do you smoke with particular people or at particular times?

As you begin to break your addiction to commercial tobacco, you will find that these same situations may continue to influence your cravings. It is important for you to be aware of the situations that trigger you to smoke so that you can avoid or overcome them.

Nicotine Dependence/Addiction

The overwhelming majority of people who smoke have a strong physiological need for the nicotine contained in tobacco products. This need is referred to as “nicotine dependence” or “nicotine addiction” because it is the *nicotine* that is responsible for the addictive effect.

People who are nicotine dependent experience withdrawal symptoms when they reduce the amount of tobacco used, or quit completely. When a person smokes regularly, the body becomes tolerant of the amount of nicotine absorbed into the body, requiring more and more cigarettes in order to get the same physical effect.

You are in the late stages of nicotine dependence when you:

- make the possession of cigarettes a priority in your daily life
 - will buy cigarettes even when you really don't have the money
 - keep mental track of how many cigarettes you have left
 - make an early morning or late night run to the store to purchase cigarettes
- must smoke to feel normal
- choose activities based upon whether or not you can smoke
 - bowling, bingo, restaurants
- choose your friends based on their smoking status
- have difficulty stopping

Withdrawal Symptoms

Often, people who have become addicted to tobacco products experience withdrawal symptoms when their body stops getting nicotine. Some of the symptoms include:

- shaky hands
- headaches
- hunger
- nervousness
- lack of concentration
- difficulty sleeping
- irritability

Facts about Quitting During Pregnancy

- Many pregnant women are tempted to cut down on the number of cigarettes they smoke instead of quitting. Cutting down to less than 5 cigarettes a day can reduce risk, but quitting is the best thing you can do for you and your baby.
- It's never too late to quit smoking during your pregnancy.
- After just one day of not smoking, your baby will get more oxygen. Each day that you don't smoke, you are helping your baby grow.
- During the first few weeks after quitting, cravings and withdrawal symptoms may be strongest. You can reduce the length of each craving for a cigarette by distracting yourself (keep your hands, mouth, and mind busy).
- Withdrawal symptoms are often signs that your body is healing. They are normal, temporary, and will lessen in a couple of weeks.
- Weight gain during pregnancy is normal. If you are worried about gaining weight when you quit smoking, now is an ideal time to quit. The weight you gain is far less harmful than the risk you take by smoking.

Assignment 1 - My Positive Traits

In the next session we will begin to explore methods for coping with withdrawal. For now, reassure yourself that withdrawal symptoms are *only temporary*. Symptoms are greatest during the first two weeks after quitting and that you can acquire all of the skills necessary to overcome these symptoms.

Many of you may have decided to quit using tobacco when you found out you were pregnant. This is a sacred time for you and it is important to identify positive traits about yourself that you want to pass on to the next generation.

One of my strengths that I want to pass on to my baby is:

I can do my best to have a healthy baby. Three things I can do to improve my babies' health are:

I am committed to making the following changes to improve my health:

Assignment 2 - Change Checklist

Change Checklist

The following are actions and changes that you can take right now to prepare a healthy environment for your baby.

- Get rid of tobacco paraphernalia
 - Ashtrays
 - Lighters
 - Items that advertise tobacco
- Do the laundry
 - Wash all your clothing and bedding to get rid of smoke smells
- Clean out the car
 - Put hard candies in the ashtray
 - Get rid of the cigarette lighter
 - Throw out all lighters & matches
 - Vacuum the floor and clean floor mats

SESSION #3 – Participant

Objective:

Master the first few days off cigarettes.

Nicotine Withdrawal Symptoms

Some, but not all smokers, experience nicotine withdrawal symptoms when they reduce or quit smoking. These symptoms relate mostly to the chemical addiction of smoking described in the first session. It is not likely that you will experience extreme pain as a result of quitting. Rather, you might experience some mild discomfort.

Remember that withdrawal symptoms are short-term and the benefits of tobacco cessation are long term—for yourself and your baby.

*You are in charge of your health and the health of your baby!
If any of these symptoms persist, you should consult your healthcare
provider and/or healthcare clinic.*

There are two very important points to make about nicotine withdrawal symptoms:

- Symptoms are *time-bound*, meaning that most will disappear in 1½ to 2 weeks.
- Withdrawal symptoms are signs that the body is *repairing itself*.

Common Nicotine Withdrawal Symptoms

There are several symptoms that are caused by nicotine withdrawal. While they can be uncomfortable, they will not last forever. Below is a list of common symptoms:

- cravings- craving a cigarette means having an intense, recurring hunger for it.
- tension – physical and psychological tightness
- tingling in arms and legs – this is due to improved circulation
- feeling lightheaded, dizzy or difficult to concentrate – related to the increased supply of oxygen that the brain is getting, now that the carbon dioxide produced by tobacco smoke is gone
- tightness in the throat, increased coughing – the cilia that line the lungs were paralyzed when you were smoking. The function of the cilia is trying to clean out your lungs and this was accomplished only at night when you were not smoking (while you slept). When you quit using tobacco, the cilia must work overtime cleaning out the debris in your lungs. When the lungs are clean again, your cough will leave for good. This may take several weeks from the time that you stop smoking.
- headaches, dry mouth, other symptoms
- Do you know of, or have you experienced other withdrawal symptoms? Recall that while there are physiological reasons for some withdrawal symptoms, others

may be psychological. All of the symptoms will disappear within a short time, and none of them are unbearably painful.

'Four' You and Yours

In many Native communities, the number four holds significant meaning: there are four stages of life, four seasons, and four sacred directions. You can also use the number four to create successful strategies during tobacco cessation.

Four D's

There are also four things you can do to distract yourself to avoid smoking. Many people have found the Four D's to be helpful:

1. DEEP breaths-inhaling and exhaling slowly will help with relaxation.
2. DRINK plenty of water throughout the day, and especially during a craving.
3. DO something else, preferably something active. Call a supportive friend, do Native dance or singing, go for a walk, or chew on a carrot stick.
4. DELAY using tobacco and the urge for a cigarette will pass.

Four Behaviors

There are four practical behaviors that are helpful in dealing with cravings, tension, weight gain and other nicotine withdrawal symptoms. These practical tips are:

1. Drink a lot of water. You can help your body heal by drinking water to flush the nicotine toxins out of your body.
2. Carry a zero or low-calorie item with you. When you feel the urge to smoke a cigarette, suck on a piece of candy instead. Some participants have found that a cinnamon stick, peppermint or sugar free candy helps decrease cravings.
3. Increase physical activity. Emphasize that the participants should increase their physical activity gradually, and that they should consult a physician before making any major changes in their physical activity. Some benefits of brisk walking are:
 - effective aerobic exercise
 - benefits the heart and lungs
 - helps to improve overall health
 - burns up calories
 - helps reduce cravings
 - feeling less tense, nervous, angry
 - can be a year-round activity

4. Relaxation exercises. Explain that the purpose of a relaxation exercise is to help an individual learn how to relax their body at will. It is an especially valuable technique for the first few days off cigarettes, and it is also a valuable lifelong skill. Explain that you will introduce some techniques for relaxing, all of which are in the Participant's Guide. Encourage the participants to select one, or a combination of the techniques, and read them over several times at home to become familiar enough with them to use as needed. Emphasize that, at first, it is important to practice them daily.

Relaxation for Stress Management

Like it or not, stress is a fact of life for almost everybody. Learning to manage stress can help reduce its impact and make your life easier. Stopping smoking is at least mildly stressful for most smokers.

It requires concentration to remember not to smoke and it can be stressful to have to resist multiple temptations. In addition, some smokers experience tension, nervousness, or anxiety as a withdrawal symptom.

While people and situations around you may not have changed, your decision to stop smoking means that *you* have changed. Things that did not bother you before may seem magnified and "get on your nerves."

You can learn to manage the symptoms of stress, to relax your body through relaxation exercises and through other means. Read through the relaxation exercises below. Your group leader will lead you through one or all of the exercises.

Deep Breathing Exercise

Anyone who does not want to stand will also benefit by sitting and participating in this exercise. Stand and get as comfortable as possible. Place your feet apart and comfortable, allow your neck to drop and relax. Close your eyes and again let your head bend forward, dropping your head further. Now, slowly inhale through your nose. Draw your breath deep into your abdomen, allowing your abdomen to expand as you inhale. Hold your breath gently, and now exhale slowly. Breathe out through your nose. Take your time and repeat this exercise four times at your own pace. Do it slowly. Stop for a few moments if you get dizzy. Take your time, and when you feel ready to stop slowly open your eyes.

Muscle Relaxation Exercise

Anyone with a muscle sprain or who wishes not to participate may sit out this exercise. It can also be done with only part of the body.

Continue standing with your feet firmly planted on the floor. Keeping your eyes closed, tense your feet and grab the floor with your toes. Tighter. Now run the tension up through the ankles to your calves, tighter, through your thighs. Tighten your muscles up through your abdomen and chest. Make them tense tighter and tighter, and then move on to your

shoulders. Continue to breath as you drive the tension down through the arms to the hands; clench your fists. Now, up through the neck, face, mouth, and squeeze your eyes tight. Tighten your scalp and hold the tension now – breathe and hold it - and now relax. Quietly relax, breathe in deeply and exhale. Take your time and relax all over. When you feel relaxed, slowly open your eyes.

Healthy, Happy Baby Exercise

The following technique will help you relax and visualize a happy, healthy, tobacco-free baby. Before we begin, write down four things, ideas, feelings, or wishes that you would like for you and your baby.

| | | | |
|-------------|--------|-------------|---------------|
| You sit for | For Me | For My Baby | can down this |
| | 1. | 1. | |
| | 2. | 2. | |
| | 3. | 3. | |
| | 4. | 4. | |

exercise. Make yourself completely comfortable. Close your eyes. Uncross your legs and place your arms comfortably in your lap or at your sides. Inhale deeply and exhale slowly. Think only of letting your body relax like a rag doll.

I will count from one to ten. When I get to ten, you will have reached a deeper state of relaxation than you have ever known. As I count from one to ten, let your awareness be filled with the awareness of deeper and deeper experience of relaxation.

- One** you are more and more relaxed
- Two** the room is fading away
- Three** Let all your feeling of tension just disappear
- Four** Let all your feelings of disquietude fade away
- Five** Deeper and deeper
- Six** Feel yourself settling deeper, deeper
- Seven** All your tension is entirely gone
- Eight** All the nerves and muscles of your body now want only to sleep
- Nine** Everything in you now wants to sleep
- Ten** Your breathing is deep and cleansing.

Your body is quiet and your mind is clear. Picture yourself now in a mountain meadow near a quiet, still lake. It is early morning and the sun is shining, making your body feel comfortably warm. The air is cool and sweet and each time you breathe in, feel the clean air surrounding your baby like a soft hug.

You can smell the pine needles and the dew on the grass. You listen to the sounds of nature-birds singing softly, occasionally you can hear a fish jumps in the lake. In this quiet place Mother Earth is holding you gently. You feel pleasant and safe.

In this gentle place, think of one wish that you have for yourself. Allow your mind to fall into the luxury of your wish. Sit silently, imagining all the good things that you deserve.

[Remain silent here for 20-30 seconds]

As you feel happy and blessed in your wishes, think now of your list and one of the wishes you have for your baby. Allow yourself to feel all the happiness of granting this wish to your child. The clean air and quiet sounds all join together so that your baby continues to grow happy and healthy.

[Remain silent here for 20-30 seconds]

Now, you begin to slowly wake up and you are here in your chair. You still feel good very relaxed and with lots of energy stored up. You can experience this feeling anytime throughout the day simply by remembering these moments. When you are ready, slowly open your eyes and smile.

Other Relaxation Techniques

There are countless other ways to relax. Different things work for different people. Perhaps you find a warm bath or listening to music relaxing. You may relax by doing activities such as walking or dancing. Some people like to pray or do a ceremony for themselves in a pleasant place. Give some thought to what is relaxing to you and incorporate a few minutes into every day.

The previous relaxation exercises are aimed at dealing with the physical symptoms caused by stress. Now and during the coming days, think of ways that you are going to make this attempt at stopping smoking unique. Think constructively about ways in which you can master stressful situations and how you can use your own sense of mastery to succeed in stopping smoking.

Communication Techniques

In addition to managing the symptoms of stress through relaxation exercises, you can benefit by learning to better manage the actual sources of stress in your life. This is important because some smokers use cigarettes as a way to avoid dealing with stress. Be prepared to receive assistance from other health care providers.

Being assertive is one way to deal with stress and stressful situations. Being assertive means being able to express what you think and feel in a calm and dignified way. Passive people do not feel able to express their feelings. Aggressive people, on the other hand, express their thoughts and feelings in a way aimed at controlling, dominating, or hurting others. Your goal, whenever possible, should be to be assertive, rather than either passive or aggressive.

Consider some of the ways in which you can become more assertive.

- Speak with short, direct sentences.
- Phrases such as “I think”, “I believe,” and “in my opinion” show that you assume responsibility for your thoughts.
- Ask others for clarification when you aren’t certain you understand them.
- Describe events objectively, rather than exaggerating, distorting, or lying.
- Provide culturally appropriate body language to show respect.

| |
|-------------------------------------|
| Assignment 1 - New Behaviors |
|-------------------------------------|

Especially in the first two weeks after you quit, you should try to create new behaviors. Think of options to use during situations in which the participant might be tempted to smoke. Two examples are shown below—think of others that are specific to your schedule and habits.

| Current Behavior | New Behavior |
|------------------------------------|--|
| Smoke while watching TV at night | Do beadwork or knitting or other “hands on” activity while watching your favorite TV shows |
| Smoke during coffee breaks at work | Take your cup of coffee and walk instead of standing with people who smoke |
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |

Assignment 2 – Communication Technique

Becoming more assertive will benefit you in many ways. You will be able to express anger more directly and easily. This is important because many new former smokers find that they are aware of increased anger. Remember, being assertive means being neither passive nor aggressive. Also, being assertive means being able to express what you are thinking or feeling. It does not mean that you have to express those thoughts and feelings. Assertive adults do not always choose to say what's on their minds-but they are always able to do so.

Other ways that I can be more assertive are:

SESSION #4 – Participant

OBJECTIVE

Conquer challenges that might be faced when quitting.

Take pride in your accomplishment! Conquering your addiction to tobacco is not an easy task. As you undertake this challenge, you may begin to notice obstacles that will threaten your resolve to quit. This session is intended to helping you identify and overcome these obstacles.

Managing Danger Situations

Throughout your day, you encounter numerous situations that make it difficult for you to say NO to a cigarette. Spend a few minutes thinking of occasions when you are tempted. Write them on the Left-Hand side.

| Times When I Don't Want to Quit | What Might Happen If I Smoke Again | My Healthy Response |
|---------------------------------|------------------------------------|---------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

The times when you struggle the most to remain a non-smoker are your “Danger Situations.” Every person has different points in their day or situations that they face that make them feel most tempted to smoke. Fortunately, there are many positive ways you can choose to handle these encounters. Spend a few minutes thinking about healthy ways you can choose to respond to these stressors. Use the relaxation and stress management exercises discussed during the previous session.

It may be helpful for you to intentionally avoid “danger situations” for a while until you feel more confident in your non-smoker status perhaps you will want to avoid hanging out with friends who smoke during breaks at work.

Weight Gain

Weight gain during pregnancy is normal. **If you are worried about gaining weight when you quit smoking, now is an ideal time to start healthy habits.**

The weight you gain is not as bad for you as the risk you take by smoking.

After quitting, some smokers gain weight – gaining 5 to 10 pounds is not uncommon after cessation and there are several reasons why this might occur. Knowing the reasons can help your participants plan ahead to avoid potential pitfalls.

The reasons for weight gain include:

1. Feeling a need to put something in your mouth to replace cigarettes.
2. Deciding to treat yourself by indulging in food as a reward for quitting
3. Your sense of taste improves and pleasure in eating is restored
4. Your overall health is improved, resulting in a better appetite
5. In a small percentage of new ex-smokers there may be a change in metabolism sufficient to lead to significant weight gain even with no increase in eating

It is important for you to emphasize all of these specific reasons for post-cessation weight gain. Otherwise, participants may feel weight gain is just something that mysteriously, unavoidably happens. Do not gloss over this topic. For some smokers, the problem of weight gain is a serious one. Some participants however, lose weight because they gain energy and the ability to breath easier. Encourage participants to find an activity to replace the smoking habit.

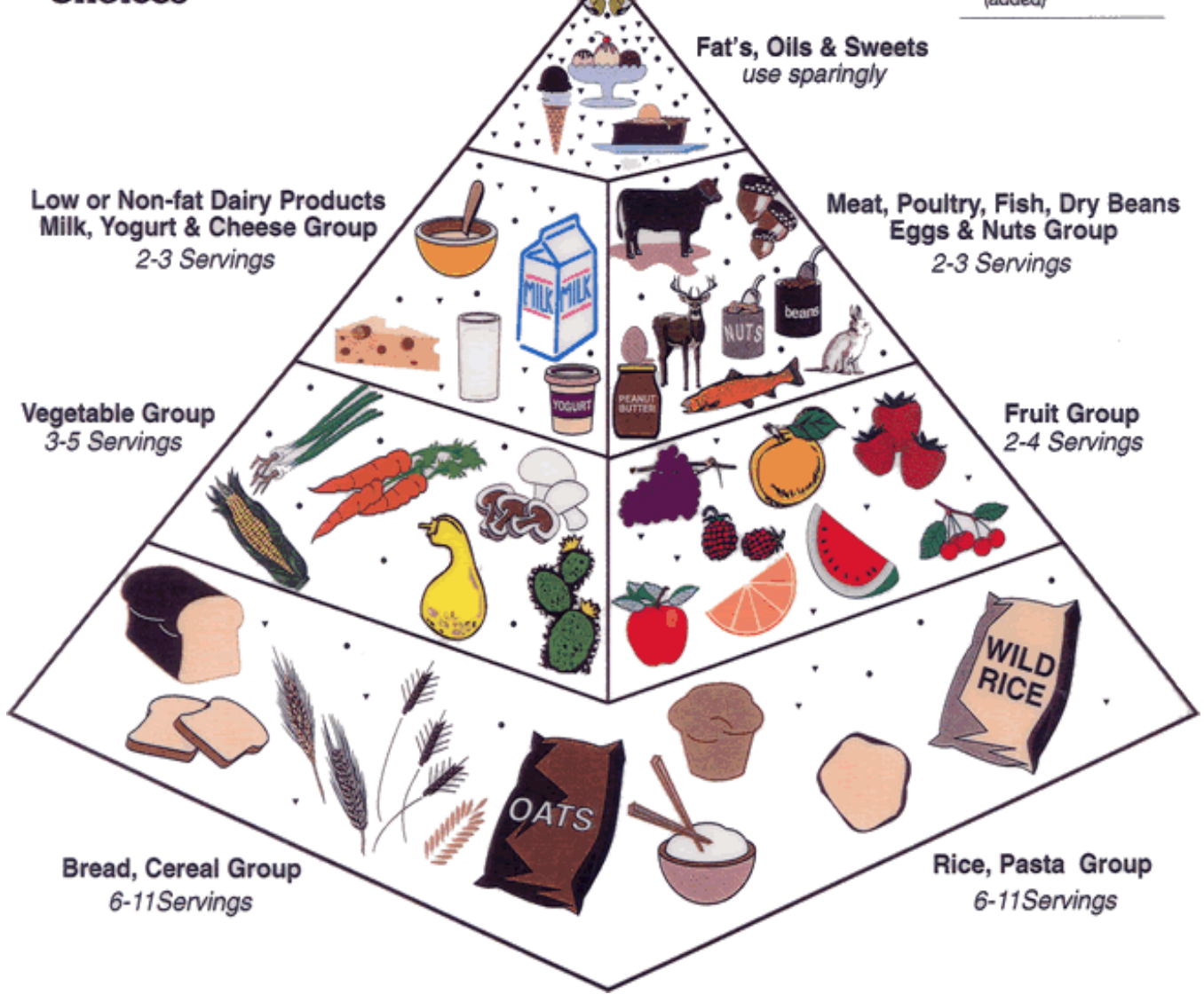
It may be helpful to keep a copy of the Native American Food Pyramid on your refrigerator as a reminder of healthy food choices. Take the Food Pyramid with you to your next prenatal appointment and ask your healthcare provider if there are any changes that are specific to you and your baby.

A Guide to Daily Food Choices



KEY
 These symbols show fats, oils, and added sugars in foods.

- Fat (Naturally occurring and added)
- ▼ Sugars (added)



Designed by CANFit Youth Leadership Committee & Project Staff - Escondido Community Health Center
 Funded by The California Adolescent Nutrition and Fitness Program, Berkeley, CA, Contract# ISI 1-95
 Distributed by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services

Healthy Lifestyle Choices

It is possible to deal with all of the above situations by planning ahead. Individuals may chew on cinnamon sticks or roots native to their region instead of using sweets as an oral substitute. Individuals can also select a non-food reward for quitting cigarette use, such as purchasing a CD, video or other gift for themselves. Every dollar that was once spent on cigarettes can now be saved for a fun treat.

In all cases, the participant can avoid weight gain by adding physical activity to their daily routine and should focus on substituting low-calorie foods (such as fruits and raw vegetables) to their diet. The key to any successful weight management program is to eat in moderation and avoid high fat foods. After all, it's overeating that causes weight gain!

Avoiding Weight Gain

If you are concerned about weight gain you can:

- Cut down on high fat foods.
- Burn calories by exercising.
- Cut out fried food – or eat only one serving.
- Compare food labels when shopping – look for low fat content.
- Cut the fat off meat, take chicken skin off before cooking.
- Eat low fat or non-fat cheese, milk or yogurt.
- Don't add butter or other fat to vegetables.

In addition, encourage participants to:

- Do a ceremony for themselves.
- Voice out loud their reasons for quitting cigarette use every day.
- Say a prayer - ask for courage and strength to be healthier.

Transferring Addiction

Avoid alcohol, tobacco and illegal drugs.

Some people who quit using tobacco transfer their addiction to alcohol, marijuana or other drugs. Since you are pregnant, you are making good decisions for yourself and your baby. You have learned many healthy responses to manage your stress and anxiety level that do not harm you or your baby.

Using alcohol during pregnancy is *not an option* and can have negative health effects on your developing baby. Remember that it is not only important for you and those around you to stop using these substances now during your pregnancy, but also to remain drug, alcohol, and tobacco-free after your baby is born.

Many people use alcohol or illegal drugs to manage painful events that have happened in their lives and feel that they no longer have a choice about their use.

We know that you want only the best for yourself and your baby and if you are using alcohol or other substances, it is because you may be addicted. This is not a journey that you have to take alone—pray for the strength to seek help and ask for support.

If you are having trouble remaining free of alcohol, tobacco and illegal drugs,

ASK FOR HELP!

We are a tribal community, and you never have to make these life changes alone.

A person to call for help is _____ at _____

Assignment

By now you have learned several new behaviors, actions, choices, habits, activities and exercises! Congratulate yourself on all your new knowledge! It may be helpful at this time for you to make a list of the things you have learned, how it has been helpful.

| What I Have Learned | How This Knowledge Has Been Helpful |
|---------------------|-------------------------------------|
| | |
| | |
| | |
| | |
| | |

SESSION #5 – Participant

OBJECTIVE

Gain support from friends and family throughout the Quit Process.

Congratulations on making it to the 5th Session of the Second Wind First Breath Program! By now you have tackled many of the most difficult hurdles. It is not always an easy transition, but you are now well on your way to mastering the skills you will need to remain a healthy and happy non-smoker.

Gain support from friends and family in the midst of the Quit Process

Friends and Family

Have friends and family members encouraged you throughout this transition? A loyal support network can be extremely important during the inevitable ups and downs that may come during this period of change. They can provide you with encouragement, distraction, humor, and warmth when you need it. Many people find it very helpful to have one or more close friends positively involved in their decision to quit. If you have supportive people around you - use them! Don't hesitate to involve them in your effort. Let them know what things they can do or say to be helpful, and also what may be less helpful to you during this transition. Most people around you really want you to succeed!

Support Network

Write down the names of family members and friends who will support your attempt to quit cigarettes and encourage you to try again if you relapse. Carry the list with you or keep it handy. This will be your support team whenever you crave a cigarette. Feel free to keep your list private or share it with the group.

Unfortunately, not everyone who quits has support. Indeed, some report that quitting seems to make their friends or family members angry. If these people are smokers, they may feel threatened by your quitting. They may be worried that you will no longer want them to smoke around you. Or, your quitting may make them confront their own wish to quit. They might be envious of your success or prefer you remain a smoker.

If you have someone around you who is not helping you quit smoking, take an active, assertive approach to the problem. If possible, discuss the situation with the person. If they are a smoker, be sure they know that you still care for them even though you are no longer a smoker. Remind them that when they want to quit, you want to be helpful. Try to involve them in your quit efforts in a positive way. If this is not possible, consider ways to minimize the negative effects they may have on you.

It would be nice if everyone supported our efforts to quit smoking. Such is not always the case. Resolve not to let anyone interfere with your decision to quit smoking and stay quit.

Ask For Your Baby

As women, we are taught to sacrifice for the sake of others. In our communities, we are often taught that it is not honorable to ask for things for yourself. You might use this concept as a way to create a healthy environment for you and your baby.

Others might respond in a positive way if you ask them not to smoke around you and your baby.

| Behaviors of Others That I Don't Like | How This Behavior Affects Me or My Baby | How I Might Ask Someone to Change Their Behavior |
|---------------------------------------|---|--|
| | | |
| | | |
| | | |

IF – WHEN – BECAUSE Statements

Being able to rely on effective communication skills may help participants seek and obtain the support they need from those around them. One model uses a sentence format that includes “I feel – when - because” statements to share needs and feelings without accusing or putting others on the defensive.

Each sentence is begun with the statement “I feel (fill in the blank)...when (blank occurs)..., because...” An example is shown below:

| | |
|---------|--|
| I feel | unsupported, angry, hurt, like I'm not respected, like I'm not trusted, unloved, inadequate, annoyed, frustrated, tense, happy, thankful |
| When | you continue to ask me if I'd like a cigarette, you smoke in front of me, we go to a smoke-filled restaurant, you tell me that I've been more moody since I quit |
| Because | it makes me feel like you don't respect my decision to quit, it's still very difficult for me to resist a smoke, it makes me think you want to see me to fail... |

Using “I feel” statements rather than “You” statements will allow the participant to voice their feeling and concerns without sounding accusatory, critical, or judgmental. “You” statements, including “You make me so angry.” “You always say....” or “You never help me...” can often trigger confrontation or arguments.

Effective Communication Skills

Effective communication skills are essential to every relationship. Not only what you say but how you say it often determines how you're viewed and others will respond.

Tips for Effective Communication

1. Respect others. Respect requires trust, equality and empathy. Treat others as you wish to be treated, and value their opinions.
2. Listen. Attentive listening requires participation, openness and receptivity. Practice: Clarifying. Ask questions when you're unsure. Repeating. To minimize misunderstanding, summarize what you hear. Reflecting feelings. Let friends and family members know that you hear and understand their thoughts. Consider what someone is feeling but not saying. Try empathy: "If that happened to me, I'd be angry."
3. Think before responding. Don't speak when you're angry or upset. Instead, take time to prepare and rehearse before confronting a potentially difficult conversation.
4. Avoid malicious gossip
5. Develop an appropriate speaking style and body language. How you speak is just as important as what you say. Consider your tone of voice and how it will be interpreted. Avoid grimaces, lip biting, rolling your eyes, fidgeting and using an accusatory tone. Sit erect. Stand tall, shoulders back.
6. Be assertive. Make your needs and requests clear in a friendly way. Stick to the facts and set boundaries.
7. Recognize and respect differences. Gender, cultural background, birthplace, occupation and personality all influence communication. Recognizing and respecting differences can help reduce misunderstandings.
8. Give praise. Support and advice within friendships are essential for good relations. Show your appreciation for those you care about. Praise often and publicly.

Source: <http://careers.usatoday.com/service/usa/national/content/quizzes/communicate>

Activity

Think of examples in which you would like to change a certain situation. You might suggest a situation and the group may provide feedback on how to use effective communication skills.

After each scenario, ask yourself:

- Looking at the effective communication skills mentioned, which do you use most often in conversation?
- Were you able to use "If... when..." statements in the interaction?
- Did you notice any of the bad communication traits sneaking into the conversation?
- How can you avoid some of the bad communication patterns in the future?

Reaffirm commitment to remain smoke-free.

- Take this opportunity think about and verbalize your commitment to remain smoke-free during your pregnancy and after your baby is born.
 - If you are uncomfortable with making statements aloud, take a moment to make a silent choice.
 - You may use a talking stick, feather, or other item that was used during the Talking Circle.

Assignment

Remember to invite a friend, family member, or support person to next weeks' graduation session.

Session #6 – Participant

OBJECTIVE: *To explore the numerous long-term benefits associated with ending commercial Tobacco use.*

Congratulations on this incredible accomplishment. **You have so much to be proud of!** Not only have you quit using commercial tobacco, you have also gained numerous long-term benefits that will improve your own health, the health of your household, and the community around you...

Health Benefits – The American Cancer Society and the Centers for Disease Control and Prevention cite the following benefits of ending Tobacco use:

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

20 Minutes After Quitting

Your heart rate drops.

8 Hours After Quitting

Oxygen level in blood increases to normal.

12 Hours After Quitting

Carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting

Your heart attack risk begins to drop.

Your lung function begins to improve.

Circulation improves and walking becomes easier.

1 to 9 Months After Quitting

Your added risk of coronary heart disease is half that of a smoker's.

The body's overall energy level increases.

Coughing, sinus congestion, fatigue, shortness of breath decreases.

The lung's ability to handle mucus, to clean itself and reduce infection increases.

5 Years After Quitting

Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

10 Years After Quitting

Your lung cancer death rate is about half that of a smoker's.

Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 Years After Quitting

Your risk of coronary heart disease is back to that of a nonsmoker's.

Remember, by quitting commercial tobacco use you have added precious time to your life. Think about how you want to spend those added days and years.

Household Benefits

Secondhand Smoke

The benefits of quitting extend far beyond the limits of just the individual. Exposure to Secondhand Smoke also poses a real and significant threat to family members and friends. By quitting now and establishing a smoke-free home, you can provide a healthier environment for the people you love.

Secondhand Smoke Facts

- Secondhand Smoke (SHS) is both fatal and has numerous non-fatal health effects. Over 50 compounds in tobacco smoke are known **carcinogens**.
- Secondhand smoke causes premature death and disease in children and adults who do not smoke.
- Children exposed to secondhand smoke are at an increased risk for **sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma**. Smoking by parents causes **respiratory symptoms** and **slows lung growth** in their children.
- SHS is the **third leading cause of preventable death** in this country, killing 53,000 nonsmokers in the U.S. each year. **For every eight smokers the tobacco industry kills, it takes one nonsmoker with them**.
- Secondhand Smoke is a Group A (Human) Carcinogen – a substance known to cause cancer in humans. There **is no safe** level of exposure for Group A toxins. The scientific evidence indicates that there **is no risk-free** level of exposure to secondhand smoke.
- Exposure of adults to secondhand smoke has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer. Even half an hour of secondhand smoke exposure causes heart damage similar to that of habitual smokers. Nonsmokers' heart arteries showed a reduced ability to dilate, diminishing the ability of the heart to get life-giving blood. In addition, the same half hour of secondhand smoke activates blood platelets, which can initiate the process of atherosclerosis (blockage of the heart's arteries) that leads to a heart attack. These effects explain other research showing that nonsmokers regularly exposed to SHS suffer death or morbidity rates 30 percent higher than that of unexposed nonsmokers.

Source: <http://www.no-smoke.org/ets.html> Accessed 11/21/02

Were you aware of the many risks associated with secondhand smoke? How do you feel about providing a safer environment for those that you care about?

Community Benefits

The benefits of quitting extend far beyond the confines of the home and workplace as well. Think back to the list of factors that effected your decision to take up smoking in the first place. Was social pressure on the list? Was it the norm in your household or social group? Did it seem like everyone was doing it?

It will take one individual at a time to make ending commercial tobacco use the new norm in your community. Every individual has the power to influence change. Think about how many young people in your life witnessed you stop using cigarettes. Now think of all the people you encouraged to do the same. You are a positive role model for all of these people! Think about all of the people in your life that you can continue to encourage and support in their decision to quit as well.

A Note About Relapse

As difficult as it may be to face, most smokers do not quit entirely on their first try. Researchers have found that Nicotine may be even more addictive than heroine or cocaine! Some people require 5-7 attempts to become permanently smoke-free. Do not lose heart if you do relapse. You can conquer this habit by trying again until you do!

If a relapse does occur:

1. Learn from the situation – Determine what factors caused you to smoke, and how you will cope with the situation again in the future without turning to cigarettes.
2. Do not lose hope! – Most relapses occur the first week to 3 months after quitting. The body is still dependent on nicotine during this time period and the withdrawal symptoms may continue to be present.
3. Seek help – Contact the facilitator or other group members to gain support and encouragement to quit and stay quit.
4. Try Again! – Start the next day as an ex-smoke once again!

CONGRATULATIONS!

And thank you for taking part in the Second Wind, First Breath program.