

Project TEACH Coping Strategies for Tobacco Cessation Part #2

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Review from Part 1

- Distraction
- Delay
- Self-Monitoring
- Avoid Triggers
- Smoking Allowances

Objective

- Self Talk
- Stress Management
- Problem Solving
- Social Support

Self Talk

- Personalize the statements
- Think about the reasons, motivation, and benefits of quitting smoking
- Challenge rationalizations to smoke

Self Talk

- Remember unpleasant experiences about smoking
- Focus on meeting short-term goals
- Acknowledge and celebrate small successes

Self Talk

- “This is temporary”
- “It will pass whether I smoke or not”
- “Take it one moment/day at a time”

Self Talk

- “This will get easier as time goes by”
- “This cigarette is not going to fix my problem”
- “I don’t need it”

Stress Management

- Relaxation Strategies
 - Diaphragmatic Breathing
 - Progressive Relaxation
 - Relaxing Imagery
 - Stretches/exercise

Stress Management

- Relaxation Strategies (continued)
 - Prayer / Meditation
 - Relaxing music
 - Tactile – stress ball, play dough
 - Distractions

Stress Management

- Taking Breaks
 - Take time away from the difficult situation
 - Take a break without smoking
 - Engage in a self soothing activity and refocus attention on something else

Stress Management

- Self-talk about smoking
 - “Smoking won’t make me feel better”
 - “Smoking will add stress”
- Self-talk about upsetting situation
 - Try to find a different perspective

Stress Management

- “Crisis” Planning
 - An individualized written plan consisting of steps to complete
 - Used when emotions escalate or when strongly triggered to smoke

Stress Management

- “Crisis” Planning (continued)
 - Plan has relaxation strategies, distractions, social support, statements on motivation, self-talk statements, encouragements, etc.

Stress Management

- “Crisis” Planning (continued)
 - Helpful for panic and intense emotions
 - Thinking is not as clear when emotions are escalated
 - Written plan helps with remembering what to do

Stress Management

- “Crisis” Planning (continued)
 - Can use a scale to help with identifying level of escalation (1-10, color coded)

Problem Solving

- Explore ways to cope with difficult environmental situations that trigger desire to smoke
- Develop a plan

Problem Solving

- Example: Living with others that smoke
 - Ask others to smoke outside, only in one room, or not client's presence
 - Ask others to keep cigarettes out of sight
 - Leave room when others are smoking

Social Support

- Identify supportive people
- Call the person when triggered
- Tell the person how to help
- Incorporate person into the plan

More Ideas?

