



## Why do I USE smokeless tobacco?

- ◆ I am around others who use smokeless tobacco
- ◆ Feel sad or frustrated
- ◆ Feel stressed/anxious
- ◆ Drink alcoholic beverages
- ◆ I think it looks cool
- ◆ I am addicted

## Why is using smokeless tobacco considered MISUSE?

- ◆ Because cigarettes and smokeless tobacco are not natural products and do not reflect the traditional tobacco use
- ◆ Commercial tobacco contains many chemicals that can lead to cancer, heart disease and emphysema
- ◆ The use of smokeless tobacco is associated with stomach ulcers, elevated blood pressure and stroke

## My reasons to QUIT using smokeless tobacco:

- ◆ To respect the use of tobacco as a sacred gift from the Creator
- ◆ To honor my ancestors and those I love
- ◆ To honor my life through healthy living
- ◆ My other reasons:

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## When should I QUIT using smokeless tobacco?

- ◆ Decide to quit on a date that has significant meaning
- ◆ Take time to clean your home, car or workspace of any items that would trigger your habit
- ◆ Establish a support network
- ◆ Develop a new routine that will help you avoid triggers to use smokeless tobacco

My Quit Date Is:

\_\_\_\_/\_\_\_\_/\_\_\_\_

CHANGE YOUR LIFE WITH A SINGLE STEP

I QUIT smokeless tobacco, but now I feel...

What do I do when I need HELP?

- ◆ Nervous
- ◆ Irritable/Frustrated
- ◆ Angry
- ◆ Hungry
- ◆ Depressed
- ◆ Unable to sleep
- ◆ Unable to concentrate
- ◆ An urgent need to use smokeless tobacco

Practice the four D's:

- ◆ Delay
- ◆ Deep Breathing
- ◆ Do something else - try taking a walk, listening to music or talking to a friend
- ◆ Drink water

California Smokers' Helpline

**1-800-NO- BUTTS**

*It is normal to have these symptoms; but they lessen in two or three weeks.*



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TRADITIONS, OUR  
HERITAGE AND WORDS  
OF WISDOM TO BUILD  
OUR FUTURE. THERE IS NO  
ROOM FOR THE ABUSE OF  
COMMERCIAL TOBACCO.*

◆ *MOUNTAIN MAIDU*



WORDS OF WISDOM



TO QUIT  
smokeless tobacco

a pocket guide