



THE UNIVERSITY OF NEW MEXICO
HEALTH SCIENCES CENTER

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WORKBOOK

Introduction

If you are reading this booklet, it means you are enrolled in the CHATT program and you have received your report, graph and journal. Congratulations!! Quitting smoking is the most important thing you can do for your body.

The purpose of this book is to help you work out a plan to help you quit. The workbook has plenty of space to:

- Write down your ideas and thoughts
- Doodle
- Write down questions for your tobacco counselor

Your report summarizes many of the factors that are related to **your smoking**. Armed with the information from your report, graph, journal and this workbook, you should be able to develop a plan **that is right for you and only for you**.

The items you checked on the computer are the most common items that smokers tell us about smoking and quitting. You might have your own personal reasons that are not listed. In this workbook, always write down your ideas.

Note: A purple box in this workbook indicates where you can find your information in your report

Exercise One - Check your Results

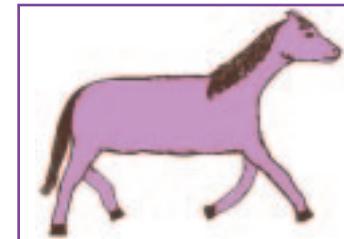
Review your report, graph and journal with your tobacco cessation counselor. If there are any changes, tell your counselor to update the information in the computer.

Exercise Two - Interest in Quitting

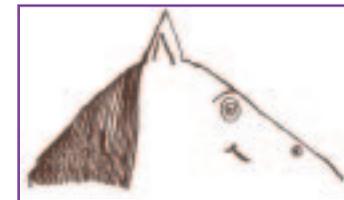
On the top right of page one of your report is a box that summarizes your information: name, grade, date and your interest in quitting. What answer did you select for the question; What is your interest in quitting?

Your interest in quitting determines your section of the workbook. Please turn to your chapter and begin. **Good Luck!**

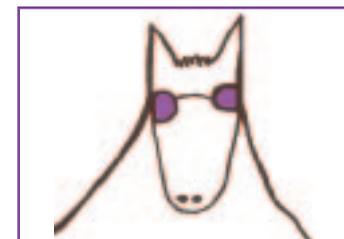
Yes - Ready to quit
page 4

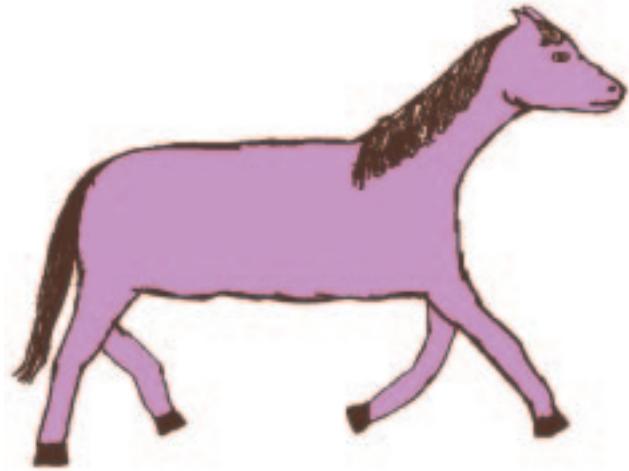


Maybe - Not sure
page 18



No - Not ready
page 22





YES - READY TO QUIT

Congratulations! You are ready to quit smoking. The most important step is to always keep in mind **your reasons** for quitting.

Exercise Three - Reasons for Quitting

Write down your top three reasons for quitting.

Report, page 2, Future Box – How quitting can help you

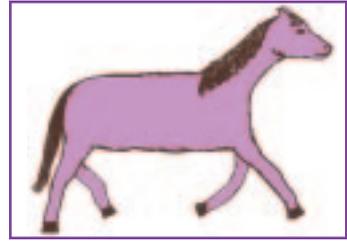
1. _____

2. _____

3. _____

Exercise Four - Planning

Quitting smoking is like studying for a test. It takes preparation. Your success in quitting is related to how much you “study” or prepare to quit. Just like school, some classes are easier than others. For you, quitting might be easy or very difficult. It all depends on many factors. The following is a checklist of the activities you will do to plan for your quitting:



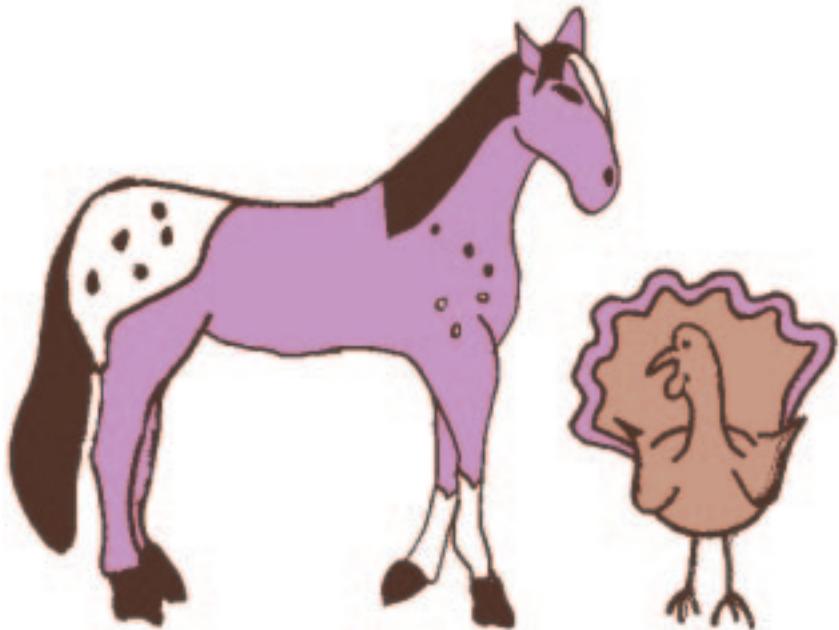
- Method of Quitting
- Effects of Quitting
- Action Plan
- Quit Date



Methods of Quitting

There are several methods of quitting smoking. The two most common are *Cold Turkey* and *Cutting Back*. The majority of smokers who have quit used one of these two methods.

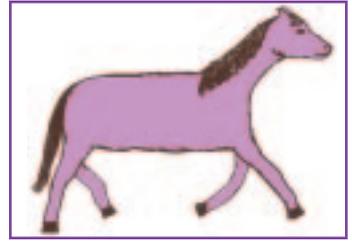
Cold Turkey. Cold turkey means stopping all at once. You choose a quit date, prepare, get ready and on the quit date, you quit all tobacco use.



Cutting Back. In this method you pick a day in the future to quit smoking. The plan is to smoke fewer and fewer cigarettes each day.

On the first few days try not to smoke those cigarettes you smoke out of habit. Next, try not to smoke the cigarettes you smoke for pleasure and finally, don't smoke the cigarettes you think you need.

Some people find this method easier than going cold turkey. This method can help with withdrawal symptoms and give you a chance to think about why and when you smoke each cigarette.



Exercise Five - Pick a Method

Pick your quitting method and write down why you think this method is best for you.

- Cold Turkey
- Cutting Back

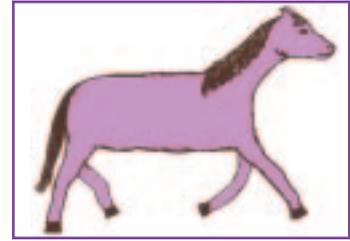
Reason: _____

Effects of Quitting

THE CRAZIES – Withdrawal symptoms. When you quit, you may have to put up with some stuff like bad nerves and crabbiness for a while. That’s because tobacco contains nicotine – a drug – and smokers get hooked on nicotine. This is called nicotine withdrawal. Nicotine withdrawal is different for each individual. For some it is very easy and for others it is very hard. The crazies usually last for 1 to 2 weeks after you quit. After that, you begin to feel better. For some people, like heavy smokers, the crazies may be tougher and last longer.

Symptom	Why	What to do
Cravings	Give me nicotine! Cravings are your body wanting nicotine. Cravings start within six to 12 hours after your last cigarette and are strongest during the first week. Cravings last 30 to 90 seconds. If you can delay the urge to use tobacco, the cravings will pass.	Breathe deeply Change your routine Keep active See the 5 D’s on page 11
Difficulty concentrating	I can’t pay attention! Quitting may “slow down” the activity of brain chemicals, causing drowsiness or poor concentration.	Take a break Breathe deeply Ask friends to help you with class notes Schedule your quit date carefully Schedule tasks when you are alert
Trouble Sleeping	THERE IS A MONSTER UNDER MY BED! Sleep patterns may change during the first 48 hours of quitting and last the first week. You may have trouble sleeping, sleep more, or have strong dreams.	Stay active Relaxation exercises (see pages 44-46) Drink water Avoid caffeine: Coffee, tea, cokes Take a warm shower Take a nap

Symptom	Why	What to do
Constipation/ Diarrhea	OK, no jokes here.	Eat high-fiber foods: grains, fruit, vegetables. Drink plenty of water
Anger, irritability, frustration, restlessness, anxiety, stress, tension	JUST CALL ME GRUMPY BEAR. Again this is your body asking for nicotine and changes in brain chemicals. These symptoms begin during the first 24 hours after you quit, stay strong for one to two weeks, and usually disappear within a month.	Avoid caffeine Drink water Breathe deeply Tell your friends and families about your quit plans
Depression	I am bluer than blue. Nicotine is an addictive drug that works as a stimulant and a depressant depending on your mood and time of day. It affects your mood by changing the levels of chemicals in your brain.	Avoid caffeine Stay active, exercise increases the amount of positive chemicals in the brain Keep aware of your mood changes
Coughing	How to be a hacker without using the Internet. You might actually start coughing more and experience sore throats after you quit. This is good! The cilia that line your lungs are starting to work again and are trying to get rid of tar and mucous in your throat and lungs.	Drink plenty of water Use sugarless gum or hard candy to keep mouth moist
Hunger and weight gain	Not everyone gains weight but an added 3 – 5 pounds is not unusual. Your taste buds are no longer deadened by smoking and food now tastes better.	



Exercise Six - Addiction Levels

Withdrawal symptoms can be related to addiction levels. What are your addiction levels?

Report, page 1, Addiction level

Addiction level _____ How addicted do you think you are? _____

Is there a difference between the two? Why is there a difference?

Exercise Seven - Second-Hand Smoke

Don't forget to add the amount of tobacco smoke you receive from second hand smoke. How much second hand smoke are you exposed to? _____

Report, page 1, 6. Exposure to second hand smoke.

Exercise Eight

You might not have withdrawal symptoms, but if you do, remember and do the 5 D's:

The Five D's

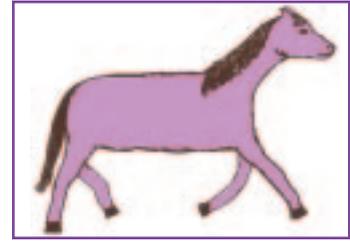
Deep breathing

Drink water

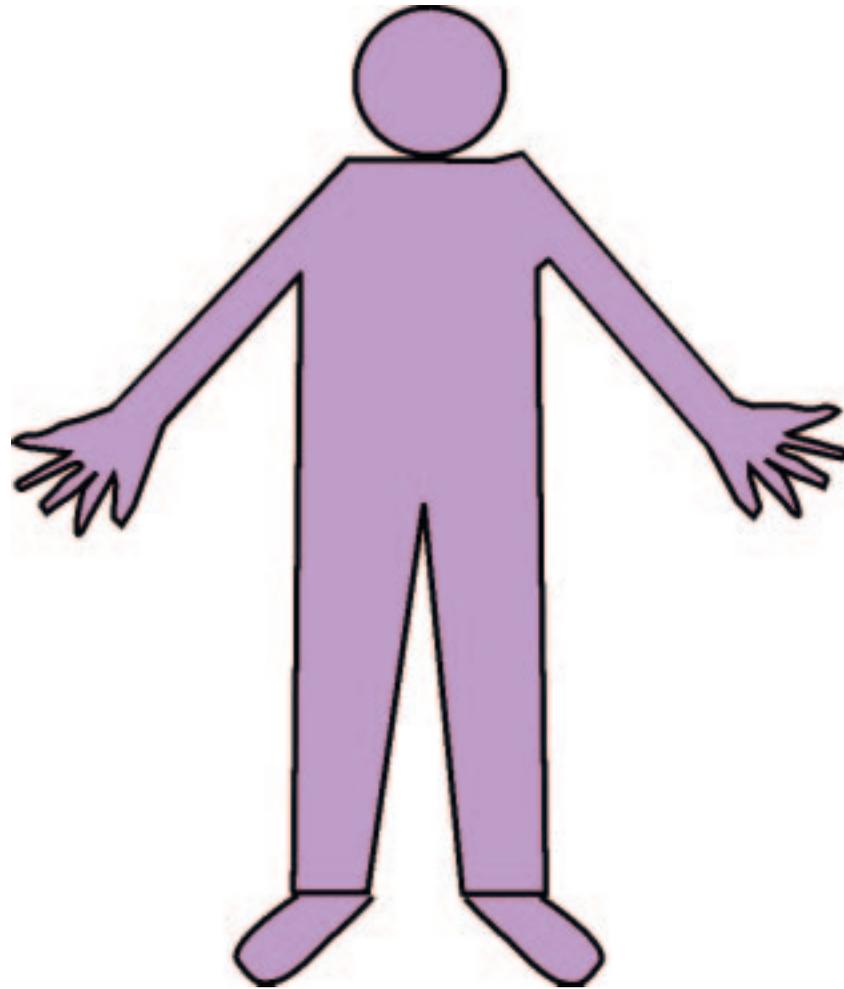
Do something else

Discuss what is going on with your friends or tobacco counselor

Delay, delay, delay. Delay taking up a cigarette for at least 5 minutes, the feeling will pass.

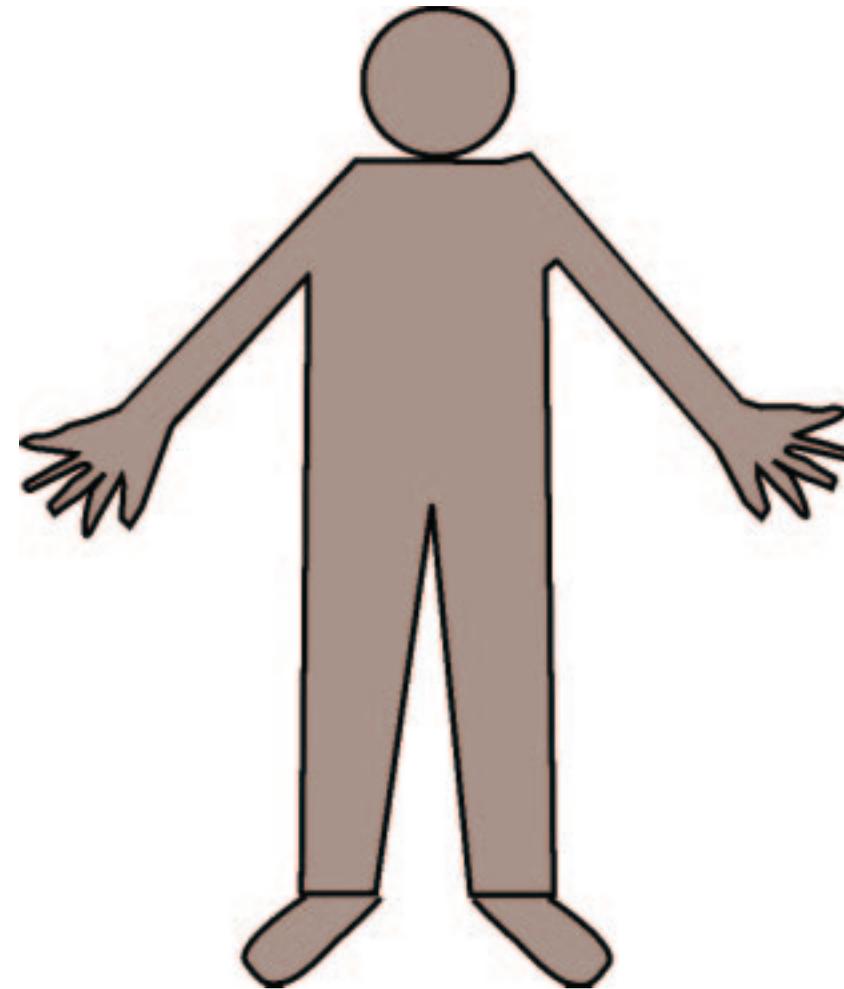
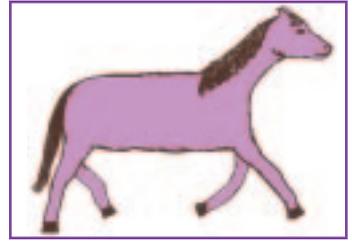


Exercise Nine



Mark on the purple body the **positive** things happening to your body after you quit.

Report, page 4, Physiologic Issues



Mark on the brown body the **negative** things that have happened to your body because of smoking.

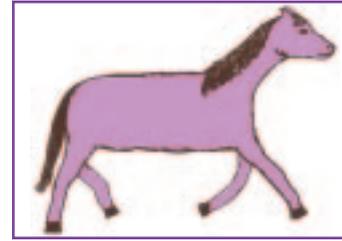
Report, page 1, Health effects of smoking

Compare your two pictures with the stress picture on page 36.

Exercise Ten - Action Plan

On pages 8 through 13 you worked through issues around tobacco use and your body. On these two pages you will work on your tobacco use and how it relates to mental and social issues.

Smoking graph and report, page 3, Where you smoke and page 4, Mental issues and Social issues



Social

Trigger <i>Example: I smoke on the weekends with my friends</i>	What can I do <i>For the first few weeks, I'll make other plans, spend time at my grandmother's house</i>

Mental

Trigger	What can I do

Exercise Eleven - Quitting

Calendar

Quit Date Checklist

Main Reasons for Quitting

1. _____
2. _____
3. _____

Cutting Back Checklist

1st week

Cut back on the following cigarettes: _____

2nd week

Cut back on the following cigarettes: _____

3rd week

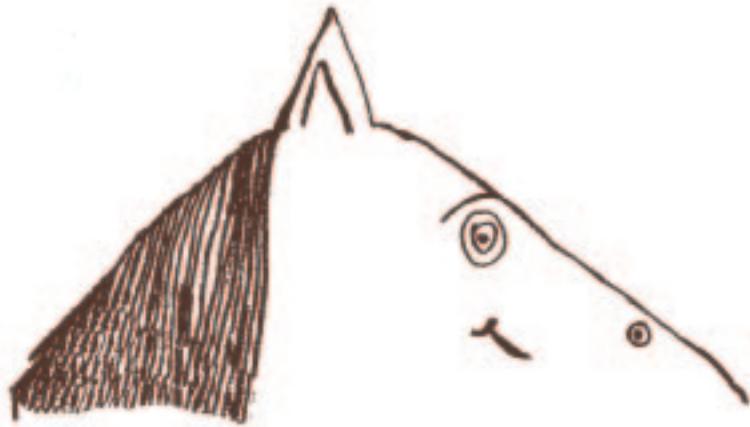
Cut back on the following cigarettes: _____

Set Quit Date

Follow the Quit Date checklist. ➡

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

- Fill out contract for quit date
- Drink lots of water and juices
- Avoid drinks with caffeine (coffee, tea, cokes, Mountain Dew)
- Go to areas where smoking is not allowed
- Avoid places where you smoked
- Have something in your hand to play with, a pencil, key ring, or a stress ball
- Treat yourself to something special
- Check-in with tobacco cessation counselor
- Make your room a no-smoking zone
- Make your car a no-smoking zone
- Get rid of cigarettes
- Get rid of lighters and matches
- Listen to music
- Eat balanced meals
- Do 5 D's (page 11)
- Do stress exercises (Pages 44-46)
- Make a list of your support: friends, family, teachers, counselors



MAYBE

You have been thinking about smoking, and know it is good for you to quit smoking. It is easy to postpone the decision to quit-especially if you are not feeling the effects of smoking, like coughing or having problems breathing. Quitting is a tough choice, because it means giving up something that feels good or that you like.

Exercise One - Reasons for Smoking

What are the reasons that you smoke now? List them below:

Report, page 2, Present – Why you smoke NOW

Exercise Two - The Cost of Smoking

Report, page 1, Response number 3 and 4.

How much have you spent to date: \$ _____

In ten years, how much will you have spent: \$ _____

Write down all the things you can buy with this money:

Exercise Three - Quit for a Day

Try to quit for one day, see page 12 for Quit Date Checklist.

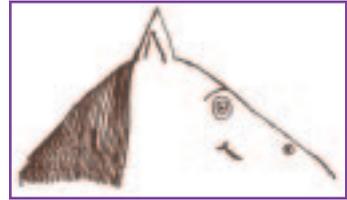
Write down how you felt and how your body reacted to not smoking for one day:

Exercise Four - Quitting Experience

Have you quit before?

Report, page 3, Other quitting issues

If you've quit before, you are an expert on quitting. Your problem is not quitting, but why you started again. Write down what happened.



Did you know that immediately after you quit smoking your body begins to heal?

20 min:
→ Blood pressure goes down; heart rate goes down; temperature of hands and feet returns to normal.

8 hours:
→ Carbon Monoxide (a poison) level goes down; oxygen level goes up.

48 hours:
→ Nerve endings begin to regrow; your senses of taste and smell get better.

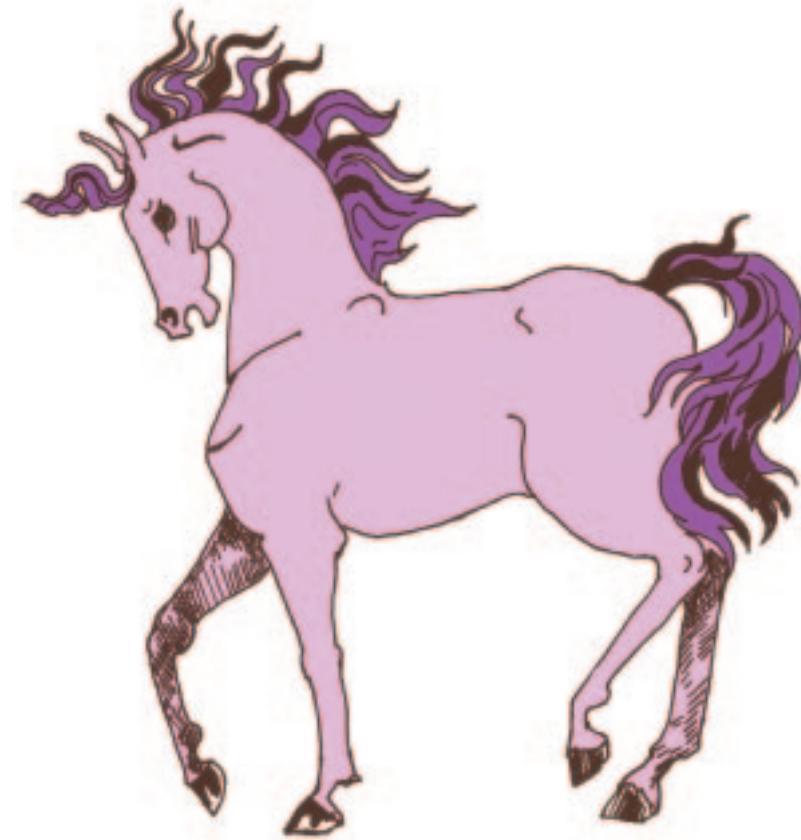
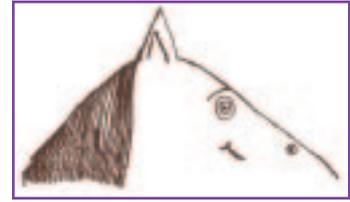
72 hours:
→ It becomes easier to breathe and you can breathe more deeply.

2 weeks to 3 months:
→ Blood flow improves; you can walk or exercise longer; you breathe now much better than when you smoked.

1-9 months:
→ You cough less or not at all; sinus problems get better, you feel less tired and you have less or no shortness of breath; you begin to have much more energy.

5 years:
→ Your chance of getting lung cancer is cut in half.

10 years:
→ Cells that may cause cancer begin to disappear. Risk of getting other cancers goes down. Your chance of dying of lung cancer is now the same as that of someone who never smoked.





NO

Even if you are not ready to give up cigarettes it is useful to think about the things you like about smoking and the things you don't like.

Exercise One

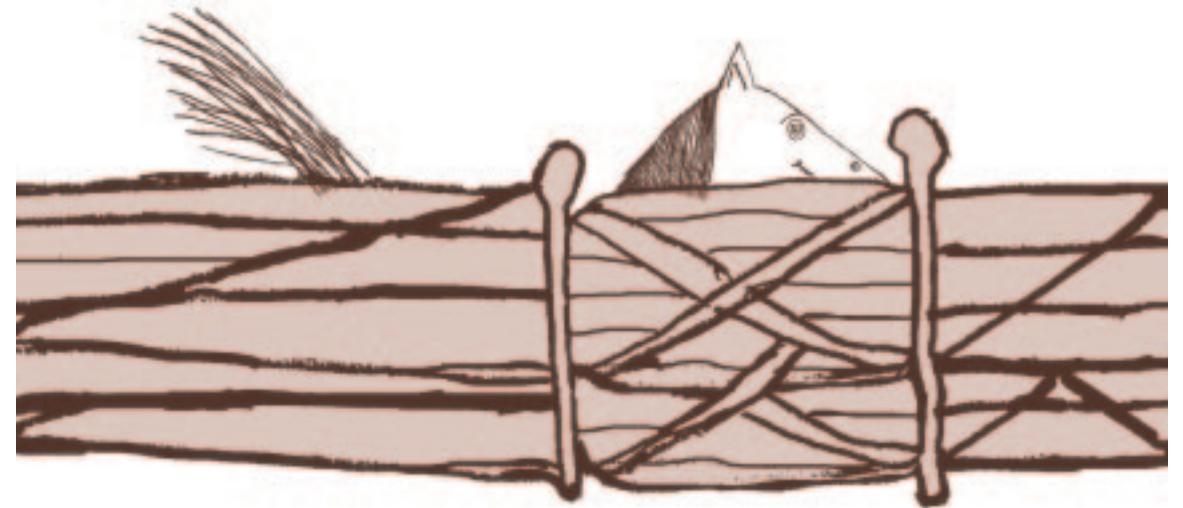
Write down what you like about smoking and what you don't like about smoking.

[+] What I like about smoking

Report, page 2, Why you smoke now

[-] What I don't like about smoking

Report, page 3, Barriers to quitting



Smokers who are not ready or are thinking about quitting are sitting on the fence about the + and - things about smoking. Think about the + and - things about smoking. When you are ready to quit come back and talk to your tobacco counselor.

Notes and Doodles:

STRESS MANAGEMENT



Everyone talks about stress and about being stressed out. Smokers say that they smoke because of stress and that smoking helps them deal with stress. But what really is stress? In this section of the workbook we will provide you with some information about stress and a few ideas on how to deal with your stressors.

What is Stress?

Here are a few definitions:

- Stress is a natural reaction of the body to any demand (negative or positive).
- Stress is the “side effect” of life.
- Stress is any situation (real or imagined) in which the person feels threatened.
- Stress is any demand placed on the body.
- Stress is anything that activates your body’s mechanism to adapt.

Exercise One

How do you define stress? _____

Fight or Flight

Stress is also known as the **Fight or Flight** Response. The following story will explain:

Million of years ago cavemen did not have to worry about going to school, finding friends, fighting with brothers and sisters. They spent most of their time searching for food, keeping their bodies warm and running away from wild animals. Their choices were fighting for their lives or fleeing for their lives. To prepare for flight or fighting their bodies did the following:

- The stored sugars and fats in their bodies were released into the bloodstream to provide quick energy.
- Their hearts pumped faster to provide more blood to the muscles.
- Blood-clotting mechanisms were activated to protect against injury.
- Their muscles tensed in preparation for fighting or running away.
- Their digestion stopped so that their blood would go to the brain and muscles to run from their enemies or to outsmart them.
- They started to sweat to help reduce body temperature while fighting or fleeing.
- Their pupils dilated and their senses of smell and hearing became stronger.



Today our bodies still do all of this but the stressors are different. Stress comes not only from physical sources but from emotional and mental sources. Stress can come from friends, school, teachers, parents and work. Stress can be positive or negative and the level of stress is how you react to the stressful situation.

In this picture the horse's body will do most of what was listed on page 27 to either attack the rattlesnake or run away from it.



Exercise Two - Stressors

Write down all of your stressors (what is causing your stress?): _____



Exercise Three - Smoking Stressors

Report, page 2, Stress Box

List all the stress reasons for smoking: _____

There are two simple ways to handle stress:

1. Change your stressor
2. Change your attitude or reaction to the stressor

Exercise Four

In the following three situations figure out how each person would react to the stressful situation and if the stressor is a negative or positive:

1. Physical Situation

A high school swim coach asks you to jump into the pool and do 5 laps.

A. You are 10 years old and you have spent all summer at your local swimming pool.

Your response to jumping into the pool is:

- Negative
- Positive

You can actually do 5 laps:

- Yes
- No

B. You are an Olympic swimmer.

Your response to jumping into the pool is:

- Negative
- Positive

You can actually do 5 laps:

- Yes
- No

C. You almost drowned when you were a kid and you are scared to death of the water.

Your response to jumping into the pool is:

- Negative
- Positive

You can actually do 5 laps:

- Yes
- No



2. Mental Situation

You are in a geometry class and the teacher passes out a pop quiz.

A. You are a mathematician working at Sandia Labs. Today you are visiting your friend, the geometry teacher.

Your response to taking a pop quiz is:

- Negative
- Positive

You can actually answer the questions on the pop quiz.

- Yes
- No

B. You are an exchange student from Italy, you have never taken geometry, you don't speak English, and you started school today—the middle of the semester.

Your response to taking a pop quiz is:

- Negative
- Positive

You can actually answer the questions on the pop quiz.

- Yes
- No

C. You are a geometry student and you studied the correct chapter the night before for three hours.

Your response to taking a pop quiz is:

- Negative
- Positive

You can actually answer the questions on the pop quiz.

- Yes
- No

3. Emotional Situation

You are in a car and the person behind you is honking their horn

A. The person in the car is your best friend.

Your response to the honking horn is:

- Negative
- Positive

What would you do in response to the honking horn?

B. You are a dog sitting in the back seat of the car.

Your response to the honking horn is:

- Negative
- Positive

What would you do in response to the honking horn?

C. You just finished taking a geometry pop quiz, your car is blocked in the school parking lot, and you are late to work.

Your response to the honking horn is:

- Negative
- Positive

What would you do in response to the honking horn?



Reaction to Stress

Stress is a normal part of life. In fact, certain types of stressors actually help you get stronger, smarter, or more artistic. If you participate in sports, you know that practicing everyday (a stress to your body) helps you play better. If you study all evening, it might stress your brain, but it also helps you get an A in class. If you draw over and over (a stress on your hand and brain) your artwork will look better and better. However, some stressors seem to overwhelm you.

Stress can affect you so much that you can't sleep, you cry more, have nightmares, feel angry, fight more, lose your temper, ditch school, fail tests, try to be perfect, smoke more, use drugs or alcohol, argue with your friends and family, worry a lot or avoid and hide from people.

It's common to react to stress in a negative way, especially if you don't know what else to do. Sometimes the stress leads to "burn out" or depression. The symptoms of burnout or depression are a feeling of lack of control, feeling that you're not accomplishing anything, negative thoughts, loss of energy or purpose for living, detaching from friends or family.



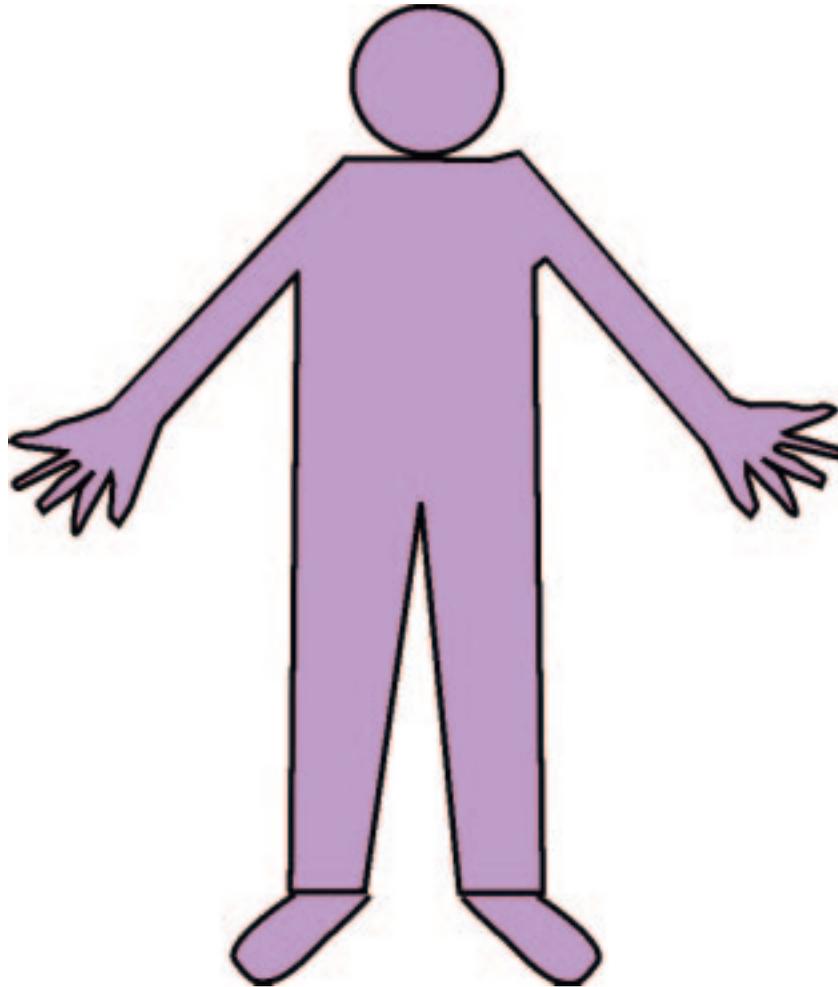
On page 27 is a list of what happens to your body when it encounters a stressful situation. Unlike the cavemen you can't fight or flight. For example, your parents are fighting and you are in your room listening to their arguments. You sit there, bottle up the stress but can't release it. Your body might react in the following way:

- Rocking back and forth
- Headache
- Upset stomach
- Backache
- Over eating
- Not eating
- Breathing fast
- Shallow breathing
- Trembling or shaking
- Rashes
- Stomach cramps
- Fingernail biting
- Muscle tightness
- Nausea
- Feeling faint
- Hair twirling
- Clenched fists
- Nervous cough
- Talking too much/or too fast
- Can't talk or words stick in your throat
- Stuttering
- Blushing
- Clammy hands
- Tears
- Heart races
- Butterflies in stomach
- Stomach knots
- Excessive giggling
- Confusion



Exercise Five - Symptoms

What are your symptoms when you are stressed out? Draw or mark on this figure what your body does when you feel stressed. Compare these symptoms to the two figures on page 12 and 13.



What can you do about stress?

First you need to identify your type of stress. There are three types of stress:

1. **Cyclical stress.** This is the type of stress that happens over and over.

Example: Taking a quiz or test every Friday
Finals at the end of every semester
First day of school

➤ The way to handle this type of stress is to prepare.

2. **Situational stress.** This type of stress is something that happens once and is over quickly.

Example: Visit to the dentist
Car breaks down on the way to school
Pop quiz in geometry class

- The way to handle this type of stress is to identify it, take care of it, and forget about it. You probably already know how to take care of this type of stress. Think about the last time you had to take a quiz; you got anxious, then you took out your pencil and took the quiz. After class, you told all your friends how mean the geometry teacher was and by the end of the week you forgot all about it.



3. **Residual stress.** This type of stress is present for a long time. It is constant, long-term, and sometimes has no solution.

Example: Someone in your family has cancer

A close friend or family member died

You live in a country that is at war

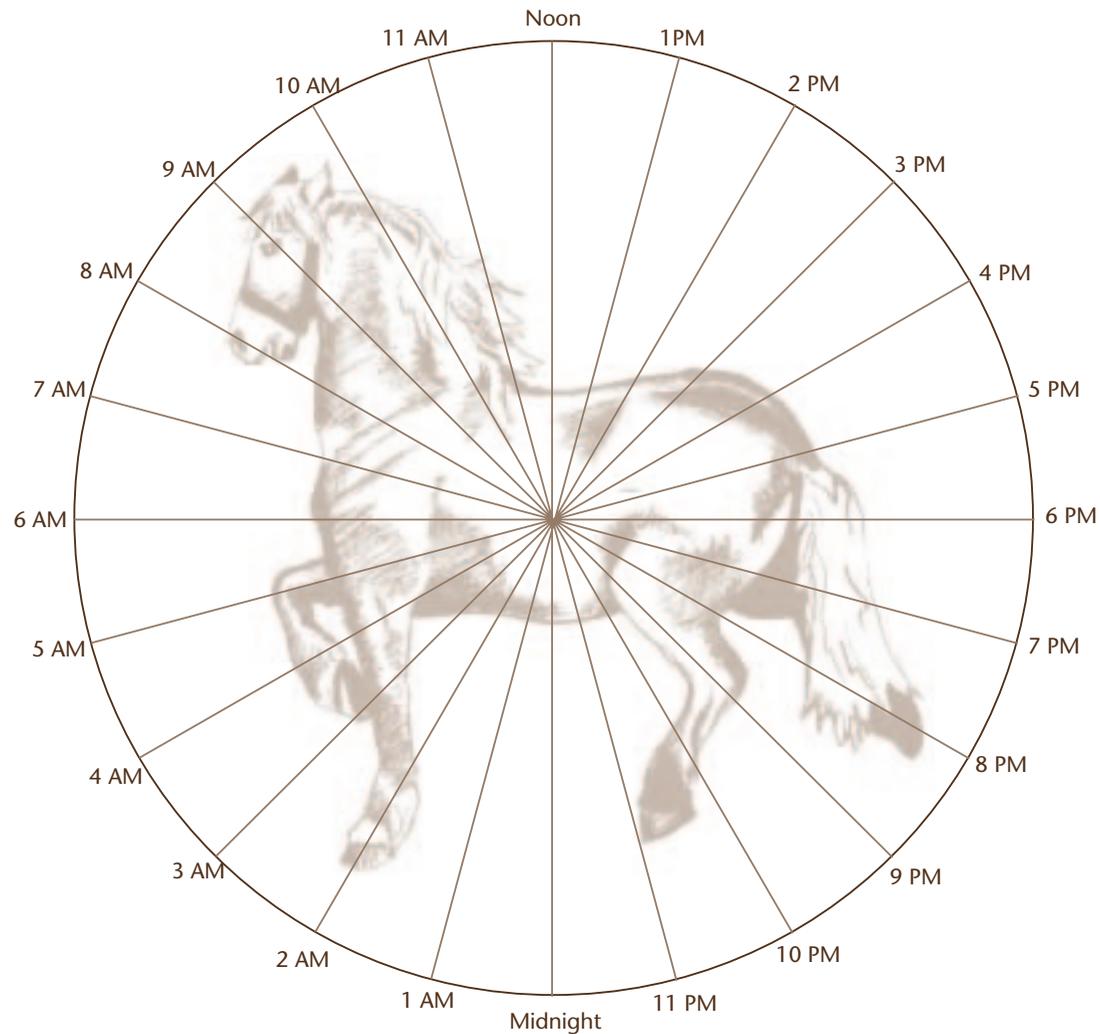
- This type of stress needs to be handled consciously through counseling and stress management. If this type of stress is difficult for you, **Talk about it!!** Don't be afraid to ask for help. There are plenty of people who can help; relatives, teachers, counselors, and friends. Hopefully some of the stress management techniques listed later in this section might help ease the stress. This type of stress may lessen over time but might never go away.

Exercise Six

Here is a list of life-changing events that have been found to be stressful for students. Check the event you might be experiencing and in column 1 write down the number. At the bottom of the column add them up. Be careful what event you select. Remember that the amount of stress you feel is your reaction to the event or stressor. For example, losing a job could be very stressful if you need the money, but losing a job you hate could actually make you feel stress-free. On column 2, mark C if the stressor is cyclical, S for situational stress, or R for residual stress

Mild stress: 0 – 149
 Moderate stress: 150 – 299
 Major stress: 300+

Event		1	2
<input type="checkbox"/> Parent dying	98		
<input type="checkbox"/> Brother or sister dying	95		
<input type="checkbox"/> Friend dying	92		
<input type="checkbox"/> Parents getting divorced or separated	86		
<input type="checkbox"/> Failing one or more subjects at school	86		
<input type="checkbox"/> Being arrested by police	85		
<input type="checkbox"/> Flunking a grade at school	84		
<input type="checkbox"/> Family member (other than self) having trouble with alcohol and drugs	79		
<input type="checkbox"/> Getting into drugs or alcohol	77		
<input type="checkbox"/> Losing a favorite pet	77		
<input type="checkbox"/> Parent or relative in your family (other than self) getting very sick	77		
<input type="checkbox"/> Losing a job	74		
<input type="checkbox"/> Breaking up with a close friend or boy/girl friend	74		
<input type="checkbox"/> Quitting school	73		
<input type="checkbox"/> Girlfriend getting pregnant	69		
<input type="checkbox"/> Parents losing a job	69		
<input type="checkbox"/> Getting badly hurt or sick	64		
<input type="checkbox"/> Hassle with parents	64		
<input type="checkbox"/> Trouble with principal or teacher	63		
<input type="checkbox"/> Having problems with the following: Acne, Overweight, Underweight Too tall, Too short	63		
<input type="checkbox"/> Starting a new school	57		
<input type="checkbox"/> Moving to a new home	51		
<input type="checkbox"/> A change in physical appearance (glasses or braces)	47		
<input type="checkbox"/> Hassle with brother or sister	46		
<input type="checkbox"/> Starting menstrual period (for girls)	45		
<input type="checkbox"/> Having someone new move in with your family (example: grandparents, adoptive or step brother/sister)	35		
<input type="checkbox"/> Starting a job	34		
<input type="checkbox"/> Mother gets pregnant	31		
<input type="checkbox"/> Starting to date	31		
<input type="checkbox"/> Making new friends	27		
<input type="checkbox"/> Brother or sister getting married	26		
Your Total			



Exercise Seven

No matter what you do, there never seems to be enough time. In this exercise try to identify where your time disappears. In the 24-hour day circle on the left, write down what you do at each hour.

Using different colors, color in the time you spend for:

- School
- Family
- Work
- Friends
- Sleep
- Yourself



Exercise Eight

Not counting your sleep or eating time, how much time do you have for yourself? _____

Is this enough? _____

On your circle can you move some of your time around? Can you free up time to do the things you want to do? **Don't give up important time slots like sleeping and eating.** These time slots belong to you and help you reduce stress.

Time Management

One of the reasons that people suffer from stress is that they feel they don't have enough time. They feel that they have no control over their day, they are always late, and don't have enough time to do all the things that need to be done.

Time management is a skill that helps you to use your time in the most effective and productive way possible. Concentrate on results, not on the activity. In other words, keep your eye on your goals. How are you using your time? Are you effective? Here are some suggestions:

- Plan projects, homework, sports, and activities. Make a list and check off things as you do them.
- Make a schedule that allows for school, work, and time with friends and fun. If this is too difficult, you may have too many commitments.
- Set priorities. Let go of less important things, learn to say 'no'.
- Ask for help. Give somebody else the task.
- Is money a stress? Make a budget and stick to it.
- Take a time out. Get advice.

How to Handle Stress

Stress is a fact of life. There's no way to avoid it. Just because you feel out of control, it doesn't mean you are. Take it one day at a time. No need to freak out. The trick is to not let it overpower you but learn to handle it. Don't bottle up anxieties and anger. Become assertive, not aggressive. Confront problems in a positive way. Let your mind rest and return to the problem or project after a short break.

When you are faced with what seems to be a huge and overwhelming problem, ask yourself the following questions:

- Is this a problem at all?*** Can you see it in a different way. What will you learn from it?
- Is this a problem anyone else has had?*** If it is, find out how they dealt with it.
- Can you break it down?*** Can you reduce it to smaller more manageable problems or tasks?
- If you are facing a lot of problems, can you decide what is most important?*** Write out a 'to do' list. Which ones are most important and which ones can be done later?
- Does it matter anyway?*** If everything goes wrong, will it really matter anyway? If it does, will it matter in 6 weeks or 6 months or a year? As long as you have done your best, and learn from your mistakes, then you cannot do any better.



Deep Breathing and Relaxation Techniques

In several sections of this book, (page 8 and 9, the Five Ds on page 11), we asked that you do deep breathing. There are several important reasons for doing deep breathing exercises:

1. When you are stressed out you tend to breathe fast and shallow. Think about when you run (a physical stress on your body), you breathe quick and fast, to get enough oxygen into your body. When faced with a mental situation such as sitting in the principal's office or in a dentist chair you also tend to breathe fast and shallow. **Consciously take slow deep breaths.** This will slow down your breath and help you relax during a stressful situation.
2. When you smoke, your body is under **tremendous physical stress from the nicotine and the thousands of chemicals** in cigarettes and cigarette smoke. Remember **smoking causes cancer**. Cancer is the ultimate "burning out" of your body in reaction to the stress of bombarding it with the cancer-causing chemicals.

Deep breathing, not only helps you relax and combat stress, but it also helps clear out your lungs, especially during the first few weeks of quitting. Don't be alarmed if you find yourself coughing. This is your body's way of clearing out the toxins in your lung. The coughing and hacking will go away after the first few weeks. Drink plenty of water.

3. Your body is used to nicotine, so you naturally feel more relaxed when you give your body a substance which it has grown dependant. Actually, nicotine is also a stimulant, raising your heart rate and blood pressure. Deep breathing provides you the relaxed feeling that the cigarette used to give you and it also lowers your heart rate and blood pressure.



Breathing Exercises

Exercise 1. Take a long deep breath, count to 5 and release it slowly. Repeat this five times.

Exercise 2. Take a long deep breath and quickly blow out 5 quick, short breaths. Do this five times.

Relaxation Techniques

Rag Doll. Stand up, bend over at the waist and hang down like a floppy rag doll.

Spread Eagle. In a comfortable chair, lounge back, spread your legs, let your arms flop down, and lean your head back. Close your eyes and stay there until relaxed.

Swimmer Shake. During the Olympics, you watched swimmers grab their arms, stretch and then jiggle their upper body while rotating their heads. Watch your pets, your dog or cat does this everyday. Do they look stressed out?

Shoulder Squeeze. This technique is very easy and unnoticeable. Just squeeze your shoulders together. Pretend that you shoulders are squeezing you ears. Hold this for several seconds and let go.

Progressive Muscle Relaxation. This takes a little longer, but is similar to the shoulder squeeze. You need to be lying down somewhere comfortable. Starting with your head and neck, squeeze each part of your body for few seconds—then let go. This is a good one to do at home in bed, before you start your homework or go to sleep.

Visualization. Visualization is a very simple but powerful method of focusing and stress release. You probably do some form of it when you are daydreaming. Athletes practice this before a game. For example, basketball players visualize the perfect slam dunk. Marathon runners might visualize running as smoothly as a gazelle to set their pace during a race.

How to do visualization: Basically you concentrate on something that **brings you peace of mind or a smile to your face.** Carefully concentrate on all aspects of your visualization; image, sound, sights and smells. It can be an imaginary place, like floating on a space ship to Planet X. Use drawing, music, and journal writing to assist your with your visualization.

Example: It is summertime and you are walking to the store for an ice cream cone. Think of the warm sun on your face, the sound of the crickets, the flip-flop of your sandals on the ground, arriving at the store, selecting the right flavor and finally the cold taste of the ice cream on your tongue. Is your mouth drooling? **Remember use images that are relaxing for you.** This ice cream example might be stressful if you are allergic to ice cream.

Exercise Nine - Stress Management Planning

Page 29 has the list of your stressors and the stressors related to smoking. After reading the stress portion of this workbook you might discover you have additional stressors. Write all of them down in the boxes below and take control over your stress!!



Stressor or event	Type of stress 1. Cyclical 2. Situational 3. Residual (see page 35 and 36)	How are you going to handle the stressor? A. Change the stressor B. Change your reaction to the stressor	Notes
<i>Example: Geometry quiz on Friday</i>	<i>1. Cyclical if the quiz is every Friday 2. Situational if it's a pop quiz</i>	<i>A. Can't change the stressor B. I can change my reaction to stressor by preparing for the quiz on Thursday night</i>	<i>Call best friend and talk about what will be on the quiz</i>

Why all the horses in the CHATT program? It is a very simple story. The CHATT program started at West Mesa High School in Albuquerque, NM. The mascot there is the Mustang. I asked artist, Leon Riano, to create our logo and he drew the beautiful Indian pony that graces the cover of most of the CHATT materials. I asked other students and artists to help illustrate CHATT and when they asked me what I wanted, I immediately responded, “horses”! The horse idea kept growing and growing. The horse seems to represent the clean air and fun spirit that the CHATT team wants to promote by helping students quit smoking. Plus my dogs would not stand still long enough for me to draw them. If you love to draw and love horses, please email me at dklecan@unm.edu. The CHATT team would love to add your horse to the CHATT corral.

– Debbie Klecan

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The CHATT program has the following components:

CD-Disk 1 - Scenarios

CD-Disk 2 - Survey, Student Report, Journal, Tracking Tobacco Use, and Satisfaction Survey

CD-Disk 3 - Native American Component – Storytelling

CHATT Materials: workbook, smoking journal, CHATT postcard for teachers, CHATT flyer for students entitled, Are You Ready to Quit Smoking?, prescription pad, strategy pads, and the Instruction Manual for the Tobacco Cessation Counselor.

Information about the CHATT CDs, Disk 1, 2 and 3

Sandia Consulting Group, Albuquerque, NM (505) 344-4230. Jan Zimmerman, Producer/Director.

Photography: L.A. Shively/Silver Eyes Studio (505) 884-0385. Audio Recording: Left Ear Productions (505) 764-0107.

POD Associates (505) 243-2287, Programmers: Chris Tucker, Donald Atkinson, Liz Contreras, Leslie Kryder, University of New Mexico, Debra Klecan, PhD.

Casting for Scenarios from Working Classroom, Inc.

Corey Dean, David Estrada, Mandi Jackson, Kahaya Komar, Danny Lucero, Rebeca Mayorga, Andre Maxwell, Touree Robinson, Fabin Sisneros.

Funding

American Legacy Foundation, Kellogg Community Voices, P0060131, W.K.Kellogg Foundation Community Voices New Mexico Grant P-60131, National Cancer Institute R03 CA83352-02, American Cancer Society, IRG#192.

Graphics

Design and layout: Paul Akmajian, UNM School of Medicine, Center for Community Partnerships; Debra Klecan, UNM; Kate Eaves, APS art teacher, Dennis Gomez, Leon Riano and Joseph Dominquez and art students from APS.

Acknowledgements

University of New Mexico, Health Sciences Center. Carla Herman, MD, MPH, Daniel Derksen, MD, David Coultas, MD, Charles Key, MD, PHD, Janet M. Oliver, PhD, Peg Allen, Linda Wilson, Kim Halsten, Cheryl Ferguson, Lloryn Swan, Jason Witter, Lucinda Puckett, Wayne Powell.

University of New Mexico, Health Education Division, Student Health Center. Joyce Lisbin, PHD and students.

Indian Health Service, Headquarters West. Lorene Riano, MPH, Natt Cobb, MD.

West Mesa High School. Joe Robinson, students, staff and counselors.

Arizona Cessation Training and Evaluation. Myra Muramoto, MD, Louise Strayer, RN, MS, Oscar Beita, MPH and staff.

Oregon Research Institute, Eugene, Oregon. Herbert H. Severson and staff.

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CHATT CD 1, Version R1.1.0 (1998), CHATT CD 2 and 3, Version 1.0, (2002), CHATT Workbook, First Edition (2002).