

# Four-Part Smoking Cessation Seminar



Deer Oaks EAP Services, your EAP provider, understands that quitting smoking can be easier said than done. However, breaking the habit is the most important step you can take to improve the length and quality of your life. Thankfully, you don't have to do it alone. Deer Oaks offers a Four-Part Smoking Cessation Seminar taught by an EAP clinician that can assist you on your journey to becoming smoke-free. Below is an overview of some of the topics that will be discussed over the four (4) week course.

## **Smoking Cessation: Part 1**

- Setting of ground rules for the smoking cessation program
- Explanation of nicotine dependence; Participants take a self-quiz to look at their addiction
- Description of various approaches to quitting, including “cold turkey” quitting, tapering, postponing, nicotine replacement, and smoking cessation medications
- Explanation of the health hazards of smoking

## **Smoking Cessation: Part 2**

- Prepares participants for getting through the first few days without a cigarette
- Participants share their quit dates and discuss their approach to quitting
- Explanation of common withdrawal symptoms, along with coping techniques for each one
- Discussion of the relationship between thoughts and feelings; Learn thought reconstruction strategies
- Examine past quit attempts to make this time more successful

## **Smoking Cessation: Part 3**

- Helps participants master all obstacles to staying abstinent from tobacco
- Participants who have successfully quit smoking share their experiences with those still struggling to stop
- Discussion of physical improvements following smoking cessation
- Strategies to avoid weight gain associated with quitting
- Tips for helping friends become allies in the fight to remain abstinent

## **Smoking Cessation: Part 4**

- Sharing of positive results from quitting, such as increased self-esteem and more ease in social situations
- Discussion of relapse prevention strategies
- Review of the long-term benefits of quitting smoking
- Additional resources for smoking cessation and remaining abstinent from tobacco



To participate in this smoking cessation seminar, contact Deer Oaks, your EAP, for cost and additional information.

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