

# GREAT AMERICAN SMOKE OUT

## 30 DAY QUIT SMOKING CALENDAR

| SUN  | MON  | TUE  | WED  | THU  | FRI  | SAT   |
|--|--|--|--|--|--|---|
|    | <p><b>SEND US AN EMAIL</b> at <a href="mailto:peepsatjhu@gmail.com">peepsatjhu@gmail.com</a> to enroll in this 30 day quit calendar.</p> <p><b>LET'S START!</b></p>  | <p><b>JOURNAL CURRENT STATUS</b> of smoking: How many times a day do you smoke? How reliant are you on smoking? Does smoking provide a sense of relief? What are some reasons as to why you smoke?</p> | <p><b>CALCULATE YOUR SAVINGS</b> by multiplying the number of cigarettes you smoke each day by the price of each cigarette. Fun fact: you can save over \$2,200 by quitting if you smoke one pack a day.</p> | <p><b>JOURNAL GOALS</b> for quitting: What are some reasons you want to quit? Write them down!</p> <p><b>ONE STEP CLOSER TO QUITTING!</b></p>  | <p><b>DETERMINE YOUR SMOKING TRIGGERS.</b> Triggers are things that make you want to smoke.</p> <p><b>THIS MAY BE HARD, BUT IT'LL HELP YOU.</b></p>  | <p><b>GET A STRESS BALL</b> or a fidget spinner for yourself! Having something to play with in your hands will help with keeping you distracted and calm throughout this journey.</p>           |
| <p><b>SHARE YOUR JOURNAL</b> with your friends/family, and put it somewhere you can be constantly reminded of your goals. Let them know you are following this calendar in order to stop smoking. They will provide the support and care you need!</p> | <p><b>RESEARCH</b> the different nicotine replacement therapies &amp; choose if you are going to use one of those methods. If you choose to use nicotine replacement therapies, reach out to us at <a href="mailto:peepsatjhu@gmail.com">peepsatjhu@gmail.com</a> if you need help finding low cost or free options.</p> | <p><b>TALK WITH</b> Alcohol &amp; Other Drugs Education Specialist, Elora to learn other strategies for quitting and to get support. Learn about her and set up a meeting <a href="#">here</a>.</p>    | <p><b>CUT BACK &amp; START TO THROW AWAY</b> all your cigarettes or Juuls, and lighters and/or matches.</p> <p><b>TAKE A DEEP BREATH.</b></p>  | <p><b>PICK A DAY TO QUIT.</b> Choose a day that is not going to be a stressful day.</p> <p><b>IS TODAY STRESSFUL? TRY TOMORROW!</b></p>  | <p><b>STAY BUSY.</b> Get out there today to have some fun by exercising, going on a walk, hanging out with friends, and more!</p> <p><b>YOU'RE DOING IT!!</b></p>                            | <p><b>REWARD YOURSELF</b> for getting through the first couple days successfully, and treat yourself to a nice meal or whatever you love to splurge on!</p> <p><b>YOU GOT THIS!</b></p>         |
| <p><b>DOWNLOAD THE CALM APP</b> and practice breathing exercises to help deal with cravings and stress. JHU students get Calm Premium for free. Learn how <a href="#">here</a>.</p>  | <p><b>GET CREATIVE.</b> Try out some crafts, listen to a new genre of music, or take an online ballet class! Who knows—you may find another hobby to stress relieve and enjoy your time!</p>   | <p><b>WATCH YOUR FAVORITE MOVIE</b> as a distraction today! Take the time to enjoy and relax with some popcorn and the movie or TV show you love.</p> <p><b>DISTRACT, DISTRACT, DISTRACT.</b></p>      | <p><b>PICK A NEW BEHAVIOR</b> when cravings pop up. Replace smoking with behaviors that take a similar amount of time. Chew gum, brush your teeth, text a friend, take a walk.</p>                           | <p><b>FIND A STRESS REDUCTION ACTIVITY.</b> Try yoga to feel more relax. Attend one of JHU Recreation Center's <a href="#">yoga classes</a>, join CHEW on Thursdays for <a href="#">Gentle Yoga &amp; Well-Being</a>, or find a yoga video on Youtube.</p>                   | <p><b>YOU'RE HALFWAY THERE!</b> Treat yourself to some good food or shopping! Whatever suits your boat but make sure to reward yourself today for making it halfway.</p>                     | <p><b>JOURNAL YOUR PROGRESS.</b> Take some time to journal how you are feeling today and how you currently feel about your progress.</p> <p><b>CHECK IN WITH YOURSELF.</b></p>                  |
| <p><b>REMIND YOURSELF</b> of the benefits of not smoking. Including long-term and short-term health benefits, saving money, better sense of taste, and brighter skin and teeth.</p>  | <p><b>MEDITATE.</b> Try out meditation on the Calm app. Meditation can help calm your mind and manage your cravings.</p> <p><b>IT'S GOING TO BE OKAY.</b></p>  | <p><b>EXERCISE IN SHORT BURSTS</b> throughout the day! Every two hours, get up and do some push-ups, lunges, or sit-ups to get your blood pumping. This will definitely help you stay distracted.</p>  | <p><b>CALL OR VIDEO CHAT</b> with someone from your support group (family/friends) and tell them about your progress.</p> <p><b>REACH OUT! IF YOU NEED TO DO THAT EVERY DAY, DO IT!</b></p>                  | <p><b>TRY OUT RESOURCES.</b> Make another appointment with <a href="#">Elora</a>, schedule a visit with a <a href="#">counselor</a>, use <a href="#">TimelyMD</a>, or <a href="#">SilverCloud</a>. Call the Maryland Quitline (1-800-QUITNOW), or talk with your doctor.</p> | <p><b>TRY AGAIN.</b> If you slip, remind yourself of all the reasons you do not want to smoke and double down on your strategies to stay smoke free.</p> <p><b>WE ALL MAKE MISTAKES.</b></p> | <p><b>GO DO SOMETHING.</b> Go to the bookstore and get a book that seems interesting to you! Taking time off to distract yourself with reading will most definitely help you stay on track!</p> |
| <p><b>BE MINDFUL.</b> If you are having a hard day focus on your senses. What do you smell, taste, touch, hear, and see? Light a candle, cook something, or look out a window to amplify your surroundings.</p>  | <p><b>GO OUTSIDE.</b> Yes, it may be cold but taking a walk in nature can improve your emotional well-being. Make sure to wear warm clothes!</p> <p><b>SMILE, YOU ARE DOING AMAZING.</b></p>   | <p><b>JOURNAL YOUR ENTIRE JOURNEY</b> because tomorrow you are done! Success is right around the corner, and make sure to reflect on all the hard work and perseverance you put into this journey!</p> | <p><b>CELEBRATE!!</b> Send us an email that you did it and we will send you your gift.</p> <p><b>REMEMBER WHEN YOU DIDN'T THINK YOU COULD DO IT?!</b></p>  | <p><b>THIS CALENDAR IS OVER BUT KEEP UP THE GOOD WORK!</b></p>   | <p><b>DON'T FORGET TO CONTINUE USING CAMPUS RESOURCES IF YOU FEEL LOST.</b></p>  | <p><b>FOLLOW THESE IG ACCOUNTS:</b><br/> <a href="#">@PEEPS_AT_JHU</a><br/> <a href="#">@CHEWATJHU</a><br/> <a href="#">@JHUWELLNESS</a></p>  |