Group Coaching: Tobacco Cessation

Session 1: Orientation
Welcome to Group Coaching for Tobacco Cessation!

We’ll begin shortly.

To be respectful of each others’ privacy please do not use video.

While you are waiting, consider this:

How will the quality of your life improve if you quit using tobacco?

Write your response down on a notepad. Or if you don’t have one, think about this.
“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

Maria Robinson, Author
Tobacco Cessation Group Coaching Sessions

Session 1: Orientation – Program overview, motivation for quitting, and set quit date

Session 2: Triggers and Strategies - Identify triggers for tobacco use and discuss strategies to overcome urges

Session 3: Tobacco Basics- Discuss negative consequences, learn symptoms of withdrawal, create an affirmation

Session 4: Stress and Sleep - Explore stress, “fight or flight”, and things you can do to sleep better

Session 5: Eat Healthier, Move More - Improving self-care through better nutrition and physical activity

Session 6: Sustaining Change - How to keep up the positive health changes and get support
What to expect at each session

1. Welcome
2. Review goals and activities from last session
3. Introduce topic for today’s discussion
4. Honor privacy of group
5. Keep session on track
6. Share strategies and struggles
7. Recommend at-home activities
8. Do 1-minute breathing exercise
9. Close
Motivation for quitting:

Improve my health
Have more energy
Help keep my family healthy and set a good example
Feel good about myself
Save money
Have my full sense of taste and smell
Other reasons
Why people use tobacco

1. Habit

2. Psychological dependence
   • Lonely, angry, tired, bored
   • Manage stress and relax
   • Feel more at ease in social settings

3. Physical dependence
   • Addicted to nicotine
Negative consequences

Smell of smoke on clothes/furniture/car
Not being able to breathe properly
Nagging cough
Feeling winded
Headaches
Phlegm
Nausea
Ashy taste in mouth
Yellow skin and fingernails
Increased heart rate
Lingering colds
Why it’s important to set a quit date:

I, _____ (your name), plan to quit tobacco on _____ (your quit date).

I am quitting because:

My method for quitting is:
How will you quit?
At-home activities

1. Complete a journal of choice: Smoking Journal (p. 30), Quitting Tobacco Journal (p.29), NRT Journal (p. 31) from the My Path to Wellness Workbook
2. Try an mp3 audio
3. Try any other activity from the workbook
4. Join an online social community to give and receive support
5. Review today’s presentation

•Log in to your secure Aetna Navigator member website at www.aetna.com
•Click on Health Programs from the menu bar
•Find the Health & Wellness section
•Click on Healthy Lifestyle Coaching
Let’s take a breathing break
Mindfulness tip:

Start to notice what happened before you reach for a cigarette (tobacco product).

Pay attention to one breath moving in and out of the body as often as possible during the day.
What’s one small change you will make this week?
You can call the Healthy Lifestyle Coaching program at 1-866-213-0153.

Until we meet again, live well and be well!
Group Coaching: Tobacco Cessation

Session 2: Triggers and Strategies
Welcome to Group Coaching for Tobacco Cessation!

We’ll begin shortly.

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While you are waiting, consider this:

Think about what you discovered by completing a journal of choice: Smoking Journal, Quitting Tobacco Journal, NRT Journal.

Write your response down on a notepad. Or if you don’t have one, think about this.
In today’s session we’ll:

1. Review any questions you had from our first session and the journal you completed.
2. Discuss today’s topic: identify what you gain from using tobacco, triggers and strategies.
3. Introduce related at-home activities.
4. Take a breathing break.
5. Close.
What do you get from using tobacco?

- Relaxation
- Peace
- Relief
- Momentary gratification
- Comfort of a ritual
- Sense of belonging that comes from being with other smokers
What are some healthier ways to get what you get from using tobacco? What has worked for you in the past?
Triggers for using tobacco

• Getting up the morning
• Driving the car
• Negative emotions/bad mood
• Boredom
• Drinking coffee
• Drinking alcohol
• Need to concentrate
• Need to relax
• Socializing
• Celebrating
• Around others who smoke
• Taking breaks at work
• Talking on the phone
Strategies for overcoming urges

• Take a walk
• Call a friend
• Organize a drawer
• Eat a healthy snack
• Chew gum
• Write a thank you note
• Breathe in and out slowly
• Drink a glass of water
• Read a few pages from your favorite book
• Journal your thoughts and feelings
• Add up how much $ you saved this week by not using tobacco
Support

What resources are available to help you?

Who do you know who's been successful with quitting tobacco? Remember, different people can be supportive with different changes.

Name:
E-mail:
Phone:

How about participating in an online lifestyle community?
At-home activities

1. Complete Tobacco Habits Reflection (p. 28) in the My Path to Wellness Workbook
2. Try an mp3 audio
3. Try any other activity from the workbook
4. Join an online social community to give and receive support
5. Review today’s presentation

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Let’s take a breathing break
Mindfulness tips:

Start to notice the thoughts going through your mind.
See if you can be aware of feelings and emotions.
Pay attention to sensations in your body.
Try to be more aware of your breathing.
What’s one small change you will make this week?
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Group Coaching: Tobacco Cessation

Session 3: Tobacco Basics
Welcome to Group Coaching for Tobacco Cessation!

We’ll begin shortly.

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While you are waiting, consider this:

Take a moment to think about the Tobacco Habits Reflection. What did you learn from this?

Write your response down on a notepad. Or if you don’t have one, think about this.
In today’s session we’ll:

1. Review the Tobacco Habits Reflection
2. Discuss today’s topic: tobacco basics, negative consequences, coping with withdrawals, and creating affirmations
3. Introduce related at-home activities
4. Take a breathing break
5. Close
### Coping with withdrawal symptoms

<table>
<thead>
<tr>
<th>SYMPTOMS:</th>
<th>COPING STRATEGIES:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling tense, irritable, moody</td>
<td>Take a walk, get some fresh air, do mindfulness mp3 audios</td>
</tr>
<tr>
<td>Cravings</td>
<td>Drink a glass of water, brush your teeth, take a walk, get some fresh air</td>
</tr>
<tr>
<td>Headaches or dizziness</td>
<td>Do mindfulness mp3 audios, lie down and close your eyes and pay attention to your breathing</td>
</tr>
<tr>
<td>Dry mouth or sore throat</td>
<td>Drink water or warm herbal tea, suck on ice</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Do mindfulness mp3 audios, create a relaxing bedtime routine, avoid caffeine in the afternoon and evening</td>
</tr>
<tr>
<td>Upset stomach and/or constipation</td>
<td>Eat high-fiber foods: fruits/vegetables/whole grains and drink 6 to 8, 8oz glasses of water daily</td>
</tr>
<tr>
<td>Coughing</td>
<td>Drink water or warm herbal or decaffeinated tea</td>
</tr>
<tr>
<td>Drowsiness or low energy</td>
<td>Take a walk, get some fresh air, do something that brings you joy, take a nap</td>
</tr>
<tr>
<td>Difficulty concentrating</td>
<td>Do mindfulness mp3 audios, take movement breaks, prioritize your time</td>
</tr>
<tr>
<td>Increased appetite</td>
<td>Eat healthy snacks, increase physical activity, drink more water</td>
</tr>
<tr>
<td>Feeling restless</td>
<td>Go for a walk, do a fun physical activity or hobby, talk to a supportive friend</td>
</tr>
</tbody>
</table>
What will you do this week to cope with your withdrawal symptoms?
Affirmations

I choose to breathe fresh air into my lungs.
I have clean, clear and healthy lungs.
I am in control of my cravings and I only crave those things that are healthy for me.
I deserve to be and am now smoke-free.
My breath, my clothes, and my hands feel and smell fresh and clean all the time.
I breathe easily and without effort because my lungs are healthy and clean.
I am living a long and healthy life free of my vices.
At-home activities

1. Write your own affirmation for quitting tobacco
2. Identify one thing you will do to cope with withdrawal symptoms
3. Try an mp3 audio
4. Try any other activity from the My Path to Wellness Workbook
5. Join an online social community to give and receive support
6. Review today’s session

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• Click on Healthy Lifestyle Coaching
Let’s take a breathing break
Mindfulness tip:

See if you sit, breathe, and “be” with the experience of withdrawal as unpleasant as it may be without the need to do anything for just a few minutes. Notice sensations in your body, thoughts going through your mind, and any strong emotions. Then choose how you will cope with the sensations you are experiencing.
What’s one small change you will make this week?
You can call the Healthy Lifestyle Coaching program at 1-866-213-0153.

Until we meet again, live well and be well!
Group Coaching: Tobacco Cessation

Session 4: Stress and Sleep
Welcome to Group Coaching for Tobacco Cessation!

We’ll begin shortly.

To be respectful of each others’ privacy please do not use video.

While you are waiting, consider this:

What did you discover from writing your own affirmation for quitting tobacco?

Write your response down on a notepad. Or if you don’t have one, think about this.
In today’s session we’ll:

1. Review at-home activities and answer questions
2. Discuss today’s topic: stress and sleep
3. Introduce related at-home activities
4. Take a breathing break
5. Close
Overwhelmed

Feeling powerless, especially by an excessive amount of something
Inundated with work
Feeling engulfed by fear
What happens when the body goes into “Fight or Flight”

Muscle tension

Strong emotions: anxiety, terror, fear, anger, rage

Release of stress hormones; epinephrine, adrenaline, norepinephrine, cortisol

Pupils dilate

Hair on the body stands erect

Heart rate and blood pressure increase

Digestive system shuts down
Talk to your doctor if you experience any of these stress-related symptoms:

- Fatigue
- Memory loss
- Inability to concentrate
- Restless sleep/insomnia
- Depression/anxiety
- Increased frequency of infection
- Pain
- Chronic inflammation
What mindfulness is and how it reduces stress

Present moment awareness of:

Breath
Thoughts
Feelings
Sensations
Surroundings
Benefits of mindfulness

Short Term:
• Awareness of body
• Quicker recovery of mental balance
• Calmness & clarity of mind
• Ability to see new options when problem solving
• Greater ability to see the "bigger picture"

Long Term:
• Improved communications
• Better sleep
• Improved confidence
• Reduced stress
• Improved ability to connect with inner and outer resources
• Live a fully engaged life
Sleeping better

What interferes with sleeping 7-9 hours each night:

1. Drinking liquids after 6 p.m. if you wake up and have to go to the bathroom

2. Not getting enough fresh air and sunshine

3. Drinking anything with caffeine

4. Stop using tobacco, especially in the evening

5. Napping during the day, especially close to bedtime

6. Doing chores or exercising close to bedtime

7. Watching or listening to disturbing news before bedtime

8. Worrisome thoughts
Move the TV and radio out of your bedroom

Keep your bedroom quiet, dark, and cool

Use your bedroom only for sleeping and sex

Relax at bedtime:
- Take a bath
- Read
- Do some gentle stretches/yoga
- Have a cup of tea without caffeine
- Watch a relaxing program
- Listen to relaxing music
- Meditate/pray
- Journal
At-home activities

1. Complete Stressors and Copers worksheet (p. 36) or My Relaxing Bedtime Routine (p. 39) in the My Path to Wellness Workbook
2. Try an mp3 audio
3. Try any other activity from the workbook
4. Join an online social community to give and receive support
5. Review today’s session

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Let’s take a breathing break
Mindfulness tips:

Try to be aware of what stressors trigger the urge to use tobacco.

Stress precipitates relapse so it’s important to find a way to manage your stress with healthy self-care practices.
What’s one small change you will make this week?
You can call the Healthy Lifestyle Coaching program at 1-866-213-0153.

Until we meet again, live well and be well!

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Group Coaching: Tobacco Cessation

Session 5: Eat Healthier, Move More
Welcome to Group Coaching for Tobacco Cessation!

We’ll begin shortly.

To be respectful of each others’ privacy please do not use video.

While you are waiting, consider this:

Think about something that causes you stress and a positive way you manage or reduce it.

Write your response down on a notepad. Or if you don’t have one, think about this.
In today’s session we’ll:

1. Review Stressors and Copers and My Relaxing Bedtime Routine
2. Discuss today’s topic: eat healthier, move more
3. Introduce related at-home activities
4. Take a breathing break
5. Close
Benefits of eating healthier

• Gives you more energy to tackle the day
• Helps to achieve and maintain ideal body weight
• Prevents disease and helps the body repair itself
• Improves concentration and helps you to accomplish more
GRAINS – Brown rice, oatmeal, whole wheat cereal, whole wheat breads, whole wheat pasta, whole wheat crackers, quinoa, popcorn

FRUITS – Choose fresh, canned, dried, frozen, or 100% fruit juice. Apples, bananas, oranges, melons, berries, grapes, peaches, plums, raisins, mixed fruit/fruit cups

VEGETABLES – Broccoli, kale, collard greens, spinach, romaine lettuce, beans and peas, corn, potatoes, carrots, peppers, tomatoes squash, asparagus, cabbage, celery, cucumbers, mushrooms, onions
PROTEIN - Beef, pork, lamb, game meats, chicken, turkey, eggs, beans, peas, seafood, nuts and seeds, processed soy products

FATS/OIL - Canola, corn, cottonseed, olive, safflower, soy bean, sunflower. Foods that include these healthy oils are avocados, olives, some fish, and nuts.

DAIRY - Milk, calcium-fortified soymilk, yogurt, cheese
Eating and Stress

1. Healthy nutrition is one of the best defenses against illness
2. Immune system depends on nutrient-rich diet
3. Combats against fatigue and depression

Tips:
- Eat balanced meals including protein, fresh fruits and vegetables, and whole grains.
- Eat regularly and don’t skip meals.
- Notice when you are using food as a stress reliever.
- Drink less caffeinated beverages.
- Eat mindfully
Benefits of physical activity

• Strengthens your heart and your body
• Improves self-esteem
• Gives a sense of control
• Keeps your mind off problems
• Helps you sleep better
• Reduces stress
• Improves circulation
• Increases the good blood fats
• Increases metabolism
• Maintains healthy body weight
• Releases “feel good” hormones
Talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal.
Tips for getting more active
Start with simply trying to move more during your day
Graduate to simple exercises, such as walking, bicycling, swimming, or jogging.
Warm up your muscles for about 5 minutes before you start exercising.
Stay tuned in to your level of exertion. Do the talk/sing test:
• If you can talk during exercise, you're doing fine.
• If you can sing during exercise, you can exercise a little faster or harder.
• If you are not able to talk, you're probably exercising too hard. Slow down a bit.
Cool down and stretch for 5 to 10 minutes after you exercise.
Drink water before, during, and after exercise.
Don’t exercise within 3 to 4 hours of your bedtime.
At-home activities

1. Complete Eating Journal (p. 35) or My Home Exercise Plan (p. 42) in the My Path to Wellness Workbook
2. Try an mp3 audio
3. Try any other activity from the workbook
4. Join an online social community to give and receive support
5. Review today’s session

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Let’s take a breathing break
As you walk around the office, pay attention to your feet connecting with the ground, even for just a few steps.

Try to sit down and relax when you eat a meal. Avoid eating while driving or working. Notice the color, texture, and smell of your food.
What’s one small change you will make this week?
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Until we meet again, live well and be well!
Group Coaching: Tobacco Cessation

Session 6: Sustaining Change
Welcome to Group Coaching for Tobacco Cessation!

We’ll begin shortly.

To be respectful of each others’ privacy please do not use video.

While you are waiting, consider this:

What did you learn from completing the eating journal or the home exercise plan?

Write your response down on a notepad. Or if you don’t have one, think about this.
In today’s session we’ll:

1. Review the Eating Journal and My Home Exercise Plan
2. Discuss today’s topic: sustaining change
3. Introduce related at-home activities
4. Take a breathing break
5. Close
What situations do you have awareness of that have the potential to take you off course?
What strategies have you discovered to help you stay on course?
What new attitudes or ways of thinking have you adopted?
Relapse is a natural part of change

- Most people need more than one attempt to succeed
- Sometimes we need to budget more time, money, and energy
- Be prepared for complications...“life happens”
- Focus on making small changes
- Stress precipitates relapse so manage your stress
- When you fall back into an old pattern, think of it as a step back
Support

What resources are available to help you?

Who do you know who's been successful with quitting tobacco? Remember, different people can be supportive with different changes.

Name:
E-mail:
Phone:

How about participating in an online lifestyle community?
Relapse Prevention Plan

I can be successful with overcoming the urge to smoke if I:

Take a walk around the building during my work break.
Keep a book with me for when I get bored.
Learn to meditate to reduce my stress.
Carry gum, a water bottle, and a snack in my self-care bag.
Set up a day off/stay-cation account with the money I save.
Write your own relapse prevention plan:

I can be successful with quitting tobacco if I

________________
________________
________________

(your strategy).
At-home activities

1. Write your relapse prevention plan
2. Create your self-care bag. See pp. 8-9 in the My Path to Wellness Workbook
3. Use mp3 audios
4. Continue with other activities from the workbook
5. Join an online social community to give and receive support
6. Review today’s session

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Let’s take a breathing break
Autobiography in Five Chapters – Portia Nelson

Chapter One:
I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost...I am hopeless. It isn’t my fault. It takes forever to find a way out.

Chapter Two:
I walk down the same street. There is a deep hole in the sidewalk. I pretend I don’t see it. I fall in again. I can’t believe I’m in the same place. But it isn’t my fault. It still takes a long time to get out.

Chapter Three:
I walk down the same street. There is a deep hole in the sidewalk. I see it there. I still fall in...it’s a habit. My eyes are wide open. I know where I am. It is my fault. I get out immediately.

Chapter Four:
I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

Chapter Five:
I walk down another street.
What did you gain from participating in this program? What change(s) are you celebrating?
Thank you for allowing me to be part of your wellness journey! I wish you continued growth and success!

You can call the Healthy Lifestyle Coaching program at 1-866-213-0153.