

# Breathe t

QUIT WITH PRIDE

A Stop-Smoking Program for Transgender & Gender Diverse Folks





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# Welcome BreatheOut: A Stop-Smoking Program for Transgender & Gender Diverse Folks

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## Quitting smoking is tough.

Tobacco use hits the LGBTQ+ community particularly hard. Many LGBTQ+ people have not taken the important first step of talking about their desire to quit. Whether you are interested in quitting smoking for yourself, those around you, or your community – **we're glad you're here.** Let's talk.

## You do not have to quit alone.

Whether you smoke cigarettes or use other nicotine and tobacco products, this program will **give you the tools & support** to help you reach your health goals.

Much like coming out, **quitting smoking is a journey** – and it will not be the same for any two people. Your healthcare team will be **your partner** along your personal **path to better health.**

# Program Overview

## What is BreatheOut?

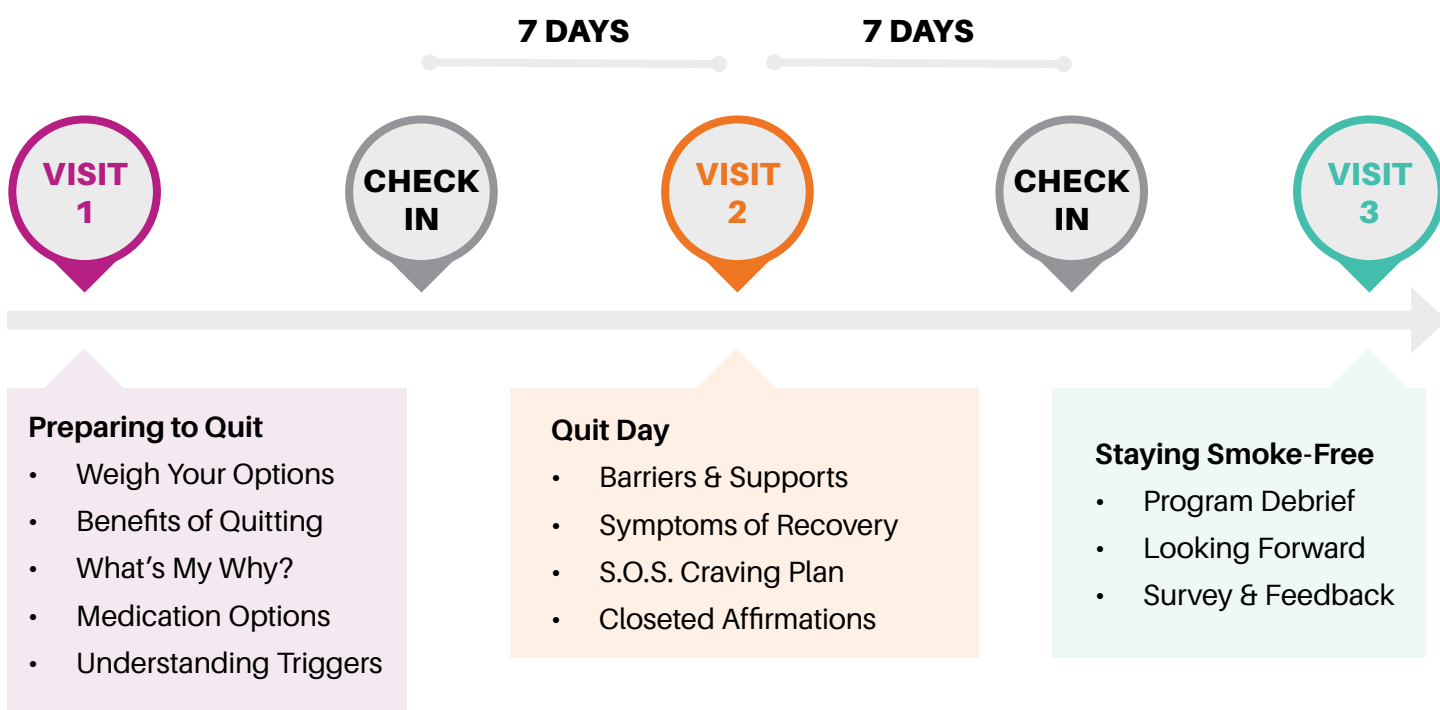
**BreatheOut** is a program designed to help transgender folks who want to quit smoking. BreatheOut uses proven counseling methods and activities to help you and your healthcare provider work as a team to reach your goals. Developed for and with trans folks, BreatheOut is framed by an understanding of your community and your healthcare needs.

## BreatheOut Goals

- Learn about the relationship between tobacco and the LGBTQ+ community
- Understand your relationship with smoking
- Discuss medication options to help you stop smoking
- Identify skills to manage stress and triggers
- Have a plan in place to manage cravings and withdrawal symptoms
- Identify your support network and resources
- Build a plan to quit smoking and stay quit
- Give feedback and input to improve the program

## BreatheOut Timeline

You will attend three scheduled visits with your healthcare provider and receive two phone check-ins from your healthcare team. This booklet outlines each visit with valuable health information and guided activities.





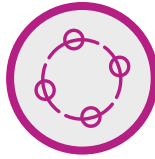
# Tobacco & the LGBTQ+ Community

## Tobacco Companies Target the LGBTQ+ Community

Tobacco has a greater negative impact on the health of the LGBTQ+ community compared to the general public. There are several reasons for this disparity, or difference:



Access to quit support  
Differences in quit behavior



Minority Stress  
Community Prevalence



Predatory Tobacco Advertising  
Tobacco Company Integration



Cover page of Project SCUM, Source: Truth Tobacco Industry Documents UCSF Library and Truth Initiative



Tobacco Marketing Example, 2005 Source: Trinkets and Trash Rutgers School of Public Health

**Project S.C.U.M.** is an example of the aggressive tactics tobacco companies used to increase tobacco use in the LGBTQ+ community. Project S.C.U.M. targeted members of the “alternative lifestyle” in the Castro and Tenderloin districts of San Francisco in the 1990’s. Uncovered documents expose the in-depth research and money dedicated to making tobacco use more popular in the LGBTQ+ community.

Tobacco companies believed it would be easier to gain access to a community that society typically looked down upon or ignored. They advertised in LGBTQ+ magazines, sponsored Pride events, and handed out free cigarette packs and coupons at gay bars. Tobacco marketing, sponsorship, and high visibility in LGBTQ+ spaces continues to this day.

Note: The Tenderloin District was the site of the **Compton Cafeteria Riots of 1966**, which marked the beginning of transgender activism in San Francisco and came three years before the Stonewall Riots in New York. The city of San Francisco recently named the southeastern section of the Tenderloin District the **Transgender Cultural District**.

## The Transgender Community’s Tobacco Burden

Transgender adults are **are up to 2.1 times more likely** than cisgender adults, and are more likely to smoke than cisgender LGBQ adults. These rates are true for all tobacco products – cigarettes, e-cigarettes or vape products, and cigars. Aggressive marketing from tobacco companies is one reason for the transgender community’s oversized tobacco burden.

# Tobacco & the LGBTQ+ Community

## Minority Stress

When discussing health disparities, or differences, it is important to consider why they might exist. One possible reason for increased tobacco use in the transgender community is the impact of minority stress.

Everyone – cisgender or transgender – encounters stressful events in their daily lives. People who experience personal or systemic discrimination also face **minority stress** on top of everyday stressors.



Coping with everyday stress and minority stress may be harmful to mental and physical health. When people experience stressful situations, they often relieve stress by doing specific things, called coping mechanisms, to feel better. Besides affecting health, the combination of minority and everyday stress increases the risk of developing negative coping mechanisms – like smoking – to relieve stress.



Access to gender-affirming care, identity document changes, and community support can reduce the stress of being trans and the impact of minority stress on your overall well-being. You can build resilience through pride, community, positive coping skills, and recognizing your strengths. The challenges the trans and gender diverse communities face often create unique strengths and resilience that are helpful in overcoming everyday and minority stress.

# Smoking & Gender-Affirming Care



## Health Risks of Smoking

Tobacco use affects nearly every part of your body and is the leading cause of preventable illnesses and deaths in the United States. While most people are familiar with the health risks of long-term smoking, **transgender and gender diverse folks often face additional risks.**



## Heart Health

Smoking is a major cause of heart disease and stroke. In fact, **smoking causes one of every four deaths from heart attack and stroke.** The stress that smoking places on the heart is comparable to the stress of **adding 90 pounds** to your body weight.

Besides the possible increased risk of heart attack and stroke due to everyday and minority stress, smoking while receiving feminizing hormone therapy increases the **risk of blood clots**, or blockages in your veins. Stopping smoking is not a requirement to start Estradiol, so determining a plan to reduce your risk for blood clots early on is a good idea. Your risk of blood clots decreases greatly by including smoking cessation in your risk reduction plan.

**Talk about your heart health concerns with your healthcare team and develop a personal risk reduction plan together!**



## Surgery & Healing

If you are planning or considering any surgery, including gender-affirming surgery, many surgeons will **require you to stop smoking prior to surgery.** Smoking increases the existing risk of blood clots due to activity restrictions, other factors during the surgery, and the healing process.

Tobacco use also reduces your body's ability to heal after surgery. By stopping smoking, you can make sure you **get the best results & recovery possible** from any surgical procedure.

Even if you are not currently planning or scheduled to have surgery, stopping smoking now will give you time to master alternative coping mechanisms for stress and relapse prevention if you decide to have – or need – surgery in the future.

# Smoking Assessment

## What Am I Quitting?

Before you begin your quit journey, it is helpful to think about what exactly you are quitting. Looking at your current and past smoking behaviors will help you and your care team prepare and plan for your smoke-free future! You will discuss your answers to this short assessment, and any questions that were difficult to answer, with your care team during Visit One.

How old were you when you first used a tobacco product?

\_\_\_\_ Years Old

How old were you when you started smoking regularly?

\_\_\_\_ Years Old

On average, how many cigarettes do you smoke per day?

10 or Fewer

11-12

21-30

31 or More

0

1

2

3

How soon after you wake up do you smoke your first cigarette of the day?

After 60 min

31-60 min

6-30 min

Within 5 min

0

1

2

3

**My Nicotine  
Dependence  
Score**

\_\_\_\_  
0 to 6

Add the two numbers  
from your selection on  
the left together.

Do you smoke menthol-flavored cigarettes?

☐

Yes

☐

No

Do you use any other tobacco products?

(For example: spit/chewing tobacco, cigars, cigarillos, pipes, snus, or hookahs)

☐

Yes

☐

No

Do you use any electronic smoking devices?

(e-cigarettes or vaping devices)

If yes, what device and strength of vape do you use?

☐

Yes

☐

No

Device: \_\_\_\_ Strength: \_\_\_\_%  
Pod/refill size: \_\_\_\_mL  
which lasts for \_\_\_\_days

Have you ever tried to quit smoking?

If yes, how many times have you made a serious quit attempt?

☐

Yes

☐

No

- How long was your most successful quit attempt?

\_\_\_\_ Times  
\_\_\_\_ Days/Months (circle)

Do you currently live in a household with someone else who smokes?

☐

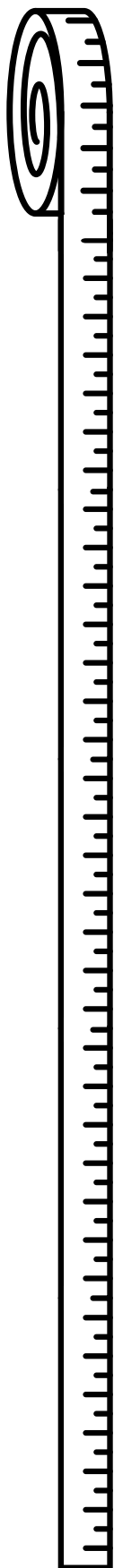
Yes

☐

No



# How Ready Are You to Quit?



## Where do you measure up today?

On the measuring tape, circle the number that best describes how you feel about quitting smoking.

- 10 I have quit smoking and will never start smoking again.
- 9 I have quit smoking, but I worry that I may start slipping.
- 8 I still smoke. I have made changes, such as cutting back. I am ready to pick my quit date.
- 7 I plan to quit smoking in the next 30 days.
- 6 I plan to quit smoking in the next 6 months.
- 5 I think about quitting smoking a lot, but I have no plans to quit.
- 4 I think about quitting smoking sometimes, but I have no plans to quit.
- 3 I rarely think about quitting smoking, and I have no plans to quit.
- 2 I never think about quitting smoking, and I have no plans to quit.
- 1 I really enjoy smoking. I will smoke the rest of my life, and I have no interest in quitting.

## Section One Preparing to Quit

## Weigh Your Options | Taking the Temperature

**On scale of 1 to 10, 10 being Very Hot and 1 being Very Cold:**

How would you rate your desire to quit smoking?

1 2 3 4 5 6 7 8 9 10

How confident do you feel right now in your ability to quit smoking?

## Weigh Your Options | You Take the Good

Your first activity might be a bit surprising: Let's talk about some of the **positives** of smoking.

Think about the following questions and write down your answers in the space below.

- How does smoking benefit your everyday life?
- What are some of the reasons you continue to smoke?
- If you have had a successful quit period in the past, what were some of the reasons you decided to start smoking again?

(Examples: stress relief, social activity, break from work, self-expression)

[illegible]

## Section One Preparing to Quit

## Weigh Your Options | You Take the Bad

Now that you have thought about some of the positives of smoking, what are some of the **negatives** of smoking?

Think about the following questions and write down your answers in the space below.

What problems does smoking cause for you or the people around you? What concerns do you have about continuing to smoke? (Examples: health issues, cost, smell/odor, being judged or stigmatized)

[illegible]

## Barriers | What's in My Way?

Think about some of the things that might make it difficult for you to quit smoking. What are some of your biggest concerns or fears? (Examples: fear of failure, high stress levels, pressure from friends who smoke)

Write them down in the space below:

[illegible]

# Section One Preparing to Quit

## The Health Benefits of Quitting



### In minutes

Your Heart Rate & Blood Pressure Return to Normal



### In 24 Hours

Your Nicotine Blood Level=0%



### In a Few Days

Your Carbon Monoxide Blood Level=0% • Higher Oxygen Levels • More Energy • Better Sense of Smell & Taste



### In a Few Months

Less Coughing & Shortness of Breath • Better Blood Flow & Lung Function



### In 1-2 Years

Lower Risk of Heart Attack



### In 3-6 Years

Risk of Heart Disease Cut in Half



### In 5-10 Years

Risk of Mouth & Throat Cancer Cut in Half • Lower Risk of Stroke



### In 15 Years

Risk of Heart Disease is the Same as a Non-Smoker



### In 10 Years

Risk of Lung Cancer Cut in Half • Lower Risk of Bladder, Esophagus, and Kidney Cancers



# Section One    Preparing to Quit

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## What's My Why?

Take a moment to reflect on all of the work you have done today. Look back at the questions and activities you have already answered in this booklet and the things you have learned about smoking and quitting smoking. In the space below, right down the most important reasons that you want to stop smoking. Those reasons are **Your Why**.



Cut this card out and keep it with you in a pocket, purse, wallet, or phone case. When you get a craving or experience a trigger to smoke, take out your card and read over **Your Why** to help you stay focused. And yes, it's okay if you need both sides!



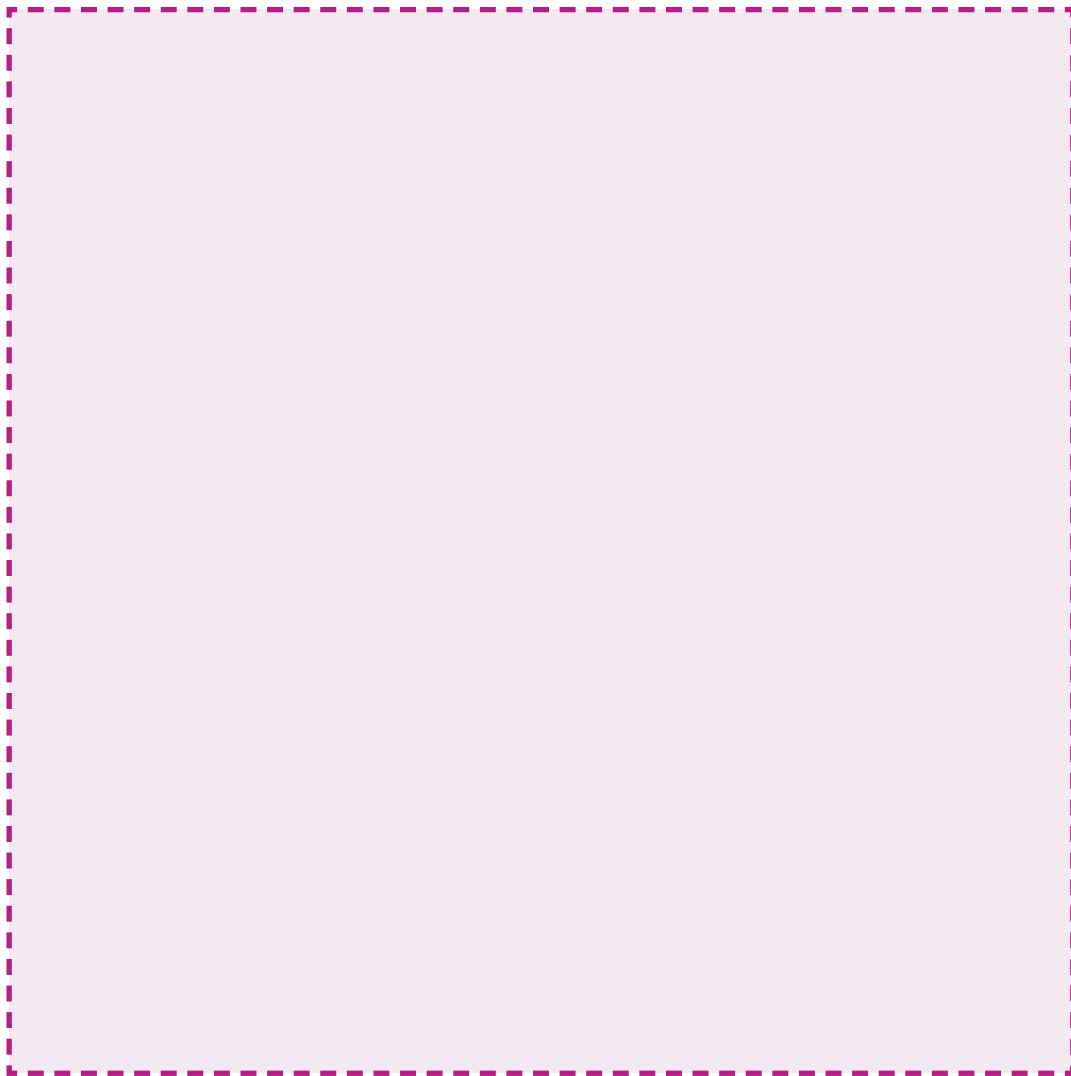
# Section One    Preparing to Quit

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## What's My Why?

Take a moment to reflect on all of the work you have done today. Look back at the questions and activities you have already answered in this booklet and the things you have learned about smoking and quitting smoking.

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# Section One    Preparing to Quit

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## Nicotine & Smoking

### What Is Nicotine?

**Nicotine** is a chemical substance found in tobacco products and e-cigarette/vape solutions. When you smoke tobacco or inhale a vaping solution, your brain quickly receives a high dose of nicotine, which triggers feelings of pleasure. The effect wears off quickly, causing you to want more. Over time, your body can become highly dependent on nicotine. You may experience cravings and withdrawal, or recovery from nicotine, symptoms.

**Nicotine addiction** can be physical (your body) and psychological (your mind). You may have one or both types of nicotine addiction.

### Physical Addiction

When you use a tobacco or vaping product, nicotine travels to your brain within seconds! Nicotine causes the brain to release dopamine. Dopamine is a chemical substance that exists naturally in your brain and allows you to feel pleasure and calm. When the effects of dopamine wear off, it creates an urge to smoke again to get those feeling of pleasure and calm back.

### Psychological Addiction

If you smoked every morning on your drive to work, you might notice that being in your car in the morning is a trigger for you once you quit smoking. Connecting smoking with certain people, places, and things is how you become psychologically addicted to nicotine.

## Are You Addicted to Nicotine?

**Here are some signs that you might be dependent on nicotine:**

1. You have made one or more unsuccessful attempts to stop smoking
2. When you try to quit you have one or more of the following psychological or physical symptoms:

### Psychological

Strong cravings to smoke  
Feeling anxious or restless  
Feeling irritable  
Difficulty concentrating  
Depressed mood  
Feeling frustrated or angry

### Physical

Increased hunger  
Difficulty sleeping  
Constipation  
Diarrhea

3. You have developed health problems due to smoking, such as difficulty breathing, and still are unable to stop smoking
4. You change your plans because you cannot smoke in specific places, such as restaurants and bars, or you give up activities where you will not be able to smoke.

# Section One Preparing to Quit

## Medication Options

When used correctly, stop-smoking medications are a safe and effective way to help you quit and stay smoke-free.

Stop-smoking medications come in two different categories. The first is **Nicotine Replacement Therapy**, which can be either **long-acting or short-acting**. The second category is **Non-Nicotine Medications**. Your provider might suggest a combination of long-acting & short-acting NRT, and Non-Nicotine Medications to provide you the most benefit.

## Nicotine Replacement Therapy (NRT)

### How It Works

NRT replaces the nicotine your body is used to getting from tobacco or vaping to ease withdrawal symptoms and cravings. NRT is not addicting because it delivers lower doses of nicotine that take longer to reach your brain.



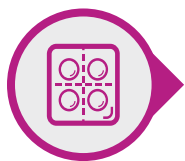
### Long-Acting Nicotine Replacement

**Nicotine Patches** stick to your body and release slow, steady amounts of nicotine through your skin. Nicotine patches slowly lower your body's need for nicotine and take the "edge" off cravings.

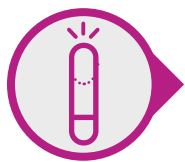


### Short-Acting Nicotine Replacement

**Nicotine Gum** delivers nicotine through the inside of your cheeks and mouth to stop cravings in their tracks. Chew the gum until you feel a tingling sensation and then "park" it between your gums and your cheek until the tingling wears off. You can use up to 24 pieces per day for cravings. Available with or without a prescription.



**Nicotine Lozenges** deliver nicotine in the same way as nicotine gum to manage cravings. "Park" the lozenge, similar to a cough drop or hard candy, between your gums and your cheek until it dissolves (20-30 min). You can use up to 20 lozenges per day. Available with or without a prescription.



**Nicotine Inhalers** deliver nicotine vapor into the mouth. Like nicotine gum and lozenges, the nicotine is absorbed primarily in the mouth and throat. Hold the puffed vapor in your mouth for a few seconds without inhaling into the lungs. Puff and release the vapor like this for 20 minutes.



**Nicotine Nasal Sprays** deliver nicotine through the lining of the nose. Start with one spray in each nostril 1-2 times per hour. Allow the spray to be absorbed in your nose. Do not sniff, swallow, or inhale the liquid. Sprays deliver nicotine to the bloodstream the fastest.

# Section One    Preparing to Quit

## Other Stop-Smoking Medications (Non-Nicotine Medications)



**Bupropion** (Brand Names: Zyban®, Wellbutrin®)

**How it works:** Normally prescribed to treat depression, Bupropion also effectively reduces nicotine cravings whether or not you have depression. Bupropion is also helpful in reducing weight gain after quitting smoking.

Bupropion is typically taken once or twice daily about 1-2 weeks before a planned quit day. May also be paired with NRT.



**Varenicline** (Brand Name: Chantix®)

**How it works:** Varenicline reduces the pleasurable effects of nicotine to help reduce nicotine withdrawal symptoms. Varenicline is typically taken twice daily with a full glass of water after a meal.

Varenicline can be taken 1 week, 1 month, or up to 12 weeks before a planned quit date with a gradual reduction in smoking.

**Note:** *If medications costs are a concern, our pharmacy team will work with you to find the most affordable options.*

## Blast from the Past

Have you ever tried to quit smoking? What did you try? **What worked well** for you...and what didn't work so well? What kind of **support system** did you have in place? What were some of the **challenges** you faced during previous quit attempts?

In the short survey below, check off and rate each of the quit methods you used during past quit attempts on a scale from 1 to 5, with 1 being *Not Effective at All* and 5 being *Very Effective*:

☐

**Medication**

Effectiveness Rating (Scale of 1-5): \_\_\_\_\_

☐

**Stress Management or Mindfulness**  
(Exercise/Meditation/Yoga)

Effectiveness Rating (Scale of 1-5): \_\_\_\_\_

☐

**Social Support**  
(Family/Friends/Support Groups)

Effectiveness Rating (Scale of 1-5): \_\_\_\_\_

**What else did you learn from your past quit attempts?**  
(Record your thoughts here)

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# Section One    Preparing to Quit

## Understanding Your Triggers

### What Are Triggers?

Triggers are the people, places, and things that you connect with a desire to smoke. Identifying your triggers will be helpful when you make your stop-smoking plan.

### What Are My Triggers?

Think about the people, places, and things that you connect with a desire to smoke. Write them down in the space below.

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What plans can you make ahead of your quit date to **manage your triggers** and reduce your chances of a smoking relapse?

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## Some possible options to manage triggers

### Avoid the triggering event:

- Avoid social situations where there will be alcohol present
- Don't drink coffee first thing in the morning

### Change the triggering event:

- If you smoke at a certain time of day, plan a walk around the block with a friend at that time
- If you are at a bar where others are smoking, remind yourself of the reasons you want to quit

### Substitute other habits for smoking

- Chew gum or eat sugarless candy
- Sip a cup of water or chew on a toothpick

# Section One Preparing to Quit

## The Drag Book

As you know, smoking can be a real drag. This next activity will help you keep track of how much of a drag smoking is for you before you choose your quit day. The sheets below, called Drag Books, are designed to help you identify the situations, triggers, and patterns of your everyday life as a smoker. You will use this valuable information to make a proactive plan to deal with cravings and high-risk situations once you quit smoking.

## The Drag Book



*Though we really hate to nag... log it down - even just one drag!*

Date	Location or Situation (Check Box)					Emotion or Trigger (Check Box)						Need Rating (Scale of 1-3)
Drag #	Time	Work	Home	Social	Other	Stressed/ Anxious	Down/ Sad	Happy/ Relaxed	During Travel	Food/ Drink	Other	
1	9:30am		x							x		2
2	1:00pm	x				x						3
3	5:00pm				x				x			2
4	5:15PM				x				x			didn't smoke
5	8:00pm			x				x				1
6												
7												
8												
9												

**Need Rating: 1-Not Very Important 2-Moderately Important 3-Very Important**

Each number in the Drag# column corresponds to a cigarette. To use the Drag Book, complete an entry for a Drag# each time you smoke or remove a cigarette from the pack. Make a note if you do NOT smoke the cigarette. If you smoke pack cigarettes, wrap the sheet around your pack with a rubber band.

As you move to the right, put a checkmark in the box closest to the location or situation you were in and the emotion or trigger you were experiencing at the time.

In the last column on the right, rank how difficult it would be to give up each cigarette on a scale from 1 to 3 with one being **not very difficult**, two being **fairly difficult**, and 3 being **very difficult**.

# The Drag Book



*Though we really hate to nag... log it down - even just one drag!*

Date	Location or Situation (Check Box)					Emotion or Trigger (Check Box)						Need Rating (Scale of 1-3)
Drag #	Time	Work	Home	Social	Other	Stressed/ Anxious	Down/ Sad	Happy/ Relaxed	During Travel	Food/ Drink	Other	
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

Need Rating: 1-Not Very Important 2-Moderately Important 3-Very Important

# The Drag Book



*Though we really hate to nag... log it down - even just one drag!*

Date	Location or Situation (Check Box)					Emotion or Trigger (Check Box)						Need Rating (Scale of 1-3)
Drag #	Time	Work	Home	Social	Other	Stressed/ Anxious	Down/ Sad	Happy/ Relaxed	During Travel	Food/ Drink	Other	
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

Need Rating: 1-Not Very Important 2-Moderately Important 3-Very Important

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*Though we really hate to nag... log it down - even just one drag!*

Date	Location or Situation (Check Box)					Emotion or Trigger (Check Box)						Need Rating (Scale of 1-3)
Drag #	Time	Work	Home	Social	Other	Stressed/ Anxious	Down/ Sad	Happy/ Relaxed	During Travel	Food/ Drink	Other	
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

Need Rating: 1-Not Very Important 2-Moderately Important 3-Very Important

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Date	Location or Situation (Check Box)					Emotion or Trigger (Check Box)						Need Rating (Scale of 1-3)
Drag #	Time	Work	Home	Social	Other	Stressed/ Anxious	Down/ Sad	Happy/ Relaxed	During Travel	Food/ Drink	Other	
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

Need Rating: 1-Not Very Important 2-Moderately Important 3-Very Important



Quit  
Smoking



## Section Two Quit Day

# Happy Quit Day!

You did it! Many people who want to quit smoking are never able to take the step you are taking right now. That is a huge deal, because any attempt to quit smoking will vastly improve your health. So give yourself a well-deserved pat on the back. And let's take another temperature check!

## Taking the Temperature

**On scale of 1 to 10, 10 being Very Hot and 1 being Very Cold:**

How would you rate your desire to quit smoking?

How confident do you feel right now in your ability to quit smoking?



## Checking in

What are some the things you thought about when you chose your Quit Day? What worries or fears did you have at the time? Check-in with those worries and fears now. How do you feel today? Share your thoughts below.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Section Two    Quit Day

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## Your Barriers & Supports to Quitting Smoking

Quitting smoking is not easy, or else everyone would do it, right? Sometimes what can get in the way seems overwhelming. It is important to be aware of your barriers to quitting smoking. It is also important to think about the support system that you are building as you set out on this life-changing journey.

### My Barriers

Think back to your first visit. Look over the Weighing Your Options & What’s In My Way activities on pages 10 & 11. What barriers are your biggest concern today? Write them down below.

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### My Supports

When barriers come up – and they will – it is important to have a support system in place to help you stay focused. Where will you find support in your quit-smoking journey? What friends, family, or community groups will you turn to when you need help staying or getting back on track? Write your answers below.

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# Section Two    Quit Day

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## Symptoms of Recovery

When you quit smoking, you may feel a little worse before you start feeling better. These feelings are nicotine withdrawal or symptoms of recovery from nicotine.

## Nicotine Withdrawal

When you expose your body to nicotine regularly over time, stopping smoking may result in symptoms called withdrawal. These symptoms are a normal sign that your body is beginning to recover. Withdrawal symptoms will disappear IF you do not start using tobacco again.

**Symptoms may include:**

- Cough
- Headache
- Upset stomach: nausea, bloating, constipation, or diarrhea
- Fatigue or difficulty sleeping
- Sore throat or gums and dry mouth
- Feeling down, irritable

## Managing Symptoms

Besides using your stop-smoking medications consistently to maintain your quit attempt, here are some ideas for managing recovery symptoms:

**Practice good self-care:**

- Take a bath or shower
- Take the dog for a walk
- Drink some of your favorite tea
- Practice stress reduction exercises

**Support your body with good nutrition and habits:**

- Get a good amount of sleep
- Have a balanced diet
- Cut down on caffeine

**If you are using NRT, these medication are often underused. Make sure you are using the right amount.**

**What are some other ideas you have to manage your withdrawal symptoms?**

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# Section Two    Quit Day

## S.O.S. Craving Management

**The Bad News** As your body adjusts to its new smoke-free life, tobacco cravings will likely be powerful and common during the first few days or weeks that you stop smoking. You may feel physically agitated, like your heart is racing, or fidgety and restless. Strong urges to smoke can take up a significant amount of your mental space.

**The Good News** All cravings end. The urge to smoke will pass within minutes if you are able to distract yourself with another activity or ask for help.

**Here is your S.O.S Craving Management Plan:**

- Run, walk, jog, or jump rope: exercising can help the urge pass quickly
- Drink cold water, have a strong mint, or use mouthwash
- Make a To-Do List for the upcoming week or weekend
- Have a stress ball or rubber bands on hand to keep your hands busy
- Breathe in slowly through your nose and out through your mouth

## What are some other ideas you have to manage your cravings?

# Section Two Quit Day

## Closeted Affirmations

Negative self-talk is another barrier to quitting smoking. **Self-talk** is your inner voice that tells you what you really think and feel about yourself and others. Hidden “in the closet” behind negative thoughts are positive affirmations. The challenge is to **find the positives and get those affirmations out of the closet**.

Here is an example of how to turn negative self-talk into a positive affirmation:



## Trans Power!

Remember, transgender folks develop strengths and survival skills out of necessity that many cisgender people may not. Here are some strengths identified by trans individuals as a result of their gender identity:



### Authenticity

A sense of inner peace and confidence

### Intimacy

Better communication with partners, freedom from societal expectations

### Community

Feelings of visibility, support, and connection

### Social Justice

Sensitivity to discrimination and the experiences of other marginalized groups, advocacy

### Insight

Personal growth, self-expression, and self-reflection



Section Three

Staying Smoke-Free

Program Debrief

Taking the Temperature

On scale of 1 to 10, 10 being Very Hot and 1 being Very Cold:

How would you rate your desire to quit smoking?

1

2

3

4

5

6

7

8

9

10

How confident do you feel right now in your ability to quit smoking?

1

2

3

4

5

6

7

8

9

10

Checking in

How has quitting smoking changed your life for the better over the past month? Look back to your answers for the “What’s My Why?” activity on page 13. How has your first month of quitting smoking supported the goals you made for yourself?

How has quitting smoking been challenging? How did you respond to difficult or unexpected challenges?

# Section Three

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## Staying Smoke-Free

### You did it!

**Congratulations on completing BreatheOut!** During your three visits, we talked about barriers and supports to stopping smoking, nicotine addiction, available stop-smoking medications, responding to cravings & triggers, turning negative self-talk into positive affirmations, and much, much more. This program book is yours to keep. Review what you have already learned, add new thoughts and ideas, and continue to use it wherever you find yourself on your stop smoking journey!

# B r e a t h e u t

## QUIT WITH PRIDE

BreatheOut is a program designed specifically for transgender and gender diverse folks who want to quit smoking. Developed for and with trans folks, BreatheOut is framed by an understanding of your community and your healthcare needs.

To help us sharpen this understanding, you will have an opportunity to give feedback on BreatheOut's effectiveness, overall structure, and content to improve the program for future participants. We appreciate your input. It will help improve the care and health of transgender and gender diverse individuals.

# Section Three

## Staying Smoke-Free

### Looking Forward

#### Setbacks & Slips

As you move from 'quitting smoking' to 'maintaining a smoke-free life,' setbacks are possible.

It is important to be gentle with yourself if you do have a setback. Keep in mind, **one slip does not make you a smoker.**

### How to Prevent a Slip from Becoming a Relapse

#### Focus on Feelings

- Process any feelings of guilt or disappointment quickly
- Reframe your setback as an opportunity to learn and recommit to seeking care
- Be gentle with yourself! Addressing a slip is a sign of strength, not weakness.

#### Revisit Your Support System

- What helpful behaviors can you ask your support system to continue in your new smoke-free life?
- What behaviors can you ask your support system to change or stop to support your new smoke-free life?

#### First Things First... It's Time to Celebrate!

Take some time to celebrate all of the hard work you did to achieve your goal of **living a smoke-free life.**



Group images courtesy of the Gender Spectrum Collection.

# Breathe Out

QUIT WITH PRIDE

