

# The Five-Day Plan to Quit Smoking

The Five-Day Plan is one of the oldest and most effective smoking cessation programs to date. First published by J. Wayne McFarland, M.D. and Elman J. Folkenberg in 1964, the Five-Day Plan has gone on to be conducted in countries around the world with over 20 million participants. The plan has also received recognition from the World Health Organization, the American Cancer Society, the American Lung Association, and the American Heart Association.

This program takes participants through a five-day step-by-step program to change daily habits and achieve their goal to quit smoking. Through psychological motivations (such as affirmation statements) and physical changes (such as dietary modifications), the Five-Day Plan works to break the participant's smoking routine and eliminate cigarette cravings. The plan also addresses issues such as weight gain and symptoms associated with nicotine withdrawal, along with alternative activities to overcome such concerns and remain smokefree.

# **Day One**

You've planned to stop smoking for a long time because of its dangers, its expenses, and its pointlessness. But smoking isn't like just any other bad habit. It affects your nerves, your heart—your entire body.

Maybe you've tried many times before to quit smoking, or maybe this is your first attempt. What you need is an all-out, comprehensive plan that addresses every aspect of your life.

The Five-Day Plan, based on physical and psychological principles, is designed to support your decision to quit smoking so you can succeed. You will be participating in a comprehensive physical fitness program for the total health of your body, mind, and spirit.

# You are about to stop smoking!

There may be some rough hours or days ahead, but this program was created to help you get through those stressful periods and to lessen each and every craving. This major life change can be yours through willpower and the right choices.

Get ready for a better life.

You can choose not to smoke. You can, if you set your mind to it!

# **Tonight**

Plan to go to sleep a bit earlier than usual tonight, to accomplish the following:

- a good rest for your nerves, so that you are fresh for tomorrow
- o so you can wake up well-rested a bit earlier in the morning

### Just before bed

- 1. Go for a short walk. Practice deep breathing.
- 2. Have a warm, not hot, shower or bath to help you relax.
- 3. If you usually have a drink to help you sleep, try an herbal tea or warm milk instead. You **must not drink alcohol** for the next five days.

4. Restate your decision several times: "I choose not to smoke."

Keep this page near your bed. You will need it first thing in the morning.

# Set an alarm for a half-hour earlier than usual.

- Take a relaxing shower or bath before breakfast. This is a must.
- Drink one or two glasses of water warm, if possible. Make an herbal tea with some lemon if you prefer. This week will be easier if you avoid coffee, caffeinated tea, and energy drinks for the week.
- Eat lots of fresh fruit and drink fruit juices for the first 24 hours. Try a variety of fresh fruits, such as bananas, berries, melons, grapes, or whatever is in season.

# Waking thought

"I choose not to smoke no matter how strong the urge."

Repeat several times.

**Now is the time to tell you**: Forget about your weight for a few days. The most important thing now is to stop smoking. Weight control, if necessary, can wait.

### **After breakfast:**

- deep, rhythmic breathing of fresh air (Three deep breaths can help to calm your nerves.)
- o a five-minute walk, if possible

Deep breathing and walking are vital—do both after *every* meal. If you are not on a regular exercise program, consult a clinician as to what is best for you.

In 1988, the U.S. Surgeon General reported that nicotine is just as addictive as heroin and cocaine.

Here you are at class or work. Watch out: tension can build. Remember: you've stopped smoking.

# What to do if a craving strikes

- 1. Say to yourself: "I choose not to smoke" and mean it.
- 2. Immediately get a glass of water.
- 3. Start deep, rhythmic breathing in time with your steps while you get some water.
- 4. Chewing sugarless gum or sucking on mints may be helpful.
- 5. Snack on fruit, celery, carrots, or other crunchy vegetables.
- 6. Call a friend.

Check to be sure that you have drunk at least three glasses of water or juice between 8:00 am and noon.

1	2	3

Aim to drink three more glasses between noon and your evening meal.

Fluids weaken cravings. Each craving you resist strengthens your will.

### Noontime

- 1. Avoid eating lunch with someone who smokes, if possible.
- 2. If you feel you must eat something other than fruit, try this recommended lunch:
  - o sandwich (avoid fried or spicy meat)
  - o salad, either fruit or vegetables (little or no dressing)
  - o soup, mildly seasoned
  - o fruit juice

### After lunch

- 1. Get outside for a ten-minute walk. Breathe deeply. Again, deep breathing will blunt the edge of a craving.
- 2. Say to yourself: "Sure, it may be hard, but right now I'm not smoking!"

**BENEFITS**: You will lose your hacking cough and shortness of breath, and avoid things like upper respiratory infections, emphysema, early wrinkles, lung cancer, and heart attacks. Smoking contributes to all of these.

### Your first afternoon

During the early afternoon, contact a supportive friend or partner who is also trying to stop smoking. Ask how they're doing—your encouragement might come at just the right time.

My partner's namber:	ne:	
		_
Afternoon fluid	ntake:	
1 2	3 <b>.</b>	
	_	

# Weaken that craving

In the late afternoon, don't let down.

- 1. Check the section on "what to do if a craving strikes."
- 2. Remember that you are on the way to a smoke-free life.
- 3. Restate your decision: "I choose not to smoke."
- 4. Keep the printout of this page with you.

Don't forget about the second day of the Five-Day Plan to stop smoking. Print out the Day Two page that will carry you through the next 24-hours.

# At home, after class or work

Avoid idle time. Keep yourself occupied with your favorite recreation, if only for a short period. Above all, stay away from:

- o a favorite chair or place where you often smoked
- any alcoholic beverage—one small drink can lead to a cigarette.

## Tonight's dinner

**Fruit and more fruit**: If you feel you are about to fall apart, eat a light meal like you may have at lunch:

- o soup with very light seasoning
- salad—cottage cheese or vegetables, with little or no dressing
- o whole wheat bread or toast
- o milk or juice

**Don't linger too long**: Don't stay at the table after a meal. Good food, good conversation—these can make you crave an after-dinner smoke.

Use your willpower. Get up and away from the table.

# Immediately after dinner

- 1. Watch out! Again, stay away from that favorite chair or place where you used to smoke.
- Breathe the fresh air for a few minutes and go for a five- to ten-minute walk.
   Deep breathing can help calm your nerves.
- 3. Try rinsing with mouthwash to help eliminate the urge to smoke after a meal.

# Did you know...

- There are over 4000 chemical compounds in tobacco smoke.
   According to the Surgeon General, over 40 of these can cause cancer.
- At some point during the next few days, you will hit a period where your cravings are worst—but after that, your cravings will start to lessen.

# If you did smoke...

What if you smoked a few cigarettes today?

#### Remember this:

You may have lost a battle, but that doesn't mean you lost the war.

- 1. Follow the plan more carefully.
- 2. Tonight's therapy session is to help strengthen your willpower.

"Each year more Americans die from smoking-related diseases than from AIDS, drug abuse, car accidents, and homicide combined." USCDC, Smokefree Educational Services, Inc.

# At home tonight

- Go for a short walk—practice deep breathing.
- 2. Take a relaxing shower or bath, but make sure it's not too hot.
- 3. Set an alarm early enough for a morning bath or shower and unhurried breakfast.
- 4. Keep this page at your bedside to look at first thing in the morning.

# **Information Sheet on Five-Day Program: DAY ONE** Please mark the items you have noticed as you quit smoking.

Date:	Name:	
<b>Headache</b> Type: vice-like bursting	sharp stabbing dull ache	throbbing pressure
Location: all over back of head	right side back of neck	left side front/above eyes
Duration: all day at night	half a day none	two hours or less
	dizziness s felt "trembling" inside eyes not focusing	blacking-out/fainting difficulty concentrating eye pain
<b>Appetite</b> no appetite taste change		vomiting
Craving to smoke very severe	severe slight	little none
Muscles muscle twitches prickly sensation	aching muscles	muscle cramps
Other symptomstiredsle	epy sweating hands	sore throat
Other:		

# **Day Two**

# First thing on awakening

- 1. Reach for this page.
- 2. Use your willpower and say again, "I choose not to smoke today."
- 3. The first 24 hours have passed—they might have been tough, or they might have been easier than you expected.
- 4. This morning, try "cold-mitten friction." Rub briskly with a cold, wet wash cloth to get your blood moving, rubbing until you are pink or feel a warm glow. Start with lukewarm water until your body adjusts to the cold.

### **Breakfast**

Focus on fruit again, either fresh or canned. Apples, oranges, or bananas are ideal. Other suggestions include:

- whole-grain cereal with raisins or other fruit
- o skim milk or yogurt
- whole-wheat toast or waffle with peanut butter
- o boiled eggs
- warm drink such as herbal tea or decaffeinated coffee, as caffeine can trigger a craving to smoke

If possible, get out in the fresh air and walk immediately after breakfast.

# On your way to school or work

- If traffic is bad or you have a long walk ahead of you, reach for a stick of sugarless gum, sugarless mints, or cinnamon sticks.
- It may be hard to quit, but smoking is harder on the nerves. Nicotine first stimulates nerves, then paralyzes them. Take a deep breath, drive or walk carefully, and think of a nice vacation you're saving money for it by giving up smoking.

### At work or school

When tension mounts, a glass of water or fruit juice can help stop the craving for a smoke.

- Deep, rhythmic breathing at every opportunity will help those tense nerves.
- Remember: You are choosing not to smoke!

# **During breaks or between classes**

Don't let it get to you!

- Stay clear of your friends if they are smoking.
- Keep drinking lots of fluids. Try difference juices (cranberry or apple for a change), as well as water. Fluids are essential to help your body get rid of all the tobacco residue.
- Have something ready to snack on (carrots, celery) if you feel the need.
- Avoid caffeinated coffee and tea, which could trigger cravings.

### Lunch

Try this menu:

- baked potato with low-cholesterol margarine
- o whole grain bread
- o legumes (peas, lima beans, etc.)
- o fresh green salad
- cooked vegetables
- o non-fat milk or tomato juice
- o fresh fruit for dessert

### This afternoon

Let your friends know you are choosing not to smoke and you may be edgy. If you get a headache, a mild over-the-counter pain reliever like ibuprofen or acetaminophen won't hurt and is much better than taking in one of the 4,000 chemicals found in tobacco.

Furthermore, you are on your way to better health, a better lifestyle and lessening your chance of cancer and coronary heart disease from smoking. The body has wonderful restorative powers. Give it a chance. **The good news:** You reduce your chances of heart disease, chronic lung disease, lung cancer and at least six other cancers when you stop smoking.

"Stopping smoking at any age reduces the progression of lung function loss and also provides an immediate improvement in lung function." Journal of American Medical Assn., June 1993.

### Mid-afternoon

- o Call your partner. He or she may need encouragement right now.
- o Keep drinking fluids.
- If the telephone is getting to you, talk slowly, take a deep breath between each sentence, and keep the conversation short. Have some water at hand.
- If you are at home and others are getting to you, hop in the shower for a break.

## On the way home

Congratulate yourself! Your willpower is becoming stronger. *You have stopped smoking*. Keep up the good work.

Think of all the health hazards you will miss and all the health benefits you will gain. Write them down.

"Smoking remains the single most preventable cause of death in our society." U.S. Surgeon General.

# **Dinner tonight**

You might be very hungry. Be careful—choose plain, simple foods.

- Avoid foods containing mixes of high fat, cream, and butter.
- Avoid fried foods or foods highly seasoned with spices and condiments.
- Beware of getting too full. A large meal topped with a rich dessert saps energy you need to resist cravings.

 For the next few days, eat a light supper and a bigger breakfast and lunch. You will sleep better and help restore your energy.

**After dinner, beware!**: Don't sit in your favorite chair or go to your favorite smoking place after dinner—it's loaded with tobacco smoke. That smell is all that is needed to start a craving.

Go for a walk! Don't linger at the table.

# **Information Sheet on Five-Day Program: DAY TWO** Please mark the items you have noticed as you quit smoking.

Date:	Name:	
<b>Headache</b> Type: vice-like bursting	sharp stabbing dull ache	throbbing pressure
Location: all over back of head	right side back of neck	left side front/above eyes
Duration: all day at night	half a day none	two hours or less
	dizziness felt "trembling" inside eyes not focusing	blacking-out/fainting difficulty concentrating eye pain
<b>Appetite</b> no appetite taste change		vomiting
Craving to smoke very severe	severe slight	little none
Muscles muscle twitches prickly sensation	aching muscles ı	muscle cramps
Other symptomstiredsle	epy sweating hands	sore throat
Other:		

# Day Three So far, so good

You are starting your third day without smoking. To some it may seem like three months. It has only been 48 hours.

You might feel as if you're "dragging." Don't worry. In a few days this and other symptoms will disappear.

Have you cleaned your clothes to get rid of the smoke smell? If not, do; you'll start smelling it tomorrow when your nerves and sense of smell begin to recover.

Today is critical—be careful.

- 1. Review your control sheets.
- 2. Start drinking fluids.
- 3. Enjoy cold-mitten friction.
- 4. Keep your resolve strong. "I choose not to smoke today, no matter how strong the urge."

**Avoid major problems today**: If at all possible, avoid any major stress for the next few days.

Give yourself every advantage: postpone problems a day or so. Make life as simple as possible.

### At breakfast

- Concentrate on having a nourishing breakfast.
- Remember fresh fruit and juices high in vitamin C.
- Include extra B-vitamins from foods such as whole-grain breads and cereals.

After breakfast, enjoy a 10- to 15-minute walk. (You may need to set your alarm a half-hour earlier to have time for both a good breakfast and a walk.)

Savor your ability to not smoke after a meal.

Keep an eye on your fluid intake again this morning.

If you have two glasses of water before breakfast, get in at least two more before lunch and two more in the afternoon.

**Did you know?** "Lung cancer has overtaken breast cancer among women who smoke."

**What about your partner?** It's easier to stop smoking if you make the effort to encourage someone else who is also stopping. Be sure to contact your partner, if possible.

## The irresistible urge

When it comes, it will be a real emergency.

Here's a proven emergency plan that will work for you if you follow it:

- 1. Decide immediately not to smoke for two minutes. Say "I choose to hold out for two minutes." You *can* hold out for that long.
- 2. Stand or sit up straight. Breathe rhythmically.
- 3. Silently say, "Give me strength. I can do this!"
- 4. At the end of two minutes, say "I choose to hold on two more minutes," and do it.
- 5. Remember—the urge will weaken. Hold on.
- 6. Force your mind to think of anything else during strong periods of craving: music, clothes, money, cars, a vacation, etc.

### Lunchtime

Have you noticed how much better things now taste? Why? Tobacco deadens your sense of taste.

Now that you've stopped smoking, your taste buds are waking up.

How do you feel? Many people feel much better physically during these days because they know they are battling and winning over a dangerous habit. However, some days will be rough, but hang in there. You can make it!

### Rewards

- o I can taste and smell better.
- The craving may be strong, but it doesn't last very long.
- My partner, friends, and family are proud of me.
- My withdrawal symptoms are not as severe as they were.

0	I've already noticed these things:

**Elated or depressed?** Your emotions can take a real beating since nicotine affects your nerves. Some feel depressed when stopping; others feel good. Since your nerves are in need of all the help they can get, be sure to keep up the deep breathing, water intake, and avoid stimulants such as tea, coffee, or energy drinks.

Get extra vitamins and minerals, especially the B-vitamins and vitamin C for healthy nerve function. Increase your intake of whole grain breads and cereals to get more B-vitamins and foods such as citrus fruits, green vegetables, tomatoes, peppers, and fresh potatoes to increase your vitamin C intake.

B-vitamins can be depleted by an excess of sugar. Skip the sugar and desserts for the next few days—give your body and nerves a chance to recover.

### After dinner

- o Exercise and enjoy the fresh air.
- o Get ready for the next day.
- o Get a good night's sleep.

"Those once smoking a pack or more a day, who have given up smoking for at least one year, have a death rate less than half that of those who have continued smoking."

American Cancer Society

# **Information Sheet on Five-Day Program: DAY THREE** Please mark the items you have noticed as you quit smoking.

Date:	Name:	
<b>Headache</b> Type:		
vice-like bursting	sharp stabbing dull ache	throbbing pressure
Location:		
all over back of head	right side back of neck	left side front/above eyes
Duration:		
all day at night	half a day none	two hours or less
Nervousness		
irritability trembling hands	s felt "trembling" inside	<ul><li>blacking-out/fainting</li><li>difficulty concentrating</li><li>eye pain</li></ul>
Appetite		
no appetite taste change		vomiting
Craving to smoke		
	severe slight	little none
Muscles		
muscle twitches prickly sensatior	aching muscles n	muscle cramps
Other symptoms tired sle	epy <u></u> sweating hands	sore throat
	1, — 3	_
Other:		

# **Day Four**

# Today

Today, you can go all day without smoking once.

### Why?

- Your body has been getting rid of the poisons.
- Making the right choices has strengthened your will.
- You have learned what to do when a craving strikes.

Read the points above, again and again.

**Today you are in control**: Begin to run your own life without tobacco dictating you. Today you refuse to be a slave any longer. Choose to think of something else besides that cigarette.

# "I choose not to smoke."

# Let's go, then!

- 1. Begin with cold-mitten friction and two glasses of water before breakfast.
- 2. Get additional vitamins, especially B-vitamins.
- 3. Make a special effort to encourage your partner who is also breaking the habit.
- 4. Know you have the power to break free.
- 5. Refuse to be a slave to tobacco any longer.
- 6. Say, "I choose not to smoke again."

"Three key lifestyle approaches must be addressed in preventing heart disease, diabetes, hypertension, and lung disease: smoking, diet, and exercise." World Health Forum, 1991.

**Have you had a headache?** Headaches can be a withdrawal symptom, and you are freeing yourself from a form of drug addiction.

**Craving still there?** Certain condiments, such as mustard, black pepper, or horseradish, can trigger a craving for a cigarette. You can also increase cravings by indulging in rich sauces and rare steaks.

A new you is in the making. Change your lifestyle. Give yourself every advantage that you possibly can. Review how to handle irresistible urges at unexpected moments.

## **Motives for quitting**

- Avoid cancer, heart attacks, impotence, infertility, and premature skin wrinkles.
- o Save money.
- Get rid of the smell and gain fresher breath.
- Set an example for others.
- o You control your life, not tobacco.
- Not smoking makes a better lifestyle.
- List your motive:


Nonsmokers exposed to secondhand smoke at home or at work have about a 25% to 30% increased risk of heart disease and a 20% to 30% increased risk of lung cancer. BMJ Group 2007.

# Staying physically healthy Exercise

In addition to a short walk after each meal, plan 20 to 30 minutes of exercise each day—walking is excellent. Check with your health care provider before starting a vigorous exercise program.

#### Food

In the morning, feast like a king; at noon, dine like a prince; at night, eat like a pauper.

# Weight

When your weight is healthy, exercising 3 times a week for 20 to 30 minutes will help curb those urges to smoke and keep your heart strong.

**Don't forget**: Stick with the program. You can make it. The only people who fail are those who give up. Be ready for the next day.

# **Information Sheet on Five-Day Program: DAY FOUR** Please mark the items you have noticed as you quit smoking.

Date:	Name:	
<b>Headache</b> Type: vice-like bursting	sharp stabbing dull ache	throbbing pressure
Location: all over back of head	right side back of neck	left side front/above eyes
Duration: all day at night	half a day none	two hours or less
	dizziness felt "trembling" inside eyes not focusing	<ul><li> blacking-out/fainting</li><li> difficulty concentrating</li><li> eye pain</li></ul>
<b>Appetite</b> no appetite taste change		vomiting
Craving to smoke very severe	severe slight	little none
<b>Muscles</b> muscle twitches prickly sensation	aching muscles	muscle cramps
Other symptomstiredslee	epy sweating hands	sore throat
Other:		

# **Day Five**

# On awakening

This is your fifth day of the program. You have successfully given up smoking.

Congratulations! But don't let your guard down. Your all-out assault on cigarettes has paid off for four days, and if you keep these sheets in hand and follow the good habits you have begun, you will continue to be smokefree.

## Right now

- Try cold-mitten friction over the entire body, if possible.
- Drink two glasses of water before breakfast.
- o Eat a good meal, but forget caffeine.
- A 10 to 15 minute walk will get you off to a good start again today.
- o Repeat often: "I choose not to smoke."

**Don't be tired**: It's easy to get tired from working so hard. Your concern now is to establish good habits as firmly as the bad ones you are now giving up. During the past few days you have discovered how to break the smoking habit—keep it broken by enjoying and practicing a lifestyle that will increase your life expectancy, health, and happiness.

**Your valuable body**: Your body is the most delicate and valuable machine in the entire world. Then why do millions of people willingly clog it, gum it up with tobacco tars and nicotine? You're far too intelligent to treat your body that way ever again.

# Gaining some weight?

There are several reasons why you might gain weight now, and there is something you can do about it.

- Snacking between meals puts weight on fast. Chew sugarless gum instead of candy or nuts. Keep celery and carrot sticks available for snacks.
- A large evening meal helps create extra pounds. If possible, have your dinner

- earlier in the day with a lighter meal in the evening.
- Tobacco upsets certain digestive and metabolic functions. These must be readjusted. You will begin utilizing your food with greater efficiency. Your appetite is increasing because of this.
- With exercise, a healthy lifestyle, and a low-fat, low-sugar, low-cholesterol diet, you can control your weight and feel good about it.
- Continue exercising at least three times a week.

Remember, you are psychologically around the corner when:

- You see others smoking and don't feel sorry for yourself.
- You feel sorry for others still addicted to nicotine.
- o You have more willpower. Your choices have built up your self-confidence.
- o You have an improved self-image.
- You are showing others that they can stop.

# Shift to the positive

List the benefits of giving up smoking, especially the ones you have noted:

1.	
2.	
3.	
4.	

Add more as you think of them. Keep your list on the refrigerator, desk, dresser, or calendar.

Remember last time: You may have quit smoking, started to experience less withdrawal symptoms, or noticed your cravings are less and don't occur as often. Maybe you had a rough day and almost gave up. But be assured: give yourself another 24 to 48 hours and you, too, will see a difference. Don't forget that you might have been smoking for many years, and you've only had a few days of being a non-smoker.

Keep at it. You can make it!

# **Explore**

- Try a new hobby. If it requires some cash, you will have it—you aren't spending money on tobacco any more!
- Look around and find someone you can help. Don't try to force them—just say, "I made it, so can you!"
- o My hobby is:

## Tips for the weekend

- Plan on doing something special. If you're not a people person, head for nature or some place quiet where you can be alone with yourself or friends.
- If being alone is stressful, stay with the crowd. Try State Street, one of the recreational facilities, or a favorite place on campus.
- Avoid a big feast, alcoholic drinks, tea, coffee, and energy drinks. These can all trigger an urge. Stay in control. Treat yourself to a fruit salad at your favorite restaurant. Remember to sit in the nonsmoking section, if you're out of town for the weekend!
- o Start your new hobby.
- Keep in touch with your partner or nonsmoking friends for support.

Don't forget: The Follow-up Session!

# **Information Sheet on Five-Day Program: DAY FIVE** Please mark the items you have noticed as you quit smoking.

Date:	Name:	
<b>Headache</b> Type:		
	sharp stabbing dull ache	throbbing pressure
Location:		
all over back of head	right side back of neck	left side front/above eyes
Duration:		
	half a day none	two hours or less
Nervousness		
	dizziness felt "trembling" inside eyes not focusing	<ul><li>blacking-out/fainting</li><li>difficulty concentrating</li><li>eye pain</li></ul>
Appetite		
no appetite taste change		vomiting
Craving to smoke		
very severe	severe slight	little none
Muscles		
<pre> muscle twitches prickly sensation</pre>	aching muscles	muscle cramps
Other symptoms tired slee	epy sweating hands	sore throat
Other:		

# Follow-up

# What you learned in five days

Our bodies are designed to keep us in good health if we follow the simple, but important, rules of the Five-Day Plan. Each part is important to help you stay free from nicotine and maintain a healthy lifestyle.

### Remember:

- o "I choose not to smoke."
- o Use deep rhythmic breathing.
- o Drink six to eight glasses of water daily.
- o Enjoy cold-mitten friction.
- Exercise at least three to five days a week.
- o Get adequate rest, sleep, and relaxation.
- Eat a balanced diet, cutting down on fat, sugar, and cholesterol.
- o Avoid overeating.
- o Avoid alcohol, tea, and energy drinks.
- Avoid places where others smoke.
- o Start a new hobby or a new interest.
- o Think of all the benefits of not smoking.
- Encourage others to quit smoking.