

Habits to Swap

Triggers are regular events that bring on a powerful craving for tobacco.

For instance, at the end of a meal when you suddenly get a strong urge to smoke. Triggers are activities, times, or situations that provoke a serious urge to use the nicotine. Its part of the addiction. Here are a few things that commonly trigger an urge to light up or chew.

- * The smell of coffee
- * A stressful situation
- * Driving in your car
- * Drinking alcohol
- * Loneliness
- * Instead of eating
- * Right after I get off work

Habits to Adopt

- * Walking
- * Stretching
- * Resistance Exercise
- * Deep breathing relaxation
- * Drinking more water
- * Eating more fruits/vegetables
- * Choosing whole grain foods
- * Choosing low-fat dairy
- * Flossing teeth
- * Biking
- * Dancing

The New Switcheroo

What is a Switcheroo

Switcheroos are simple and small lifestyle changes you design and implement around your tobacco/nicotine use cessation process. Simply put, a Switcheroo involves swapping a tobacco/nicotine use trigger for a healthy behavior. The affect is going to be monumental, but it won't feel like you are making huge changes! Switcheroos are easy, everyday changes you can begin making today. They will require a bit of effort in the beginning but it gets easier over time.

There is little to no expense.

KEEP IT SIMPLE:

Stick to just one
habit per
Switcheroo.



The New Switcheroo

Designing Your Switcheroo

To design a Switcheroo, begin by identifying your personal tobacco/nicotine triggers using the space provided. Which ones are you willing to swap for a healthier activity?

Next, identify a healthy habit you would like to adopt. We have listed some examples to get you started.

Now, just put the two together and you have your Switcheroo! Good luck on making your small changes turn into big benefits.

Things that make me want to smoke/chew.

Right after having a meal.

Before I take a shower

Healthy changes I'd really like to begin making.

Taking the stairs

Packing a lunch

Learning to dance

Switch
Tip!

Here are some great resources to help you through the journey if you are preparing to quit:

- * QuitlineIowa.org
- * Cancer.org
- * Lung.org

Your Name: _____

The New Switcheroo

Congratulations on doing The New Switcheroo! By this time you should have recorded your tobacco triggers. Which one are the most frequent? Which is it that is most intense?

Which ones are you ready to swap and which ones are you not? Record your Trigger To Swap and the Habits To Adopt below. Each day during the next six weeks, check either the “Y” for yes, meaning you did perform the Switcheroo each time you felt that particular trigger; or “N” for no, you did not. You will add 2 more Switcheroos during weeks 3 and 5.

(See reverse)

Switcheroo 1: Weeks 1 through 6															
	MON		TUES		WED		THURS		FRI		SAT		SUN		Trigger To Swap
Week 1	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Week 2	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Week 3	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Habits To Adopt
Week 4	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Week 5	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Week 6	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	



Switch
Tip!

Because some triggers or urges spring up multiple times per day, it is a good idea to Adopt 2-3 Habits per trigger. Mix it up between an activity or a healthier eating habit for well rounded change.

Your Name: _____

The New Switcheroo

Switcheroo 2: Weeks 3 through 6															
	MON		TUES		WED		THURS		FRI		SAT		SUN		Trigger To Swap
Week 3	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Week 4	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Week 5	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Week 6	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	

Give yourself a big pat on the back every time you skip a cigarette or any kind of tobacco/nicotine use, you are a step closer to better health!

Switcheroo 3: Weeks 5 through 6															
	MON		TUES		WED		THURS		FRI		SAT		SUN		Remember to return your tracking form at the end of Week 6!
Week 5	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Week 6	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Habit to Swap: _____							Habits to Adopt: _____.								

The New Switcheroo

Changing Habits

There is a great deal of research debating the length of time it takes to change a habit. Fact is, making a specific plan for achieving your goals is most likely your path to success.

The New Switcheroo is designed to help you make small steps that will increase your chances for success in this transition to a healthier you! This challenge is geared specifically toward tobacco/nicotine use cessation, however, the basic principles may be applied to other habits as well.

- 1. Start by taking small steps*
- 2. Change one habit at a time (tobacco/nicotine use)*
- 3. Write down the habit you want to change and specific plans for achieving that goal*
- 4. Repeat the behavior aiming for as often as you can. The behavior you are practicing in The New Switcheroo is that of not giving in to the urge to use tobacco/nicotine.*

BE SPECIFIC:

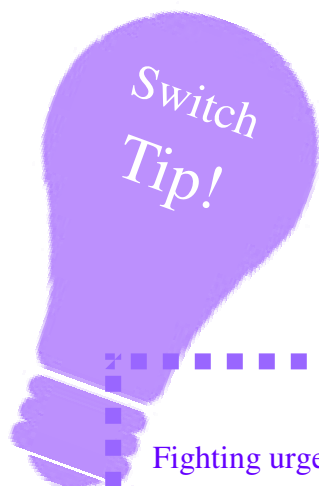
When you're doing #3 above, be specific about what your are giving up and what you are committing to do. If its cutting back on tobacco get detailed about how you're going to accomplish that.

IE: by "Switch"ing that morning constitutional cigarette with an apple.

Switch
Tip!

The New Switcheroo

Overview



Fighting urges is a tough task, but you are up for it! What motivates you may not be the same as what motivates others.

Think about making a list of the reasons you entered this challenge — one you can review later when you are feeling tempted.

WHO is The New Switcheroo Designed For?

Tobacco or nicotine users considering making a meaningful lifestyle change as well as those who are already quit, and still feeling urge periodically. The target of this exercise is to make conscious decisions to replace the unhealthy use of nicotine products with healthy habits.

What Is The Goal Of The New Switcheroo?

To challenge people to swap tobacco for a healthy activity, practice or task. The idea is to help participants become increasingly comfortable with less and less tobacco use.

Why Should I Participate?

To open yourself up to the freedom you can experience with less tobacco use. To show yourself you can feel better physically with a few small changes. By learning to make Switcheroos and enjoying their positive impacts, participants will be more likely to adopt more and more healthy behaviors.

So What Do I Do?

Record and track your success in achieving three Switcheroos over the duration of the 6 week program. At the end of the campaign you will turn in your tracking form.

The New Switcheroo is a tobacco cessation spin off of the 2008 TAVI Health Inc. worksite challenge, The Old Switcheroo, based on overall healthy habits. The New Switcheroo has been developed by Cerro Gordo County Department of Public Health to take the 'switching' of healthy habits one step further. That is, to emphasize efforts toward cessation in helping participants begin to get comfortable with trading tobacco triggers for healthier habits. The New Switcheroo has been developed in an effort to support local worksites who have requested specific tobacco cessation programming.

