

# Great American Smokeout<sup>®</sup>

Behavior Change

## Thinking about quitting smoking?

Dear Great American Smokeout<sup>®</sup> participant:

Thank you for your participation in the Great American Smokeout. Your support is vital for the smoker with whom you have agreed to work to have a successful day.

The Great American Smokeout is an annual event, held each year on the third Thursday of November and is sponsored by the American Cancer Society. More people quit smoking on this day than on any other day of the year.

We would like you to check in with your partner throughout the day. We have included tools in this packet that will help your partner throughout the day as he or she faces certain challenges. These tools include:

- *Lollipop or stress balls.* Many smokers are accustomed to having something in their hands, and these items, used first thing in the morning and/or afternoon, may help with that preoccupation.
- *Water bottle.* It's very important for a smoker to drink extra fluids as he or she begins to quit smoking. Water helps combat the symptoms of dry mouth and sore gums, throat, and tongue, and it also helps stave off hunger. These symptoms appear as the body begins to heal itself. Midmorning is a good time to hand out a water bottle.
- *Certificates.* Let everyone know that you and your partner are participating in the Great American Smokeout. Hand out a certificate at the end of the day.

Have a great day, and thank you for encouraging others to be smoke-free!

In good health,

Program Coordinator

