

Celebrate Smoke-Free Miami & the Great American Smokeout

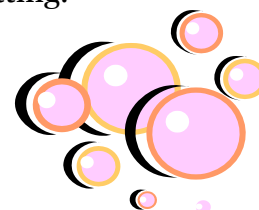
Thursday, November 19, 2009

Employee Health & Well-Being (EHWB) is celebrating Miami University's smoke-free campus in honor of the American Cancer Society's Great American Smokeout! This event challenges people to stop using tobacco and raises awareness about the many tools available to help people quit for good. On Thursday, November 19, EHWB will pass out Blow Pop suckers with stickers to encourage employees to "Blow Bubbles, Not Smoke!" Employees can also wear these stickers at work to celebrate our smoke-free campus and support those who are quitting.



Benefits of a Smoke-Free Campus

- A smoke-free environment helps create a safe and healthy workplace.
- Smokers who want to quit may have more of a reason to do so.
- A smoke-free campus eliminates second-hand smoke exposure.
- The risk of on campus fires is lower if smoking is prohibited.



Housing, Dining, & Guest Services is promoting the Great American Smokeout too!

The buffet dining halls will be displaying special cakes with the "Blow Bubbles, Not Smoke" logo on Thursday, November 19 during breakfast and lunch hours. These cakes will be served on Friday, November 21 as an extra dessert during lunch hours. Buffet dining hall locations include Alexander, Erickson, Hamilton, Harris, and Martin Dining Halls. In addition, this week (November 16 - 20) Harris Dining Hall will have a discounted rate for Miami employees of \$6.75 per meal.

* Tips for Smoking Cessation *

What to Do When a Craving Comes

Eat something! Choose a healthy snack, such as yogurt or raw veggies.

Talk to yourself. Be kind! "Slow down. You're doing great. You can keep going."

Distract yourself! Whistle, sing, brush your teeth, work on a hobby, or take a shower.

Analyze the urge. Why do you feel the urge to smoke? Is it to relieve boredom or to reward yourself after an extended period of concentration? Find another way to change your mood or take a break.

Move your body. Get up and walk around. Take a drink of water. Practice relaxation exercises. Stretch, yawn, do deep knee bends, touch your toes, or shrug your shoulders.

Breathe! Inhale and exhale as if you actually have a lighted cigarette in your mouth. You will find that you are actually sighing!

Reflect. Think of quitting as an act of love for those you care about. It's also a gift to yourself.

Remember. The urge passes whether you smoke a cigarette or not. The most intense cravings last 5 to 10 minutes at the most.

Source: American Lung Association

General Hints for Family and Friends

Do respect that the quitter is in charge. This is their lifestyle change and their challenge, not yours.

Do ask the person whether they want you to call or visit regularly to see how they are doing. Let the person know that it's ok to call you whenever they need to hear encouraging words.

Do help the quitter get what they need, such as hard candy to suck on, straws to chew on, or fresh veggies cut up.

Do spend time doing things with the quitter to keep their mind off smoking—go to the movies, take a walk to get past a craving (what many call a "nicotine fit"), or take a bike ride together.

Do help the quitter with a few chores, some child care, cooking—whatever will help lighten the stress of quitting.

Do celebrate along the way. Quitting smoking is a **BIG DEAL!**

Don't take the quitter's grumpiness personally during his nicotine withdrawal. The symptoms usually pass in about two weeks.

Don't offer advice. Just ask how you can help with the plan or program that is being used.

Source: American Cancer Society