DRAFT

 **Congratulations on Being Clean, Sober, and Free!**

 Your body has ***already begun to heal*** from being tobacco-free.

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| **Did you know that in:** |
| **20 minutes** | Your blood pressure drops back down to normal.  |
| **8 hours** | The nicotine begins to leave your body.  |
| **48 hours** | Your senses of taste and smell begin to return.  |
| **72 hours** | Your throat begins to relax and your energy level increases.  |
| **5-10 days** | Your cravings for smoking decreases, and your heart rate begins to return to normal  |
| **1 to 2 months** | Your lung function and capacity begin to improve. You may notice less coughing and shortness of breath.  |
| **3-6 months** | For the next several months after quitting, blood circulation continues to improve.  |
| **After 9 months** | The cilia that help push mucus out of the lungs and help fight infections have begun to return. |
| **After 1 year** | Your risk for coronary heart disease decreases by half. This risk will continue to drop past the 1-year mark to that of a non-smoker.  |

Staying tobacco-free will allow for a better quality of life, often decrease the risk of relapse to a drug of choice, and improves your chances for long-term sobriety.

**If you would like to stay clean, sober, and tobacco-free there are a few things you can do:**

* Surround yourself with supportive people – tell family, friends, and significant others in your sober support network that you’re choosing to refrain from using alcohol, tobacco, and drugs.
* Remove tobacco products, lighters, ashtrays, and other reminders from your environment.
* Anticipate triggers and use relapse prevention coping skills.
* **Remember** HALT – manage your life “a-day-at-a-time” with a goal of not being too Hungry, Angry, Lonely, or Tired.
* Be grateful – affirm your personal reasons for not using and acknowledge the rewards of recovery.
* Talk to your doctor, pharmacist, or health care provider about tobacco treatment medication options ***before***and ***after***your discharge.

You can also call 1-800-Quit-Now for FREE tobacco treatment medications and coaching.