



## Cessation Resources & Information



### How Much Will You Save?

Smoking cigarettes is expensive - the average price of a pack of cigarettes is \$8.39 in the United States. Use our calculator to find out how much of your money is going up in smoke.



### Stop Smoking Behavioral Support

The inhaler provides a simple and convenient way to enjoy a minty and fresh sensation that satisfies the oral fixation often associated with smoking.



### Amplify! Cessation Support

A space to help overcome the social, emotional, and physical challenges of living without nicotine. Visit [amplify.love/cessation-support](https://amplify.love/cessation-support) to learn more!



### How to Help Others Quit

Someone who feels supported is more likely to quit smoking for good. That's why friends, family members, and significant others can play a big part in helping a person become smokefree. Here are some tips that can help you support the person in your life who is quitting smoking. *The more you know, the more you can help.*

- **START THE CONVERSATION**
- **ASK QUESTIONS**
- **DON'T LECTURE**
- **LISTEN**
- **OFFER DISTRACTIONS**
- **BE PATIENT AND POSITIVE**
- **DON'T BE TOO HARD ON THEM IF THEY SLIP**
- **CELEBRATE SUCCESSES BIG & SMALL**
- **HELP THEM DE-STRESS**
- **BE THERE FOR THE LONG HAUL**

## Real Stories, Real Success

Let's celebrate those who have quit or made significant progress towards quitting, and promote tobacco cessation as a powerful tool in the fight against tobacco cessation disparities.



### “ JENNIFER BLANNON

After 30 years of smoking, I did quit. I will share my personal journey on how I decided to quit, and how I did quit on January 10th, 1998 with a promise to myself and God never to return to smoking **EVER AGAIN!**

### SHARE YOUR STORY WITH US

Scan the QR code to share your story about the benefits of living a nicotine free lifestyle!





# Simple Things to do Instead of Smoking

## Things to Do in this Moment



- Take Deep Breaths
- Chew Gum
- Brush your teeth & floss
- Eat crunchy fruits or vegetables
- Remember your "Why", Reflect on the reasons you chose to quit smoking

## Things to do alone or with others

- Play a board game with a friend
- Start or tend to your garden
- Watch a movie
- Go on a bike ride
- Exercise
- Play with your children outside or at a park
- Bake a cake or cookies!



## Things to do at home

- Take a relaxing bath
- Keep your hands busy:
  - Knit, Crochet, Paint, Color, or Sew!
- Journal!
  - Write a list of things you're grateful for, things that bring you joy, activities you'd love to try or do

## Things to do when you're feeling productive!

- Volunteer at a community organization!
- Organize a small area in your home or your computer files
- Do household task (eg: Clean out refrigerator, mop/scrub your floors, organize your clothes, etc.)
- Do yard work (eg: pull weeds, cut grass)
- Wash your car

## Change your Environment

- Take a scenic drive
- Go to the library and pick out a book to rent
- Go to a museum
- Go for a walk, hike, or bike ride
- Go fishing
- Enjoy the sunrise or sunset





# Smoking Cessation/Quit Resources



AMPLIFY, through the African American Coordinating Center (AACC), provides culturally relevant support and tailored assistance to tobacco control programs, non-traditional partners, and the broader community. Their focus is on engaging African American and African Immigrant communities in combating the disproportionate targeting of these groups by the tobacco industry. AACC offers resources, moral support, and tailored strategies to help organizations understand and overcome challenges in tobacco control, while fostering meaningful community engagement.

AACC also works to build the capacity and resilience of Black communities through leadership development, training, and education. Their programs empower individuals, from students to seasoned professionals, to pursue careers in public health, tobacco control, and related fields. By offering personalized quit smoking support, workshops, and webinars, AACC strengthens community members and organizations alike, helping to build a healthier, tobacco-free future.

[Visit Amplify Today!](#)



Amplify's Kick It Now Cessation Support Resource is a space that will help you to overcome the social, emotional, and physical challenges of living without nicotine.

Our challenges are unique and it is imperative that African Americans are given the resources and support we need to overcome them. We know that with the right resources, stopping smoking is possible!

As AMPLIFY! we KNOW that Black people absolutely can quit smoking and we are proud to offer resources to help our community. We want to ensure that you have the support tools to help yourself, a client, or a family member stop smoking. Our resources will soon be updated and include online and social media support.

[Visit Kick It Now Today!](#)

# Breaking Free From Nicotine Word Search

y q l f s d k d l i b e r a t i o n i v q p g  
a g t h b r e a k i n g f r e e a s z n u v b  
e d i r r v t p p t e d d j s w r t y i i c w  
m e e s a g l a x z g b e w t o p r z c t k e  
p g t s n n j h m c a h t r w t x e e o s p m  
o a a e o n s p e k r o e f t f g n c t m s o  
w r r r t c i f j z u p r e k g n g n i o u c  
e u b g o h b b o p o e m c h u o t a n k p r  
r o e o t p l s r r c p i n c j i h r e i p e  
m c l r o m x y o m m b n e l k t w e f n o v  
e n e p b u k c q u w a a i u s a l v r g r o  
n e c l a i w d e k h z t l n a v z e e v t j  
t h a e c r w a d x z b i i h j i t s e w a r  
g k r m c t k g k e i m o s o w t u r k g q c  
n g g a o u x d s f q c n e p n o r e p w k w  
e f p u h l a w e n e r d r y n m j p r e l b

Find the following words in the puzzle.

Words are hidden     and  .

breaking free  
celebrate  
courage  
determination  
empowerment  
encouraged  
hope  
liberation

motivation  
nicotine-free  
no to tobacco  
overcome  
perseverance  
progress  
quit smoking  
renewal

resilience  
strength  
support  
transformation  
triumph

