

Week	Session Outline – Week 3	Video Topic	Points to Emphasize	Handouts/Supplies
Three	<ol style="list-style-type: none"> 1. Check attendance and distribute name badges. 2. Divide into 2 small support groups (if needed). 10-15 per group is ideal size. 3. Support group topic – “What causes you stress? What could you do instead of smoke when you are stressed?” 4. Show videotape/DVD – Week 3. 5. Review “Points to Emphasize.” 6. Distribute Handouts. 7. Collect name badges. 	<ul style="list-style-type: none"> • STRESS and stress management • L.A.R.K. <ul style="list-style-type: none"> ○ Look ○ Assess ○ React/act ○ Know difference between what’s really a threat vs. a nuisance. 	<ol style="list-style-type: none"> 1. Stress vs. stressors L.A.R.K. Look Assess React/act Know 2. Review page 61 of the <u>Cooper Clayton Method to Stop Smoking</u> book. 3. Those who succeed use the nicotine replacement product as their ONLY source of nicotine. 4. You will DOUBLE your chance for success if you come to the weekly group meetings. 5. If on patch – continue on 21 mg. patch dose. 6. If on gum or lozenge – use 10 pieces per day this next week. 7. Remember: “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed!” 	<ul style="list-style-type: none"> • Attendance sheet • Name badges • VCR/TV or DVD/TV • Videotape or DVD 12:07 • <i>Anxiety</i>