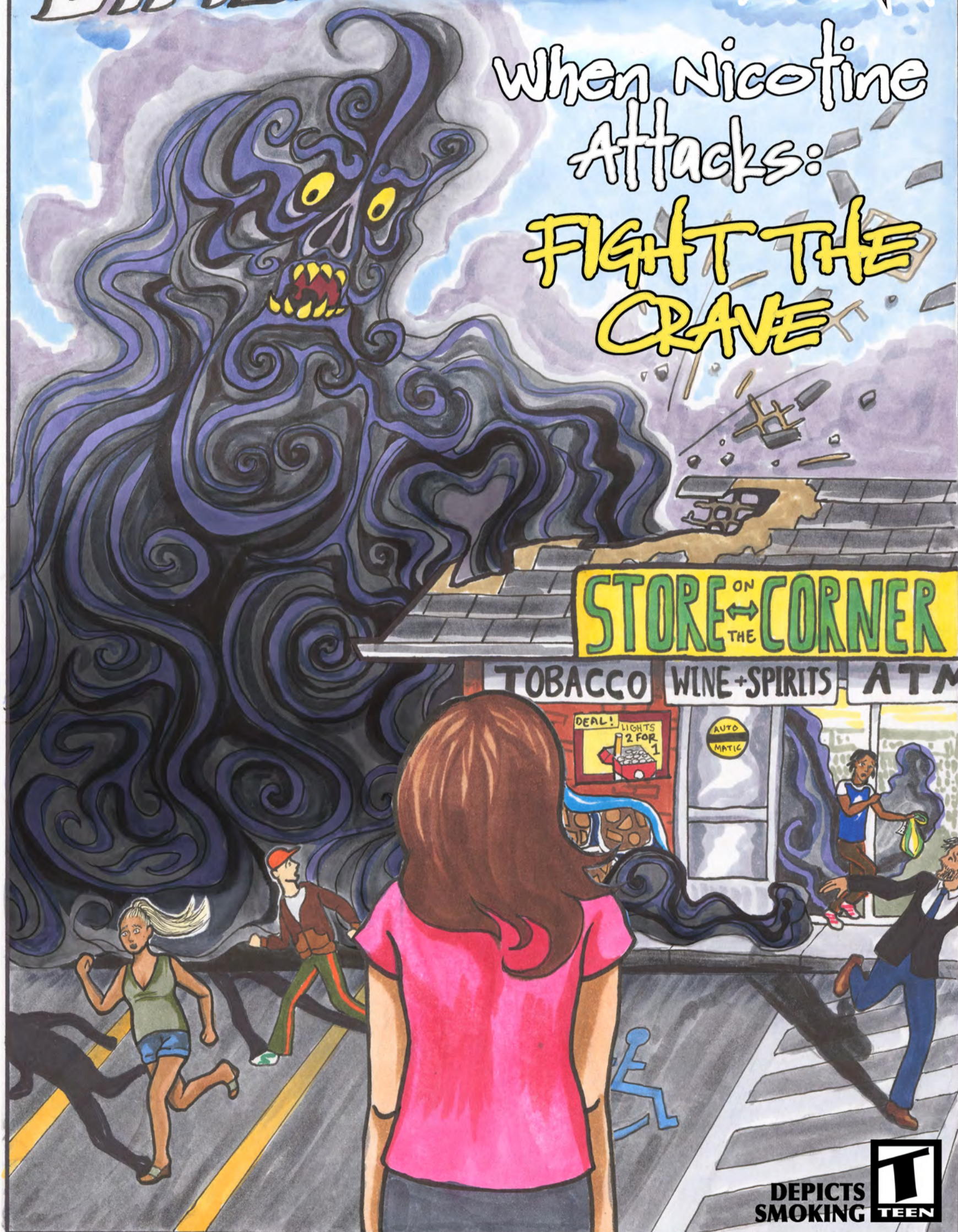


# THE DIMENSIONS



When Nicotine  
Attacks:  
**FIGHT THE  
CRANE**



DEPICTS  
SMOKING  TEEN



# The DIMENSIONS



## Issue 1



### **About BH WELL**

The University of Kentucky College of Nursing's Behavioral Health Wellness Environments for Living and Learning (BH WELL) research team exists to promote behavioral health and wellness among individuals facing behavioral health challenges. We live DIRECT by prioritizing Diversity, Innovation, Respect, Compassion, and Teamwork.

### **Research**

Tobacco dependence, related illnesses, and death have continued to greatly affect people living with mental and behavioral health challenges in the United States. *When Nicotine Attacks: Fight the Crave* highlights the experiences of overcoming tobacco cravings in a person with an underlying anxiety disorder. The story focuses on a band named *The Dimensions* whose members are also superheroes. *The Dimensions* support the main character who is struggling with anxiety, tobacco use, and nicotine dependence. A person living with anxiety often starts using tobacco to reduce their symptoms. However, nicotine withdrawal from tobacco use may also increase anxiety leading to a vicious cycle of tobacco use, withdrawal symptoms, and heightened anxiety. Secondhand tobacco smoke exposure is a serious trigger for nicotine cravings among those trying to quit tobacco use. There are several evidence-based approaches available to those who want to quit smoking such as FDA approved medication (e.g., nicotine replacement therapy, prescription cessation medications), counseling, and social support.

Okoli, C. T., & Seng, S. (2018). Associations between secondhand tobacco smoke exposure and nicotine dependence and smoking cessation attempts among adult tobacco users with a psychiatric disorder. *Biological Research for Nursing*, 20(5), 558-565.

Okoli, C. T., & Kodet, J. (2015). A systematic review of secondhand tobacco smoke exposure and smoking behaviors: Smoking status, susceptibility, initiation, dependence, and cessation. *Addictive behaviors*, 47, 22-32.

### **Acknowledgements and Credits**

Script and Story: BH WELL Research Team

Creators: BH WELL Research Team

Artwork: Dotty K. Berryman

Art Director/Production: David Bryan Blondell

Funding Support: Kentucky Tobacco Prevention and Cessation Program  
along with support from internal funding.





When Nicotine  
Attacks:

## FIGHT THE CRAVE

**W**hen *Nicotine Attacks: Fight the Crave* features the story of park ranger and lead singer for *The Dimensions*, Eric Ripple. He and his bandmates are also a clandestine group of superheroes. As we meet up with Eric, he has recently quit smoking tobacco. Along with an underlying anxiety disorder, he's beginning to experience bouts of nicotine withdrawal. While practicing for an upcoming gig, Eric starts to cough. This coughing triggers his anxiety and a rise in agitation. He walks away from his band practice to take a breather. Instead, he breathes in secondhand smoke, which increases his desire for nicotine and sets him off on an uncontrollable nicotine "crave wave."

**H**ope, his wife, follows him and realizes this situation requires a team of superheroes! She sends out the signal to *The Dimensions* to help. They arrive to find that Eric has been overtaken by *Shadow Tsunami*, his nicotine-craving monster alter-ego. With the support of his fellow superheroes, Eric is pulled from *Shadow Tsunami* and transforms into *Captain Calm*, his alter-ego. His superhero friends provide much-needed counseling, nicotine replacement, clean air, and support to help him battle his nicotine cravings.

**B**ut in the end, *Captain Calm* will have to be the one to give his addiction the last punch! Once the battle is over, there is much to celebrate! Oh! And a gig down at *The Well*!



AS THE DIMENSIONS BAND PRACTICES  
IN ERIC & HOPE RIPPLE'S GARAGE...



I am excited for  
Friday's show!  
Let's make some  
money, baby!



Cannot wait until  
Friday. It is gonna  
be EPIC!



Only if we practice. So back to it!





ERIC STRUGGLES TO SING BECAUSE OF A COUGH...

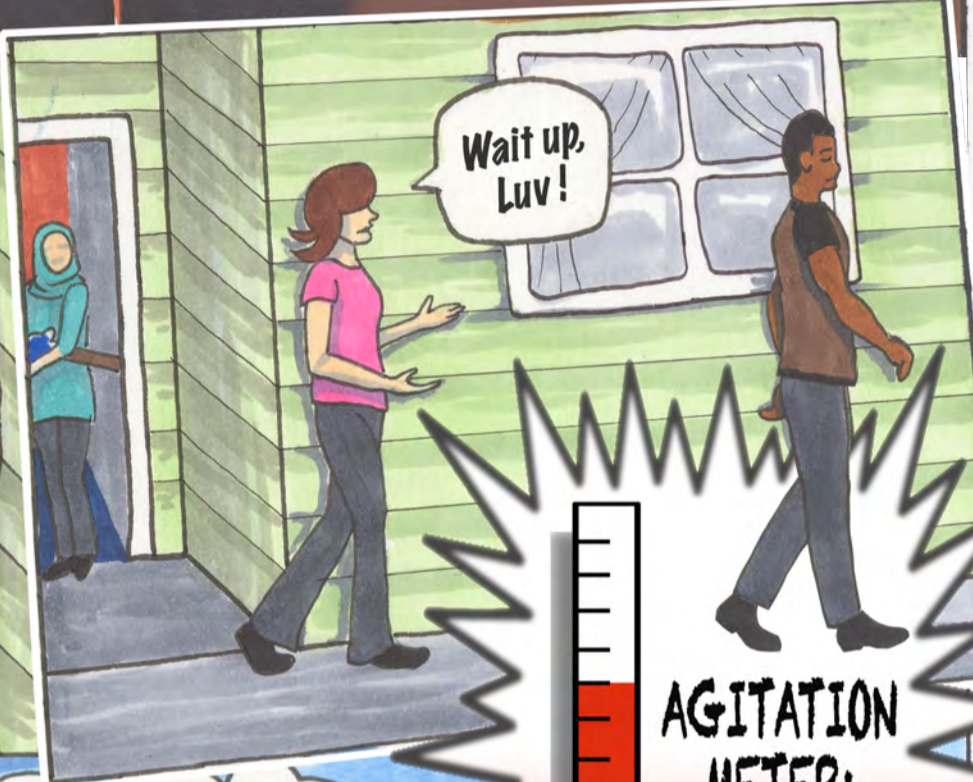


When quitting smoking, the cilia in the lungs begin to clear more mucus than usual. This can lead to coughing as the lungs start to heal.



You OK, Eric?

I need some air. Let's take 5!



Wait up, Luv!



AGITATION METER:

Nicotine withdrawal can increase agitation and anxiety symptoms.

People often think smoking will help manage their stress and anxiety; however, it usually aggravates the problem.



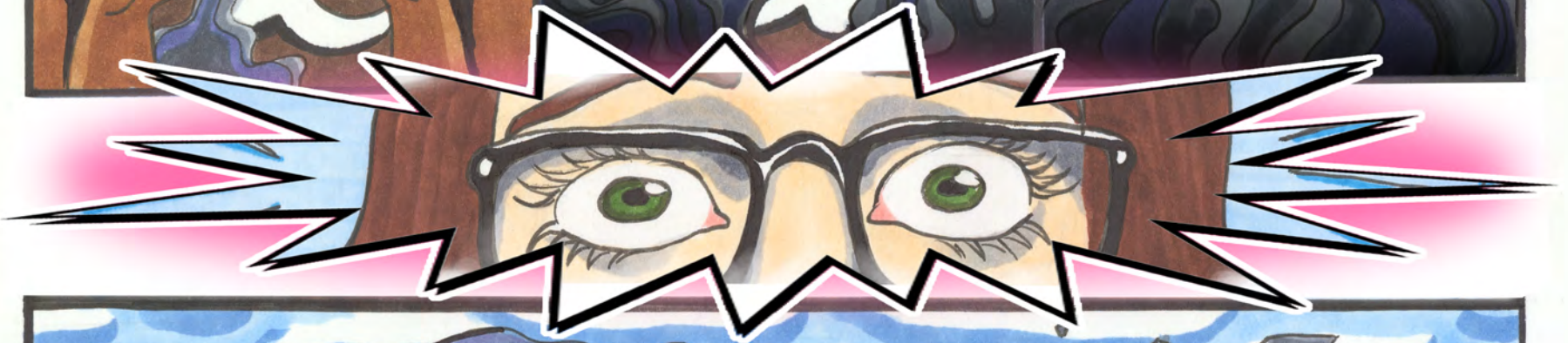
ERIC BREATHES IN SECONDHAND SMOKE, TRIGGERING HIS NICOTINE CRAVING AND AGITATING HIM FURTHER...



Environmental wellness is daily living in harmony with the environment. This includes avoiding secondhand smoke toxins which can harm health and trigger relapse to smoking.



CONSUMED BY AGITATION, ERIC IS OVERTAKEN BY HIS INNER SHADOW TSUNAMI...



SHADOW TSUNAMI CONSUMES NICOTINE PRODUCTS, GIVING IN TO HIS CRAVINGS...







THE DIMENSIONS TRANSFORM INTO THEIR SUPERHERO SELVES ...



Different dimensions of support are important when someone is experiencing nicotine withdrawal.



THE DIMENSIONS ARRIVE TO FIND THAT ERIC HAS BEEN OVERTAKEN BY SHADOW TSUNAMI, HIS NICOTINE CRAVING MONSTER ALTER EGO ...



I have never seen him this bad.

YIKES!  
Nicotine withdrawal is awful!

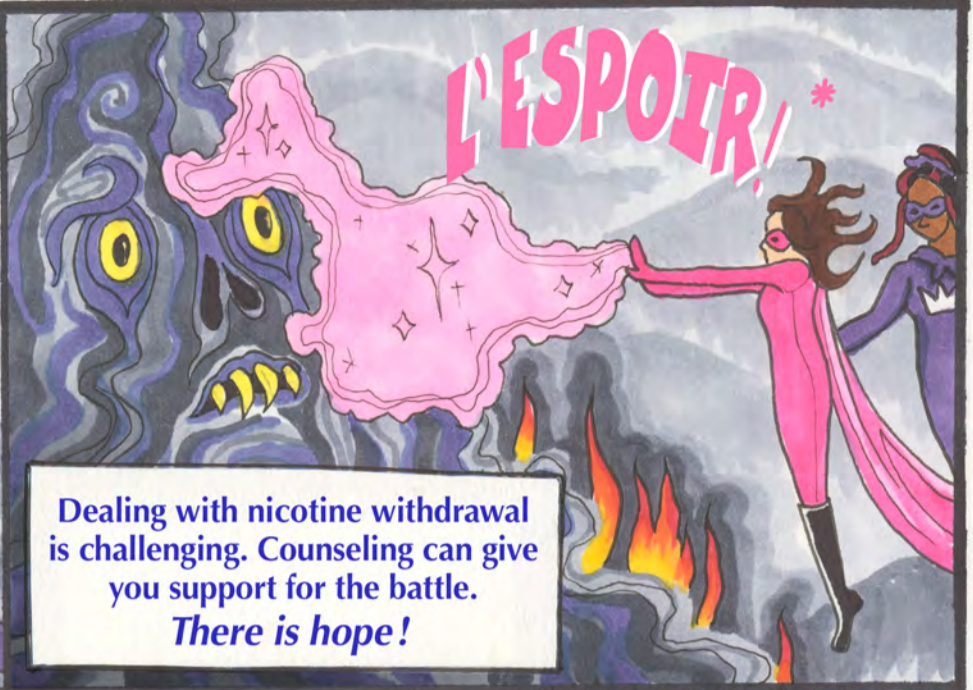
Thanks for the lift!

It is gonna be OK, Eric.  
We are here for you!



THE DIMENSIONS BEGIN TO OFFER ERIC THEIR UNIQUE SUPPORT ...





Dealing with nicotine withdrawal is challenging. Counseling can give you support for the battle.  
*There is hope!*



Know your triggers. Secondhand smoke can make you lapse. Getting rid of exposure can stop you from relapsing.



Nicotine replacement therapy (NRT) lowers nicotine craving and withdrawal symptoms.



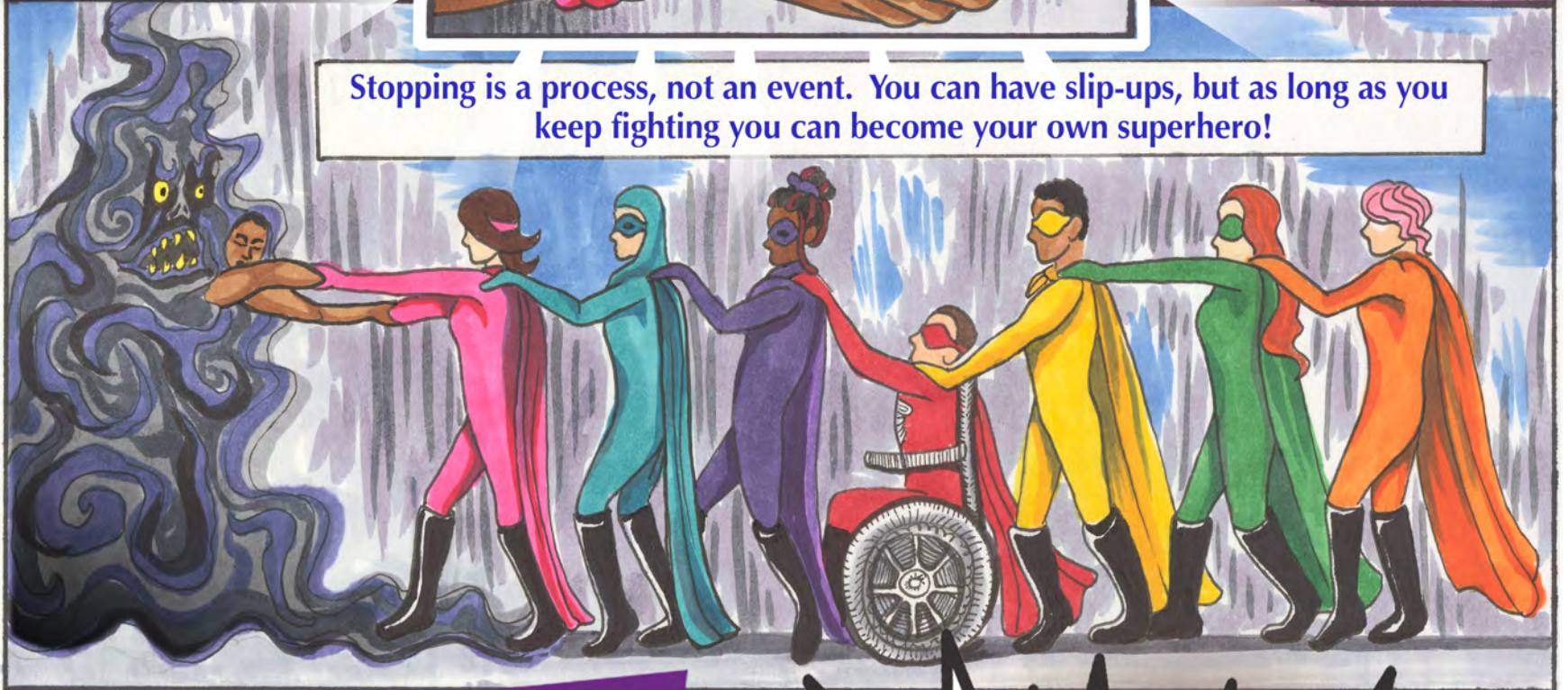
Counseling, medication, and supportive friends are important to help overcome nicotine withdrawal.

\* *L'espoir* means "There is hope!" in French.





Stopping is a process, not an event. You can have slip-ups, but as long as you keep fighting you can become your own superhero!



ERIC EMERGES FROM SHADOW TSUNAMI AS CAPTAIN CALM, READY TO OVERCOME THE GRAVE WAVE...











LATER, ERIC CELEBRATES HIS VICTORY WITH HIS FRIENDS...



Overcoming nicotine addiction and related anxiety is a journey. Celebrating success helps you stay motivated!



AS THE DIMENSIONS GO TO THEIR GIG ...



... AND HE BREATHED A LITTLE EASIER!  
**THE END**



# GET TO KNOW THE DIMENSIONS CHARACTERS!



The Dimensions characters represent the 8 dimensions of wellness supported by the Substance Abuse and Mental Health Services Administration (SAMHSA).

<https://bhwell.uky.edu/about-us/dimensions-wellness>

	<p><b>Environmental Dimension:</b> <b>Eric Ripple aka Captain Calm</b></p>	<ul style="list-style-type: none"> <li>Local park ranger</li> <li>Married to Hope Ripple</li> <li>Co-lead singer for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Experiences anxiety and has an addiction to nicotine</li> <li>Superpower: Super strength and the ability to talk to animals</li> </ul>
	<p><b>Emotional Dimension:</b> <b>Hope Ripple aka The Healer</b></p>	<ul style="list-style-type: none"> <li>School teacher who works at the local children's hospital</li> <li>Married to Eric Ripple</li> <li>Co-lead singer for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Experiences panic attacks and compassion fatigue</li> <li>Superpower: Healing hands and X-ray vision</li> </ul>
	<p><b>Physical Dimension:</b> <b>Leo Lowe aka Thundering Tornado</b></p>	<ul style="list-style-type: none"> <li>Army veteran and librarian</li> <li>Drummer for The Dimensions</li> <li>Has traumatic events earlier in life which cause poor sleep and unhealthy eating habits</li> </ul>	<ul style="list-style-type: none"> <li>Recently diagnosed with diabetes</li> <li>Superpower: Sonic wind, a voice-shattering roar, and tolerance to pain</li> </ul>
	<p><b>Occupational Dimension:</b> <b>Aanisah Alomar aka The Gentle Chameleon</b></p>	<ul style="list-style-type: none"> <li>Small business owner</li> <li>Bass guitar player for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Experiences depression</li> <li>Superpower: Shapeshifts and can see the future</li> </ul>
	<p><b>Social Dimension:</b> <b>Nova Pow aka Magnetic Shock</b></p>	<ul style="list-style-type: none"> <li>Martial artist</li> <li>Percussionist for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Needs support controlling anger and substance use</li> <li>Superpower: Magnetically manipulates and attracts objects</li> </ul>
	<p><b>Financial Dimension:</b> <b>Lucy Stretch aka Elastic Beauty</b></p>	<ul style="list-style-type: none"> <li>Owner of a beauty company</li> <li>Plays lead guitar for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Experiences ADHD and is known for showing up late</li> <li>Superpower: Body manipulation</li> </ul>
	<p><b>Intellectual Dimension:</b> <b>Einstein Al-Kno aka Agent Replacement</b></p>	<ul style="list-style-type: none"> <li>Professor and health professional who studies Alzheimer's and dementia</li> <li>Plays keyboard for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Can be self-centered and selfish which makes it difficult to socialize</li> <li>Superpower: High intelligence and wears a water-hose-soaker backpack</li> </ul>
	<p><b>Spiritual Dimension:</b> <b>Raha aka The Divine Queen</b></p>	<ul style="list-style-type: none"> <li>Dance instructor</li> <li>Violinist for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Can be impulsive when shopping which leads to feelings of guilt and hoarding</li> <li>Superpower: Flies and reads minds</li> </ul>

IN ADDITION TO THESE, BE ON THE LOOKOUT FOR 2 HIDDEN CHARACTERS!

**ALLENE RECORDSTEIN** is the band manager for The Dimensions. Her superpower is keeping the band organized!

**DOTTY K. BERRYMAN** is, well, the amazing artist of The Dimensions. But did you know she is also their biggest fan? Look for her cheering on The Dimensions at their shows!





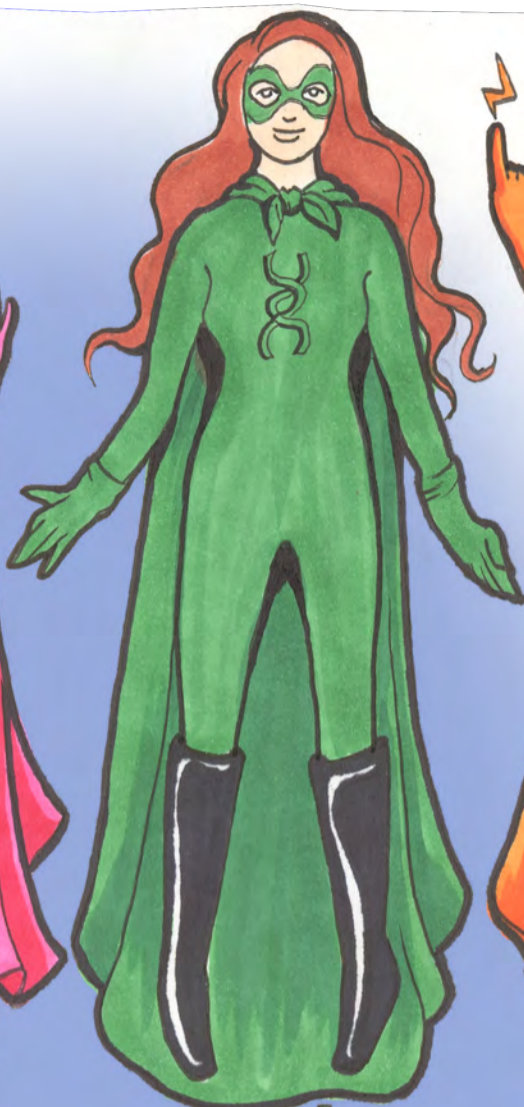
# The DIMENSIONS ARE...



CAPTAIN CALM



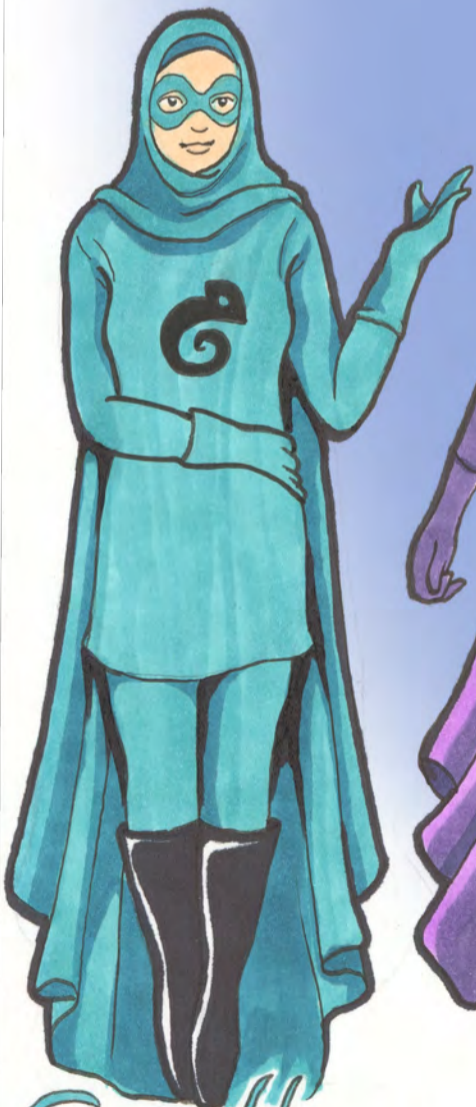
The Healer



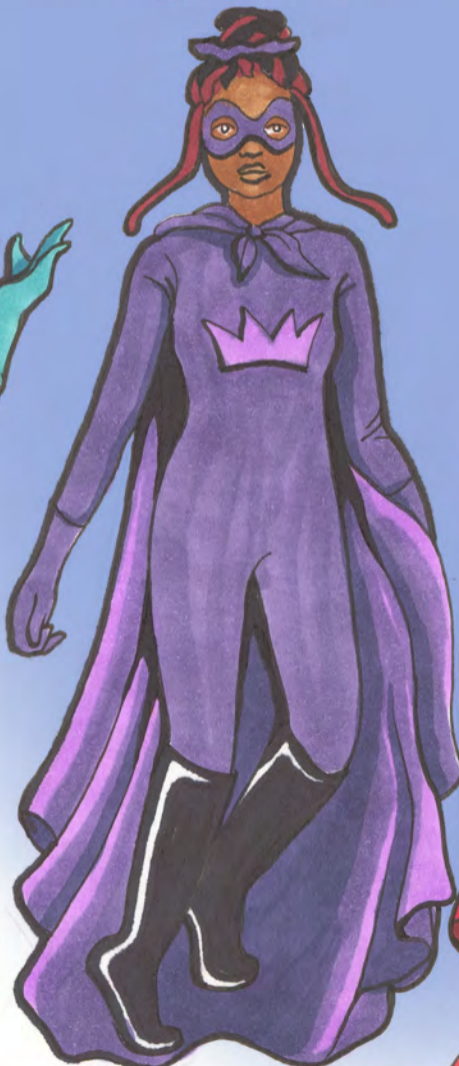
Elastic Beauty



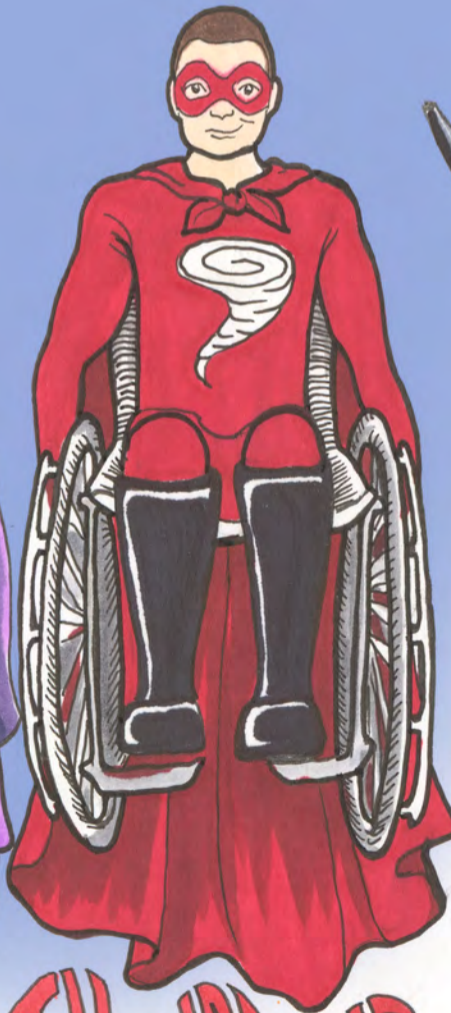
MAGNETIC SNOCK



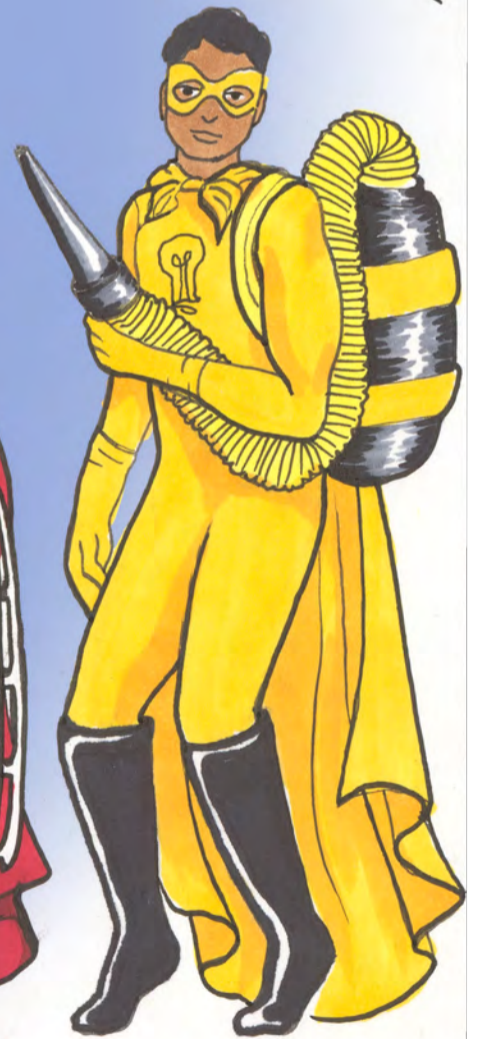
Gentle Chameleon



DIVINE QUEEN



THUNDERING TORNADO



AGENT REPLACEMENT

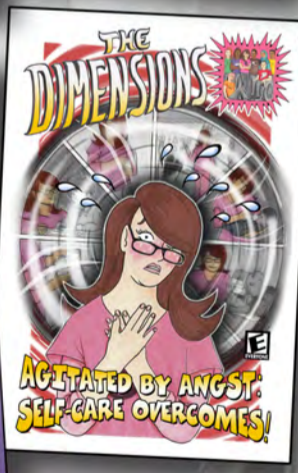
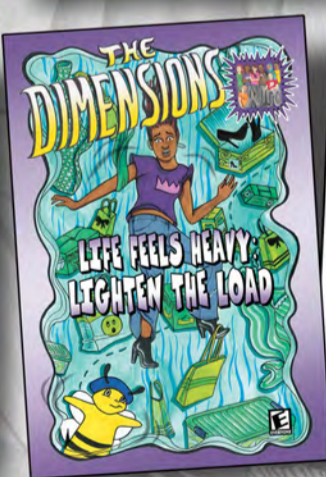
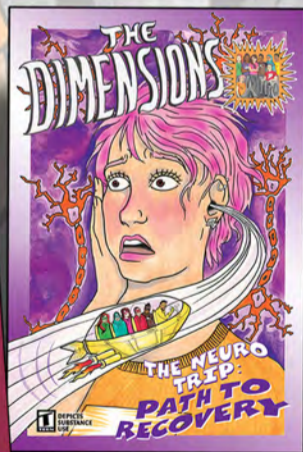
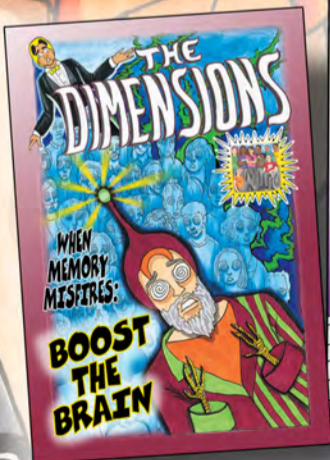
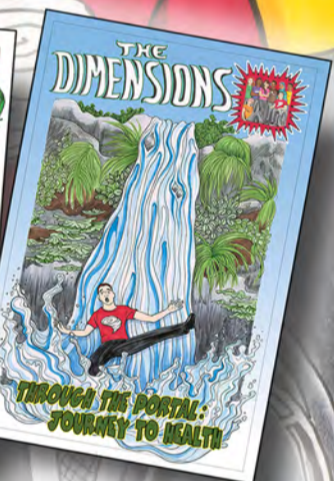


# READ THEM ALL!

Each character has their own story.



The  
Dimensions  
series  
includes:



[bhwell.uky.edu](http://bhwell.uky.edu)

