

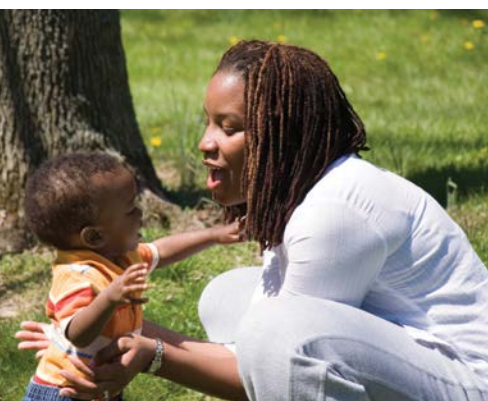


Canadian
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Society

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du cancer

For Smokers Who Want to Quit

One Step at a Time



1 888 939-3333 | cancer.ca

One Step at a Time print materials



Booklet 1 (this booklet) For Smokers Who Want to Quit

This booklet is for smokers who have decided that they want to quit smoking.



Booklet 2 For Smokers Who Don't Want to Quit

This booklet is for smokers who don't want to quit smoking. It won't tell them to quit but instead it will help them to better understand their relationship with smoking.



Booklet 3 Help a Smoker Quit

This booklet is for friends and family who want to help a smoker quit.

One Step at a Time booklets can be ordered by phone or downloaded from the Canadian Cancer Society's website at cancer.ca/OneStepAtATime.

For more information, contact the Canadian Cancer Society.

1-888-939-3333 | info@cis.cancer.ca | cancer.ca
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Acknowledgments

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Introduction

Welcome! If you are a smoker who is thinking about quitting or if you are ready to quit smoking, this booklet is for you. Quitting smoking is the single best thing you can do for your health. By picking up this booklet, you are taking the first step to making a healthy change in your life.

This booklet has information, activities and tools to help guide you through the process of quitting and support you in reaching your goal of becoming smoke-free. Take it at your own pace and remember that you're doing this for you.

Scientific and medical research indicates that people who use and follow a booklet like this one are more likely to be successful in quitting smoking than those who try to quit on their own.

Your booklet includes

Chapter 1 – Thinking about quitting

Chapter 2 – Preparing to quit

Chapter 3 – Ready to quit

Chapter 4 – Staying smoke-free

Worksheets

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Thinking about quitting

In this chapter:

- a look at your pros and cons of smoking
- the costs of smoking
- the benefits of quitting
- decide if you are ready

Remember,
you deserve
a healthy and
smoke-free
life.

Weigh your pros and cons

Think about what benefits you get from smoking and about some of the not-so-good things. What does smoking mean to you? Since you're reading this booklet, you probably have a love/hate relationship with smoking. This is an opportunity for you to see which side of that relationship is stronger.

Pros of smoking

Cons of smoking

Do you have more cons? You can see that smoking is doing more harm than good in your life. It's time to move forward and take that next step. Keep reading and remember your cons!

Do you have more pros? There are still some aspects of smoking that are important to you. You see some benefits to quitting, but right now, they may not outweigh your reasons to keep smoking. Keep reading but come back to this list before you make a final decision.

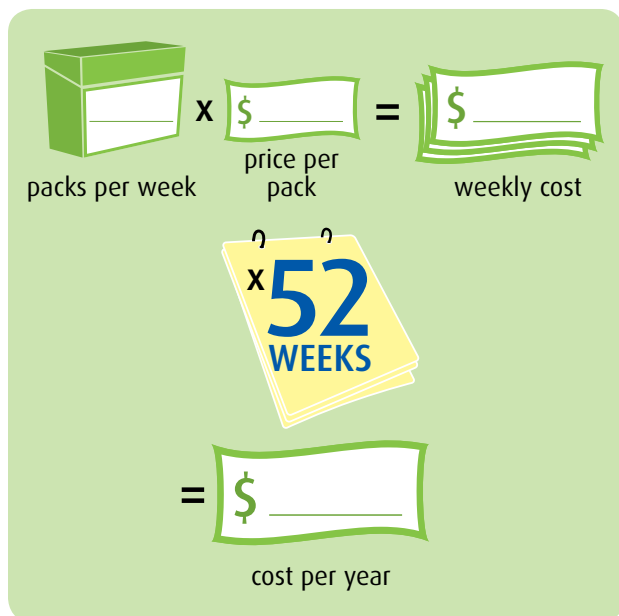
Were your lists equal? You see some good and some bad things that come with smoking but you're still on the fence about which side is right for you. Keep an open mind as you continue through the booklet and complete the activities.

Reconsider the costs of smoking

You probably already know that smoking isn't good for your health, but you may not be aware of all of the damaging effects. Here are some costs to think about:

- In Canada, it's estimated that smoking causes 30% of all cancer deaths. It's the main cause of lung cancer, related to more than 85% of cases.
- Unless they quit, up to half of all smokers will die from smoking-related illnesses, most of them losing 8 to 10 years of life compared to someone who has never smoked.
- Women who smoke have a higher risk of developing breast cancer.
- Men who smoke are twice as likely to suffer from erectile dysfunction.
- Exposure to second-hand smoke increases children's risk of sudden infant death syndrome (SIDS), acute respiratory infections and severe asthma.
- Cats, dogs and birds living in homes of smokers are at risk of developing cancer and other respiratory illnesses.
- At least 4.5 trillion non-biodegradable filter-tipped cigarettes are deposited annually around the world. Cigarette butts rank at the very top of litter problems.

And those aren't the only costs. Have you ever thought about how much smoking has cost you financially?



This is how much you spend on cigarettes in one year. Think about what else you could do with that money. The good news is that you *can* quit smoking. Want to know how it will benefit you? Keep reading.









Try the online quit calculator at cancer.ca/QuitCalculator to see the financial and health benefits you can experience.

Much of the damage smoking does to your body is reversible – it's never too late to quit.

Consider the benefits of quitting

No matter how long you've been smoking, your health will improve when you quit and your body will start to reverse some of the damage done by smoking. You'll see some changes right away and others as time goes on.

After your last cigarette:

 <p>20 MINUTES</p>	Your blood pressure and pulse rate will return to normal.	 <p>8 HOURS</p>	You'll notice that you can breathe easier. Your oxygen levels will be back to normal and your chance of having a heart attack will go down.
 <p>24 HOURS</p>	Your lungs will start to clear out the mucus. All that coughing will be a good sign.	 <p>48 HOURS</p>	You'll be nicotine-free. Your senses of taste and smell will improve so you'll probably start to enjoy food more.
 <p>1 YEAR</p>	Your risk of having a heart attack will drop by 50%.	 <p>72 HOURS</p>	You'll have more energy. Your lung capacity will increase and your bronchial tubes will relax, so breathing and exercising will get easier.
 <p>10 YEARS</p>	Your risk of dying from lung cancer will be cut in half.	 <p>10-15 YEARS</p>	Your risk of coronary heart disease will be the same as the risk for someone who has never smoked.

What other benefits of quitting do you see in your future?



A quit coach is a tobacco cessation specialist at a quitline. Sometimes they have different job titles but they all have a similar role – to help you on your journey to be tobacco-free.

Decide if you are ready

Is the thought of you as a non-smoker becoming a little clearer now? Close your eyes and imagine yourself as a non-smoker. Can you picture it? What does it look like? Write down what you see.

Are you ready to take this next step to becoming smoke-free? Are you going to make a commitment to quit smoking?

If the answer is yes – *congratulations!* The next chapter will help you put a solid plan in place.

If the answer is no – that’s okay. Maybe you need more time to think about why you might want to quit. You need to try to quit when the time is right for you. When you’re ready, come back to the activities in this chapter.

At any point, you can discuss your options with a quit coach by calling your local quitline number listed on the back of this booklet.

Preparing to quit

In this chapter:

- understand your options
- quit aids and common concerns
- tips for quitting
- prepare for your quit date
- write a quit plan

Even though you might be eager to quit smoking, it's important to prepare yourself by following the steps in this section – these steps will give you a better chance of quitting smoking for good.

Understand your options

People have successfully quit using many methods. There is no single way that works for everyone. You need to find the option that works best for you.

Quitlines

Every province and territory has a quitline, where you can get free information on tobacco use and support to quit smoking. You'll find your local quitline number listed on the back of this booklet. Studies have shown that using a quitline can double your chances of successfully quitting.

Quit aids

You can also try quit-smoking medicines. When used properly, many of these quit aids have been shown to increase your chances of successfully quitting.

Self-help guides

Self-help booklets (just like this one) are good tools to help you quit because they help you create a plan to follow. There are other great forms of self-help, such as online forums, interactive websites and smartphone apps. Check out the app called Break It Off developed by the Canadian Cancer Society at cancer.ca/BreakItOffApp.

Before using a quit aid, be sure to speak with your pharmacist or other healthcare professional about medicines you are currently taking and what option might be best for you.

Cold turkey

Quitting smoking all at once, without looking back and without any help, may be the right route for you. But if at any point you think you need some support, consider the other options listed below.

Buddy system

If you know another smoker who also wants to quit, you could “buddy up” and quit together. Or if you have a friend or family member who wants to help, enlist them as a buddy (a support person) and bring them along with you on your quitting journey. Make sure you get your support person to read the booklet *Help a Smoker Quit – One Step at a Time* so they can learn how to best support you.

Quit aids

Nicotine replacement therapy (NRT)

Nicotine replacement therapy works by reducing the cravings caused by quitting smoking. It delivers a controlled dose of nicotine to your body over time. Each product is available in different doses so talk with your pharmacist or other healthcare professional about the correct dose for you.

NRT comes in 5 forms: patch, inhaler, oral spray, gum and lozenge. Each is available without a prescription at your drugstore, and the cost varies from approximately \$4 to \$8 a day.

Although they all contain nicotine, they are much safer than tobacco and they don't cause cancer.

	WHAT IS IT?	HOW DOES IT WORK?	TIPS FOR USE
Patch	The patch is applied to your skin and delivers a continuous controlled dose of nicotine.	Applying the patch to your skin allows nicotine to enter your body slowly, helping to reduce cravings and withdrawal symptoms.	Start using the patch as soon as you stop smoking. It is usually not recommended to smoke while on the patch. It probably won't harm you, but by doing both, you could get too much nicotine. The patch should be applied to a clean, dry area above your waist.

	WHAT IS IT?	HOW DOES IT WORK?	TIPS FOR USE
Inhaler	The inhaler looks similar to a cigarette. It's a plastic cylinder that holds a cartridge containing nicotine.	By puffing on the inhaler, nicotine vapour is released and absorbed through the lining of your mouth.	The vapour is not designed to be inhaled into your lungs like a cigarette, but rather should be puffed on lightly so that the vapour stays in your mouth. The inhaler should be cleaned regularly with soap and water. Avoid drinking acidic beverages such as coffee, tea, soft drinks, alcohol and citrus juices when using the inhaler because they can prevent it from working properly.
Oral spray	The oral spray is an instant spray into the mouth.	When sprayed, the vapour releases nicotine that is absorbed through the lining of the mouth.	Avoid spraying the vapour on your lips or down your throat. To avoid spraying down your throat, do not inhale while spraying.

Gum

WHAT IS IT?	HOW DOES IT WORK?	TIPS FOR USE
The gum contains nicotine that is absorbed through your cheek. It can be used to cut down on the number of cigarettes you smoke per day. Nicotine gum is available in several flavours.	It enters your body slowly and provides nicotine over 20–30 minutes.	It's important to follow the instructions on the package about how to chew the gum; otherwise, you might not get the right effect from it. Chomp on the gum a few times and then park it against your cheek for 20–30 minutes. Chew it occasionally but don't chew it rapidly like regular gum. Chew only one piece of gum at a time.

Lozenge

WHAT IS IT?	HOW DOES IT WORK?	TIPS FOR USE
The lozenge comes in the form of a hard candy.	The lozenge slowly releases nicotine as it dissolves in your mouth.	It's important to follow the instructions on the package; otherwise, you might not get the right effect from it. Place one lozenge in your mouth and slowly suck it until you notice a strong taste. Then park it between your cheek and gum. Wait a minute, or until the taste fades, and repeat by sucking it until you again notice a strong taste. Then park it again. It should take 20–30 minutes to dissolve. Do not chew or swallow the lozenge.

Prescription medicines

There are 2 quit-smoking medicines you can get that need a prescription from your doctor: Champix and Zyban. Both are available in pill form and actively target your brain and how it processes nicotine. They cost about \$3 to \$5 a day.

People who have the best chance of quitting are those who use both a program that offers some counselling or support, like a quitline, and a quit aid.

Champix
(generic name varenicline)

Zyban
(generic name bupropion)

WHAT IS IT?	HOW DOES IT WORK?	TIPS FOR USE
Champix (Chantix in the US) is available in pill form, and it does not contain nicotine.	It stimulates the same areas of the brain that nicotine does. It prevents the pleasurable effects of smoking. It helps to reduce cravings and withdrawal symptoms.	There are 2 ways to set your quit date when using Champix. Follow the instructions on the package or talk to your doctor about which way is best for you.
Zyban is available in pill form and has also been used for treating depression. When used for depression it's sold as Wellbutrin. It does not contain nicotine and it is non-addictive.	It stimulates the same areas of the brain that nicotine does. It helps to reduce cravings and withdrawal symptoms.	It's important to set a quit date before you start taking Zyban. Start taking Zyban 7-10 days before your quit date.

Common questions about quit aids

There are questions and concerns that come up when talking about quit-smoking medicines. Here are some questions and answers.

Can I get addicted to these medicines? Will I just be trading in one addiction for another?

NRT gives your body nicotine but at a much lower level than smoking. It enters your body less quickly and by a much safer route. You avoid inhaling more than 70 cancer-causing chemicals and the poisonous carbon monoxide found in tobacco smoke. As your cravings become more manageable, you can reduce the amount of NRT that you use. Talk to your pharmacist or other healthcare professional if you have any concerns about the products you are taking.

I've heard that using NRT can cause cancer. Is this true?

This is false. Nicotine is not one of the cancer-causing agents in cigarettes – it's the tar, carbon monoxide and some of the other 4,000 chemicals in cigarettes that can cause cancer. NRTs help get the nicotine into your body but without the added dangers.

Can I use these medicines if I'm pregnant?

If you're pregnant, it's a great time to quit! Most prescription medicines are not recommended during pregnancy, but talk to your doctor or midwife about NRT or other options that may be available to you. For more information on tobacco and pregnancy, visit www.pregnets.org.

It's okay to try one approach and then switch to another, if needed. Ultimately, people who persist will be successful.

My friend told me that if I take Champix it will make me depressed or even suicidal. Is this true?

Discuss possible risks of taking Champix with your doctor. Many people have had success with it. When you quit smoking, it's normal to have feelings of depression, insomnia, irritability, frustration, anger or anxiety. Some people on Champix have reported serious psychiatric symptoms, including depressed mood and suicide-related thoughts or events. It isn't known if these symptoms were directly related to Champix. But if you are taking Champix and you experience any of these symptoms, stop taking it and contact your doctor right away. You and your family members should watch for changes in your behaviour while you are taking Champix. You should be closely monitored by your doctor, especially if you have a history of mental illness or depression.

What about using alternative treatments such as hypnosis or acupuncture to quit smoking?

Some people have found these to be useful; however, there is no evidence to support that either of these treatments is effective. The same is true for other alternative quit methods like herbal supplements, herbal patches, laser therapy or electronic cigarettes (e-cigarettes). In fact, Health Canada advises that e-cigarettes should not be used because they may pose health risks and have not been fully evaluated for safety and quality. Visit Health Canada's website at www.hc-sc.gc.ca.

Wouldn't it be cheaper for me to keep smoking?

The ongoing costs of smoking are more than the costs of medicines. Also, for some, quit-smoking medicines may be free as part of their private health insurance plan or through their provincial health plan. If you have personal health coverage or participate in a health plan through your employer, contact your health insurance company to see what they cover.

Tips for quitting

Here are 5 things you can do to help you prepare to quit smoking and build a quit plan made just for you.

Tip 1: List your triggers

There are probably a few people, places and things that can cause you to want a cigarette. Think of all the situations where you might have a hard time resisting the urge.

It would be great if you could avoid them, but chances are you won't be able to hide from them all. It is important for you to plan for those situations and think about ways that you can cope with these triggers.

Here is an example to help get you started:

Trigger: Drinking my morning coffee.

How I'll cope: Have juice instead and only drink coffee after lunch.

Tip 2: Practise positive self-talk

If you feel confident about your own ability to quit smoking, it will be easier to quit. Without that confidence, just one instant or one situation might be enough for you to give in to temptation.

Negative self-talk can hurt your chances of staying smoke-free. For example, when faced with a tempting situation, you might think, “One little cigarette won’t hurt” or “I know I shouldn’t smoke, but I don’t think I have what it takes to quit.” It’s important to be aware of negative thoughts and plan for how to replace them with positive ones.

A great way to build your confidence and increase your chances of becoming smoke-free is through positive self-talk.

Here are some examples of positive thoughts:

I don’t need this cigarette right now.

I will not let anyone stop me from quitting. I can’t change what others think or say. I can only change what I think and do.

I really don’t need a cigarette to have a good time at a party.

We can often be our own worst enemy. Practise positive self-talk every day. Do it in front of a mirror if you need to. Don’t worry – no one will see you!

Don’t be afraid to tell your supports what you need. They may feel more involved in your journey to quit if you ask them to help you with something specific.

Tip 3: Build your support system

It’s time to build your support network. Who are the people you can count on to support you? We’re talking about the person you can call at 2 a.m. when you’re out with friends and have a huge craving for a cigarette, or the friend you can text first thing every day to distract you from having that morning cigarette. Let these people know about your quit plan and explain to them how they fit in and what you need from them. Also consider joining an online community, which has the added benefit of being available 24/7.

My support network

Name	How they can best support me
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Don’t forget that your nurse, pharmacist or other healthcare provider or your quit coach can also be great allies.

Tip 4: Write down your reasons for quitting

You likely have great reasons for wanting to quit smoking. Perhaps you've decided you want to be healthier, maybe you want to save money, or maybe you're motivated to quit for your children or your partner.

In the worksheets section at the back of this booklet, list your top 4 reasons for quitting, then tear off the sheet and put it up somewhere where you can see it every day. Or put it in your purse or wallet, or add the reasons in your smartphone, so that no matter where you are, you can pull it out to help you get through a craving or just act as a reminder during those tough days.

*Refer to worksheet
at the back of the
booklet*

Tip 5: Set a quit date

Think about what's coming up over the next 30 days and pick a day to quit smoking. There may never be a perfect day to quit, but here are some things that might help you choose your date:

- Pick a day when your schedule is routine and nothing new is happening.
- Avoid dates where you have a deadline or something else that might distract you or give you additional stress.
- Make this your day for this task, so avoid other important dates like birthdays or anniversaries.
- If you're a woman, avoid dates that are just before the beginning of your menstrual cycle.

Share your date with your friends and family! Post it on Facebook or Twitter or send an email to let everyone know that you have taken this great step toward being smoke-free.

*Refer to worksheet
at the back of the
booklet*

Prepare for your quit date

Now you know a bit about your triggers, why you want to quit and some of the things you'll face when you quit. Use the days leading up to your quit date to learn more about your smoking behaviours, like when, why and where you smoke and who you smoke with. At the back of this booklet, you'll find tracking cards for you to start using at least 5 days before your quit date.

Take the cards with you as you go through your day, and every time you have a cigarette, write it down on the card.

This is also an opportunity for you to try cutting back on the amount you smoke before your quit date. As you go through your day, look to see if there is a cigarette you can cut out – one that you can go without. If you do this every day, you might find yourself already halfway quit before you even start.

At the end of every day, take a moment to review your tracking card and see if you can pinpoint your triggers. The next day, try to use some of the coping strategies that you wrote in the triggers section to see if you can avoid a cigarette and get past the craving. Consider this a practice run. This is an opportunity for you to test out your plan before the big day.

#	TIME OF DAY	REASON FOR THIS CIGARETTE	WHERE

*Refer to worksheet
at the back of the
booklet*

If your plan includes quit-smoking medicine, make sure you speak to your doctor, pharmacist or other healthcare provider about your options and purchase what you need to be ready. Some of the medicines need to be started before your quit date.

Write out a quit plan

With only a few days remaining before your quit date, it's time to put your personalized quit plan down on paper. Write it down in the quit plan section of the worksheets, then tear off the page and put it somewhere where you can see it when you need to remind yourself of your plan. Stick it on the fridge, in the washroom on the mirror, or anywhere else where you're likely to see it often!

MY QUIT PLAN

My quit date is:

My support system includes:

The quit aid I will use is:

*Refer to worksheet
at the back of the
booklet*

Ready to quit

In this chapter:

- on your quit day
- what to expect from withdrawal
- cope with withdrawal symptoms
- manage cravings with the 4 Ds
- make new connections
- learn how to stay fit and eat healthy
- milestones and rewards

Your smoke-free journey is unique. Use the tools in this booklet to learn what works best for you.

On your quit day

You have worked hard to get here and you should be proud of yourself. Take a few moments to celebrate your positive decision to quit. It's not every day that you make a decision that will have such a big impact on the rest of your life.

Remember, though, that cravings can start at any time. When you feel yourself wanting a cigarette, do everything you can to get out of that situation and go somewhere else or do something else. Take control of your cravings.

Avoid people who are smoking

Do you usually have a cigarette with some of your co-workers during your break? Not today – head outside for a walk or take a break in the lunchroom with others.

Keep help within arm's reach

If you're taking NRT in the form of an inhaler, gum, a lozenge or a spray, keep it on hand and use it when you need to get through cravings.

Have your supports ready

Let the people around you know that you may reach out to them with a phone call or text. Keep your local quitline number handy.

Take it easy

Quitting smoking is stressful enough on its own, so do what you can to remove yourself from other potentially stressful situations.

And above all, keep your hands, mouth and mind busy. Here are some tips:

HANDS	MOUTH	MIND
draw or paint something	call an old friend	rock out to some great music
text a friend	sing your favourite songs	dance like no one is watching
knit, crochet or sew	chew sugar-free gum and blow bubbles	find a new healthy recipe to make
master the Rubik's cube	brush your teeth	rearrange your furniture
tidy up	kiss someone	go for a walk, run or bike ride
clean the house or the car	whistle a tune	do a crossword puzzle or Sudoku
garden or mow the lawn	suck on a lollipop	walk the dog
play cards or a board game		take photos
lift weights or try yoga		read a good book
paint your nails		
play video games		
throw a football around		
work on your car		



What to expect from withdrawal symptoms

Withdrawal symptoms are your body's way of responding to being without nicotine. It's normal to experience withdrawal symptoms when quitting smoking. Everyone is different and everyone's body adjusts to not smoking in different ways.

Cravings: Urges, or cravings, to smoke are often worse at the beginning but usually become less strong after a few weeks of being smoke-free. Cravings usually last for a few minutes. Try out some of the tips in the previous section to keep your hands, mouth and mind busy.

Changes in mood: Your body is craving nicotine and, for a while, it may feel like there is nothing else that will satisfy that need. Of course you're a little cranky – who wouldn't be? You might become irritable, sad or angry. Although these symptoms are not pleasant, they are normal and will eventually go away as your body adjusts.

Stress: For many smokers, smoking is what they do to deal with their daily stress. Without that as an option, it can feel as though your stress levels are out of control. Look for other ways to keep calm when you get stressed, like deep breathing, thinking about something else or going for a walk.

Coughing/phlegm: When you first quit, you might have a cough and notice an increase in mucus. This might sound odd but that's a good thing! It's your body's way of cleaning out all of the tar and toxins that have been building up over the years. Your body is healing itself so give it time to do that.

Weight gain: Not everyone who quits gains weight but in the first few months some people gain between 5 and 10 pounds. This can be managed with healthy eating and exercise.

Concentration: Your body has become accustomed to getting a buzz from cigarettes. It now has to learn how to stay awake and alert without it. Be patient with your body – take breaks and don't put too much pressure on yourself.

Sleep: Nicotine affects how your brain works, so when you quit, you might find that you have trouble sleeping at night. Eliminate or reduce caffeine (coffee, tea, cola, chocolate), especially in the evenings. Also, slow down as bedtime gets near. Avoid the computer. Read or do a crossword puzzle to help you relax.

The important thing to remember is that from the moment you stop smoking, your body will begin to repair itself. As your body works hard, be patient with it and remember that the withdrawal symptoms won't last forever. In some cases, they can lessen in just a few days or weeks.

Cope with withdrawal symptoms

Quitting smoking is good for you, but you may feel worse before you feel better. The good news is that these symptoms won't last forever and there are some general things you can do to minimize them.

- Breathe deeply and do some relaxation exercises or listen to your favourite music. Get out and do some exercise or yoga.
- Avoid caffeine, especially in the evenings (coffee, tea, cola, chocolate) and try to slow down toward bedtime. Try reading, meditating, taking a bath or drinking a cup of herbal tea.
- Keep your throat lubricated with plenty of water or juice. Chew sugarless candies or gum.
- Cut up fresh fruit and veggies so they are ready to go when you're hungry. Avoid foods and drinks that offer little nutrition, such as chips and soft drinks. Check out the website at www.fruitsandveggies.ca for ideas and resources to help you maintain a good diet.
- Talk to friends about how you're feeling. Do things that make you happy, and focus on the positive outcomes you are experiencing.

Make an appointment to speak with your pharmacist or other healthcare professional to see what they can suggest to help you cope. This would also be a great time to connect with a quit coach by calling your local quitline number on the back of this booklet.

Non-smokers are more affected by caffeine so reduce the amount you take in to help you avoid some of the unpleasant effects like nervousness, irritability, headaches and trouble sleeping.

What other withdrawal symptoms are you experiencing? What solutions have you come up with to cope with them?



Manage cravings with the 4 Ds

Another great tool to help you get through cravings or other withdrawal symptoms is the 4 Ds. Use any combination of the following when you experience symptoms.



4s Deep breathing: Breathe in and out slowly. When you do this, inhale deeply, hold your breath for a few seconds and then slowly let it out. Deep breathing will help you to relax and focus on something else.

4s Drink water: Keep a bottle of water on hand. Drink the water slowly and keep it in your mouth a while before swallowing. This will help to wash the bad stuff out of your system and will help keep your hands and mouth busy. Drinking water can also help with coughing or phlegm buildup.

4s Distraction: Distract yourself by getting up and going somewhere or doing something. Go for a walk, call a friend, head to the gym or walk the dog.

4s Delay: Cravings don't last as long as most people think they do. It might feel like forever, but it's really about 5 to 10 minutes. Convince yourself that you can wait 10 minutes, and try one of the other Ds above.

Make some changes

To quit smoking you have to be able to make some changes in your life. You need to break the behaviours that connect you to cigarettes throughout your day. You need to figure out how to live without smoking.

Love a smoke with that coffee?

Drink herbal tea. Have a healthy snack with your coffee instead.

Can't talk on the phone without lighting up?

Chat with your friends in person. Use Skype or another form of video chat.

Is a cigarette the first thing on your mind when you wake up?

Jump in the shower right away. Hit the gym or go out for a walk to start your day.

Are alcohol and tobacco your favourite mix?

Order a mocktail or soda water. Ask the bartender for a straw or a stir stick to bite on.

Hard to drive without a cigarette in your hand?

Take cigarettes and lighters out of your car. Walk or take the bus.

Does stress equal "Where is my lighter?"

Take a deep breath and get away from what is causing you stress. Squeeze a stress ball.

Stay fit and healthy

One of the main concerns people have when quitting smoking is a fear of gaining weight. About 1 in 5 people who quit smoking do not gain weight. For those who do gain weight, the average gain is about 5 to 10 pounds. Don't worry – there are ways to help ensure that any weight you gain is minimal.

Here are some helpful tips:

Stay active

Physical activity is a great way to help manage your weight and can also help with cravings and withdrawal symptoms. It's an investment in your health, and if you make it something enjoyable, you'll have a better chance of sticking to it.

Eat regularly

Don't skip meals. This can result in over-eating later in the day. It can also make you irritable, which may make it harder to resist cravings. Eat breakfast, lunch, dinner and 1 or 2 snacks every day.

Eat healthy snacks

Keep nutritious snacks prepared and ready for when you need them. Try raw veggies, fruit and yogurt, and drink lots of water.

The good news is that any weight gain is manageable so try not to worry too much about your weight for now. Your primary goal is to quit and stay smoke-free.

Listen to your body

If you are hungry, eat something. If you're not sure if you're hungry, try drinking a glass of water and then distract yourself by doing something else. If you are still hungry afterwards, have a healthy snack.

Limit alcohol

Avoid alcohol. It is filled with empty calories and can be a trigger for smoking.

Shop smart

Go to the grocery store with a list and don't go when you're hungry.

By making small changes to your diet and activity levels you can manage your appetite and any possible weight gain. For more information on eating well and being active visit Health Canada's website at <http://www.hc-sc.gc.ca/fn-an/index-eng.php>.



Milestones and rewards

Setting milestones or goals can be a great motivation and a way to stay on track. What are the key moments you're looking forward to? Maybe it's reaching the end of your first smoke-free day or maybe it's making it through your first night out with friends without lighting up.

List your personal quit-smoking milestones:

In the worksheets section at the back of this booklet, list your personal quit-smoking milestones and fill in the dates when you aim to accomplish them.

Date	Date

*Refer to worksheet
at the back of the
booklet*

Oh, and don't forget about all of that cash you are now saving by not buying cigarettes. If you can, use that money to reward yourself!

Each one of your milestones should come with a reward. You are working hard and need to reward yourself for the amazing job you're doing. Rewards can be anything that make you feel good without compromising your progress.

Here are just a few ideas:

- Go see a movie.
- Cook a special dinner.
- Hire a cleaning person for the day.
- Update your Facebook status.
- Take the night off from studying.
- Get a manicure and pedicure.
- Buy a new gadget.
- Test drive a car you've always wanted.

Do you have any other ideas? List some of the ways you can reward yourself.

Staying smoke-free

In this chapter:

- stay in control
- deal with a slip
- deal with a relapse
- get ready to quit again
- live a smoke-free life

Staying smoke-free is your next goal. Remember what you've learned and keep at it.

Manage stress – Using the 3 A's

No matter how good your reasons are for quitting, you may still want to smoke. Success relies on your ability to stay in control – of yourself and of the situations you're placed in. Use the 3 A's to help you stay in control in a tempting situation: avoid, alter, accept.

Avoid: Avoid what you cannot handle. You may have to do this more often during the first few weeks of your quit period and gradually move to other methods as you feel more in control.

Example: Avoid people who smoke. Talk honestly with your friends who smoke and let them know that you still want to be friends, but that it's important to you to be a non-smoker. Tell them that you may not be spending time with them for a little while. You don't expect them to quit, but you do want their support.

Alter: Make a new response to the situation.

Example: If a friend always offers you a cigarette, politely tell them, in advance of seeing them, that you have quit and that you would like them to not offer you a cigarette under any circumstances.

Accept: If the situation can't be changed in any way, try to accept it.

Example: Use some positive self-talk. "I'm really stressed. This is a challenge. It won't last forever. I will get through it." Or "I will be a stronger person for handling this without a cigarette."

An important part of staying smoke-free is controlling your surroundings and learning to deal with temptations to smoke.

To find out if you're in control, take a moment to respond to the following statements:

I've thrown away all my cigarettes, lighters and ashtrays.

Yes No

I am avoiding places where people smoke a lot (parties, outdoor patios at restaurants and bars).

Yes No Sometimes

I can handle stress without smoking.

Yes No Somewhat

I have asked my family and friends not to smoke around me.

Yes No Sometimes

I have replaced smoking with other activities like chewing gum or taking walks.

Yes No Sometimes

I've changed my morning routine to reduce the temptations to smoke.

Yes No Somewhat

If you answered **No**, **Somewhat**, or **Sometimes** to any of these questions, you may be at risk of a relapse. You need to keep working hard to stay in control and change your old smoking routines. This is your future; take control of it.

Deal with a slip

It's common to have a slip – take a puff or smoke a cigarette – after you quit smoking. If this happens, remember that a slip does not mean the end of your new smoke-free life. Think about how smoking makes you feel and focus on your reasons for quitting. Don't lose sight of your goal. One of these days, you will be smoke-free for good. Get back on track as soon as possible.

Here are some questions you can ask yourself to help you get back on track. See this slip as an opportunity to learn how to avoid it next time.

What triggered you to have a cigarette or take a puff?

Where were you?

Who were you with?

What can you do to avoid a slip the next time you are in this situation?

You can also contact a quitline to help you troubleshoot strategies to get you back on track.

It's common to have a slip or two after you quit smoking. Remember that a setback doesn't mean you have to give up.

Deal with a relapse

A relapse is when you start smoking again on a regular basis. You may have quit smoking for a while. You resisted many temptations to smoke, but then for some reason – stress, frustration, desire or pressure – you went back to smoking. Instead of feeling bad about it, put it behind you and move on.

As you move forward, congratulate yourself for the success you've had so far. Staying smoke-free for any length of time is a big accomplishment.

You've proven to yourself that you can quit. Are you ready to try again?

If your answer is no, that's okay. Maybe now is not the right time for you to quit smoking. Remember what you learned from this time. And when you're ready, set another quit date and build your plan.

If your answer is maybe, try reading chapter 1 again to remind yourself why you wanted to quit in the first place. Then, if you're ready, set another quit date and read the following page for tips.

If your answer is yes, read the following page for tips on getting ready to quit again. Take what you learned from this experience and apply it to your new quit plan. You can also call a quitline for help to get you back on track.

Get ready to quit again

As you prepare to quit smoking again, think about your last quit and what happened to make you start smoking again.

- What were you feeling before you lit up?
- How did your family and friends react?
- Why did you decide to continue smoking after that first cigarette?

You have a better chance of quitting smoking this time if you can learn from your last quit.

You learned that quitting takes self-confidence, preparation and dedication. What else did you learn, either about quitting or about yourself?

Write it down here.

Example: *I learned that writing down my reasons for quitting really helped me.*

You may find that you will get more out of this booklet the second time you use it. Go back to chapters 2 and 3 and work through the activities and tools again. Remember to read the information and do each activity as completely and honestly as you can.

If you didn't use medicine last time to help with your nicotine cravings, perhaps you should consider speaking with your doctor, pharmacist or other healthcare provider about that option this time around. Combining treatments such as nicotine replacement therapy or other medicine with this booklet can be an effective method of quitting.

If you need support, contact a quitline. A quit coach can assist you or refer you to other programs in your community.

Live a smoke-free life

Quitting is a challenge and you've succeeded so far. Your goal now is to make this change permanent and to continue living a smoke-free life.

Remember everything that you have learned and try not to become over-confident. Every day will bring new challenges and when you least expect it, a craving or trigger might throw you off.

Follow these tips to stay on track:

Reward yourself

Remember to celebrate the amazing job you're doing. Be grateful for your new smoke-free life.

Count on friends and family

Remind them that you still need their support! They've supported you all along and only want what is best for you.

Be prepared

Cravings and temptations can turn up at any time and you need to be ready to deal with them. Remember what has worked best for you so far.

Rely on tools

Keep this booklet nearby and use the tools and activities to help you stay on track. Call a quitline or speak to your doctor, pharmacist or other healthcare provider if you need any additional support.

Once again, *congratulations!* You have joined the millions of Canadians who enjoy life without tobacco. Best wishes for your continued success and your new healthy lifestyle.

For more information

If you want to understand more about how people quit smoking, or you would like more information about the resources and programs in your community, call one of our information specialists toll-free at **1-888-939-3333**, email us at **info@cis.cancer.ca** or visit our website at **cancer.ca**.

Smokers' helplines are available across Canada where trained quit coaches are available for free, confidential help over the telephone. Please call your local toll-free number printed on the back of this booklet.

Worksheets

In this section:

- write down your reasons for quitting
- set a quit date
- quit plan diary
- write out a quit plan

Write down your reasons for quitting

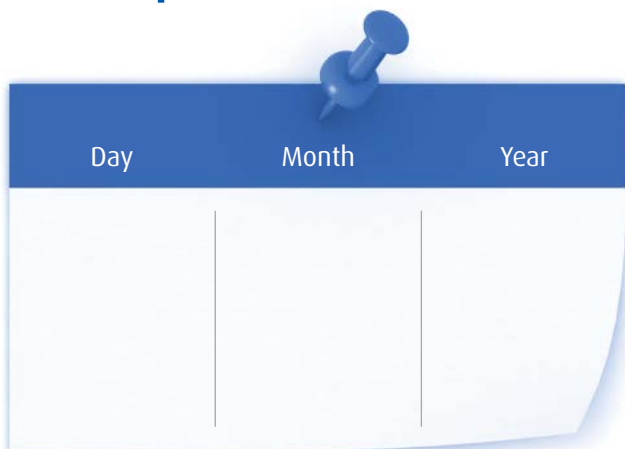
Reason 1

Reason 2

Reason 3

Reason 4

Set a quit date



Day	Month	Year

Quit plan diary

#	TIME OF DAY	REASON FOR THIS CIGARETTE	WHERE I WAS	WHO I WAS WITH

#	TIME OF DAY	REASON FOR THIS CIGARETTE	WHERE I WAS	WHO I WAS WITH

Quit plan diary

#	TIME OF DAY	REASON FOR THIS CIGARETTE	WHERE I WAS	WHO I WAS WITH

#	TIME OF DAY	REASON FOR THIS CIGARETTE	WHERE I WAS	WHO I WAS WITH

Quit plan diary

#	TIME OF DAY	REASON FOR THIS CIGARETTE	WHERE I WAS	WHO I WAS WITH

#	TIME OF DAY	REASON FOR THIS CIGARETTE	WHERE I WAS	WHO I WAS WITH



Quit plan diary

#	TIME OF DAY	REASON FOR THIS CIGARETTE	WHERE I WAS	WHO I WAS WITH

#	TIME OF DAY	REASON FOR THIS CIGARETTE	WHERE I WAS	WHO I WAS WITH

Write out a quit plan

MY QUIT PLAN

My quit date is:

My support system includes:

The quit aid I will use is:

My main reasons for quitting are:

My main triggers are:

I will cope with these triggers by:



Milestones

Date

Date

Date

Date

Date

Date



Call a smokers' helpline at one of these toll-free numbers.

British Columbia
1-877-455-2233

Alberta
1-866-710-7848

Saskatchewan, Manitoba, Ontario,
New Brunswick, Nova Scotia,
Prince Edward Island, Yukon
1-877-513-5333

Quebec
1-866-527-7383

Newfoundland and Labrador
1-800-363-5864

Northwest Territories
1-866-286-5099

Nunavut
1-866-368-7848



Canadian Cancer Society Société
canadienne
du cancer

1 888 939-3333 | cancer.ca
TTY 1 866 786-3934

This is general information developed by the Canadian Cancer Society.
It is not intended to replace the advice of a qualified healthcare provider.

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