



NATIONAL NON-SMOKING WEEK
SEMAINE NATIONALE SANS FUMÉE

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Brought to you by the Canadian Council for Tobacco Control
Présenté par le Conseil canadien pour le contrôle du tabac

Quit Smoking Tips

December 2011

If you are thinking about quitting smoking, good for you! You will be joining many other Canadians who have given up tobacco products. This fact sheet provides some tried and true advice that is based on real experience, as well as what we've learned from research into quitting smoking.

Before you quit, take time to prepare yourself:

- ✓ To succeed, it will help if you understand that smoking is an addictionⁱ and not a habit. Nicotine is highly addictive. Each cigarette you smoke maintains your addiction and makes it harder to quit smoking.ⁱⁱ
- ✓ Keep track of the number of cigarettes you smoke each day as well as why and when you smoke them (i.e. after a meal or when tired or stressed). Once you have identified your smoking triggers, think ahead about ways you will combat them when you quit (i.e. go for a walk, move to a different room).
- ✓ Write a break-up letter to tobacco acknowledging the years you spent together, but now you need to end the relationship and move on. List all the reasons why leaving the relationship is right for you. For example, you no longer wish to expose your children and your family to secondhand smoke, search out places to smoke when you are at work or at a restaurant, smell of cigarette smoke and have bad breath, or jeopardize your health. (For more ideas, see NNSW 2011 Fact Sheet *Reasons to Quit*.)
- ✓ Tell all of your friends and family that you have decided to quit smoking and ask for their support. Studies have shown that when people have help from their family and friends, they find it easier to make healthy changes in their life.ⁱⁱⁱ
- ✓ Practice the 4 Ds: take deep breaths, drink water, distract yourself, and delay your next cigarette.
- ✓ Find out about quit smoking programs in your province by calling **The Smokers Helpline** at **1-877-513-5333** or by visiting their website, www.smokershelpline.ca. You can also call the **Pan-Canadian quit line number** at **1-866-366-3667**.
- ✓ Consider using nicotine replacement therapy. NRT is safe^{iv} and effective^v when used properly and is now recommended by Health Canada for smokers who want to quit. To learn more, talk to a doctor or pharmacist.



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After you quit:

- ✓ When you feel an urge to smoke, think of it like a wave. Watch the wave coming towards you, and then feel it wash over you and fade away. Wait for calm to return.
- ✓ Avoid your smoking triggers. Try to change your routine and stay away from places where you used to smoke.
- ✓ Get out and get more exercise! Spend more time outside, go for an early morning walk, or take on a new sport.
- ✓ Manage your stress levels. Get plenty of rest and spend time with friends and family who care about you and support your decision to quit.
- ✓ Watch what you eat. Stick to low fat snacks, crunchy vegetables, and fruits to help reduce your cravings.
- ✓ Reward yourself. Spend some of the money you have saved on cigarettes on something you've wanted for a long time.
- ✓ Remember that every day you remain a non-smoker you are reducing your risk of heart disease, cancer, and lung damage.
- ✓ If your cravings are really getting you down, talk to a doctor or pharmacist about other medications that may help you quit.

What to do if you relapse:

Most people quit a number of times before they quit for good. But they do eventually succeed!^{vi} If you fall off the wagon, get right back on. Think of your relapse as a slight detour on your road to a smoke-free life.

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