



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 2009

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 your addiction to cigarettes. Nicotine is highly addictive. Each cigarette you smoke maintains your addiction and makes it harder to quit smoking.ⁱ
- ✓ 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).
- ✓ Make a list of the reasons why you want to quit. For example, you will no longer expose your children and your family to secondhand smoke. You will no longer have to search out places to smoke when you are at work or eating in a restaurant. (For more ideas, see NNSW 2009 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.ⁱⁱ
- ✓ 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: 1-877-513-5333** or visiting their website: **www.smokershelpline.ca**
- ✓ Consider using nicotine replacement therapy. NRT is safeⁱⁱⁱ and effective^{iv} 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.

After you quit:

- ✓ When you feel an urge to smoke, think of it like a wave. Watch the wave coming towards you, 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.



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- ✓ Get out and get more exercise! Spend more time outside; go for an early morning walk; 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!^v 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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ⁱⁱ Park EW, Tudiver F, Schultz JK, Campbell T. Does enhancing partner support and interaction improve smoking cessation? A meta-analysis. *Annals of Family Medicine*. 2004; 2: 170-174. Accessed November 13, 2008 from <http://www.annfammed.org/cgi/content/full/2/2/170>

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^{iv} Lancaster T, et al. Effectiveness of interventions to help people stop smoking: Findings from the Cochrane Library. *British Medical Journal*. 2000; 321: 355–358. Accessed November 13, 2008 from: <http://www.bmj.com/cgi/content/full/321/7257/355>

^v The Agency for Healthcare Research and Quality. U.S. Department of Health & Human Services website. *Help for Smokers and Other Tobacco Users*. Accessed November 13, 2008 from <http://www.ahrq.gov/consumer/tobacco/lowlit.htm>



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