

# Journey to Quit

A WORKBOOK TO HELP YOU QUIT SMOKING



# CONGRATULATIONS!

You have decided to quit smoking.  
You are taking a big step towards a healthier life.

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This guide is divided into three sections. It will help you get ready, get set, and GO on your journey to quit smoking.

You can do it at your own speed and in your own way. Only you will know what is best for you. This guide is packed with ideas to help you make a quitting plan.

## Quitting is not easy.

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## So take it one step at a time.

## Do it for you!

The content of this guide is based on current available evidence and has been reviewed by medical experts. It is provided for information purposes only. The information is general in nature and is not intended to be a substitute for sound clinical judgment. Seek the advice and expertise of your healthcare provider with any questions you may have about your health.

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## SECTION 1: GET READY!

This section will help you to get ready for your new life as a non-smoker. Getting ready for change is important. This section will help you to learn how you feel about quitting. Find out if you're ready to take a step towards a healthier life.

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## SECTION 2: GET SET!

Your journey continues in this second section. You will learn to make a plan for quitting. You will make decisions about how to quit and who will support you. You will learn how to cope with cravings. Finally, this section will help you to pick a quit date that is right for you.

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## SECTION 3: GO!

Your journey continues in this third section. Put your plan into action. You have quit smoking, now you can learn how to live as a non-smoker.

# Section 1

**GET READY!**



## YOUR JOURNEY BEGINS NOW!

Some people go back to smoking after quitting because they didn't plan ahead. You wouldn't run a race without training for it, right? You need training to quit smoking!

Getting ready is an important part of quitting. It can also be the longest part. Take some time to get ready. Prepare your mind and body for this big change.

Here is what you can expect in this first section of your training:

- Think about why you smoke and why you want to quit.
- Learn more about your addiction to nicotine.
- Think about the cons of smoking and the benefits of quitting.
- Review what to expect when you quit.

**“FAILING TO PREPARE IS PREPARING TO FAIL.”**

— John Wooden

# Why do you smoke? Why do you want to quit?

You smoke for many reasons. To feel good about quitting, you need to know why you like smoking.

For example, you might smoke because you like the way it relaxes you. You might smoke because it helps you deal with your stress. Why do you smoke? List your reasons below.

Reasons to Smoke: .....

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You have good reasons to quit. Maybe you don't want to spend money on cigarettes. Maybe you don't like smoking outdoors when it's cold, rainy or snowy. Why do you want to quit smoking? List your reasons below.

Reasons to Quit: .....

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**DO YOU HAVE MORE REASONS TO SMOKE?** Smoking still ranks mainly on the positive side for you. You may see some of the negatives, but do they outweigh the positives? Are you really ready to say goodbye to all of those things you like about smoking? You may need to take more time to think about this before moving forward with your quit attempt. Keep reading, but come back to this list before moving on to the next section.

**DO YOU HAVE MORE REASONS TO QUIT?** You feel that smoking does more harm than good in your life. Remember these reasons as you try to quit smoking.

**ARE THE NUMBERS OF REASONS EQUAL?** This is a good start. Make a new list later to see if one list grows longer than the other.

Preparing to quit, and need guidance? Call the Lung Health Line at 1-888-344-LUNG (5864) or visit [LUNGHEALTH.CA](http://LUNGHEALTH.CA).

# Nicotine Addiction

Cigarettes contain nicotine. Nicotine is very addictive. When nicotine enters your body, it goes straight to your brain and makes you feel good. But, the good feeling soon goes away. You want more cigarettes to feel good again. Always wanting to smoke means you are addicted to nicotine.

Understanding your addiction to nicotine is important. Some people are more addicted to nicotine than others. Being more addicted makes it harder to quit smoking. Think about how addicted you are. This will help you when you try to quit smoking.

Take this short quiz to learn how nicotine affects you. Read each question, and circle an answer for each one.

<p><b>1. How soon after you wake up do you smoke your first cigarette?</b></p> <p>Less than 5 minutes    3            6–30 minutes        2            31–60 minutes        1            After 60 minutes      0</p>	<p><b>4. How many cigarettes do you smoke?</b></p> <p>0    1–10 in a day            1    11–20 in a day            2    21–30 in a day            3    30 or more in a day</p>
<p><b>2. Smoking is not allowed in some places. Is it hard for you to visit places where you cannot smoke?</b></p> <p>Yes    1            No     0</p>	<p><b>5. Do you smoke more first thing in the morning than during the rest of the day?</b></p> <p>1    Yes            0    No</p>
<p><b>3. Which cigarette do you need most?</b></p> <p>The first smoke in the morning    1            Any other cigarette                0</p>	<p><b>6. Do you smoke when you are sick?</b></p> <p>1    Yes            0    No</p>
<p>Add up the numbers beside the answers you circled.</p>	<p><b>My total is:</b></p>

**TOTAL IS UNDER 5** – Your nicotine addiction is low. Act now before you become more addicted. It doesn't take long to become very addicted.

**TOTAL IS 5-7** – You are addicted to nicotine. If you do not quit now your addiction will grow stronger. It will be harder to quit later.

**TOTAL IS MORE THAN 7** – You are very addicted to nicotine. Your addiction is controlling you! It's time to make a change.

Adapted from: Heatherton TF, Kozlowski LT, Frecker RC, Fagerström KO. The Fagerström test for nicotine dependence: a revision of the Fagerström tolerance questionnaire. *British Journal of Addiction* 1991; 86(9):1119–1127.

# Think about the costs of smoking

You already know that smoking costs money. You also know that smoking can harm your health. Here are some examples.

- Up to half of all smokers will die because of smoking.
- A smoker will die about eight years earlier than a non-smoker.
- Smoking makes you 20 times more likely to die of lung cancer.
- Smoking is the primary cause of 80–90% of COPD (chronic obstructive pulmonary disease) cases.

List other health concerns you have: .....

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Smoking is expensive. The money you spend goes to the tobacco industry. If you smoke a pack a day, you can spend more than \$5,000 a year on cigarettes.

Figure out how much smoking costs you each year.

**DO THE MATH!** ..... packs per week x \$ ..... price / pack x 52 = 

What could you do with that money when you quit smoking?

List your ideas: .....

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# Think about the benefits of quitting

Quitting smoking is one of the best things you can do to improve your health and your life.



## YOU DON'T HAVE TO WAIT LONG BEFORE GOOD THINGS HAPPEN!

**WITHIN 8 HOURS**, the carbon monoxide level drops in your body. (Carbon monoxide is a toxic gas that enters your blood when you smoke.) The oxygen level in your blood increases to normal.

**WITHIN 48 HOURS**, your chances of having a heart attack go down. Your sense of smell and taste get better.

**WITHIN 72 HOURS**, breathing is easier.

**WITHIN 2 WEEKS TO 3 MONTHS**, blood circulation improves. Your lungs will work up to 30% better.

**WITHIN 6 MONTHS**, coughing, sinus congestion, tiredness and shortness of breath improve.

**WITHIN 1 YEAR**, your risk of suffering a smoking-related heart attack is cut in half.

**WITHIN 10 YEARS**, the risk of dying from lung cancer is cut in half.

**WITHIN 15 YEARS**, the risk of dying from a heart attack is equal to a person who never smoked.





Don't forget about some of the other great benefits of quitting:

- You will save money.
- Your sense of smell and taste will come back. Your food will taste better!
- People will stop asking you to quit. Finally!
- You will look and feel younger. Smoking causes wrinkles and ages your skin.

What other benefits can you add to this list? .....

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**“A YEAR FROM NOW YOU WILL  
WISH YOU HAD STARTED TODAY.”**

— Karen Lamb



# What to expect when quitting smoking

Withdrawal is your body's response to being without nicotine. Everyone may feel different withdrawal symptoms. If you have tried to quit before, you know how you may feel.

Withdrawal symptoms	Why you're feeling it
You want a cigarette – it's all you can think about.	Your brain is craving nicotine. It is a very addictive drug.
You feel dizzy.	Your body is getting more oxygen now. This is good! But your body needs to get used to it.
You've got a dry throat, a cough, post-nasal drip. This is mucus that drips from the back of your nose into your throat.	When you first quit, you might notice a lot of coughing and mucus. This is a good sign. Your lungs are clearing out the tar and dirt trapped inside. Help your lungs by allowing yourself to cough and bring it up.
You have trouble sleeping.	Nicotine has affected your brain and sleep patterns. Your brain is changing to new sleep patterns.
You have trouble concentrating.	Your brain is used to getting a buzz from nicotine. Now it's learning to stay alert without nicotine.
Your chest is tight.	You may have sore muscles from coughing. You have tense muscles from nicotine cravings.
You have gas, stomach pain, and constipation.	Your bowels may move less often than before. This won't last forever. Give your body time to change. Your bowel movements will be regular again.
You're in a bad mood.	Your body craves nicotine.
You feel tired and have low energy.	Nicotine is a stimulant. It keeps your body and brain alert. Your body is now learning how to stay alert without nicotine.
You feel hungry.	Your brain is confusing a nicotine craving for hunger.

Some of these symptoms can make you uncomfortable. Cravings can be hard to deal with. Remember that your body is healing itself from the damage caused

If this is your first time quitting, the symptoms can begin a few hours after you quit. They can last a short while or longer than you'd like. But they don't last forever! Here are some examples of what you can expect.

How long it lasts	What you can do
Cravings are strongest in the first few days after quitting. People may have cravings months or years later.	Wait. Your strong craving will last a few minutes. Try another activity. Have a drink of water. Take a walk or call a friend.
1 or 2 days	When you get up from sitting or lying down, get up slowly.
A few days	Drink lots of water to thin out the mucus.
1 week	Don't drink caffeine such as coffee or cola. When you're quitting, your body is more sensitive to caffeine. One cup of coffee may feel like five.
A few weeks	Take lots of breaks if working on a task.
A few weeks	Take some deep, slow breaths.
A few weeks	Drink lots of water. Eat high-fibre foods like fruits and vegetables.
2-4 weeks	Take a walk or do some exercise. Try to relax. Take a hot bath. Listen to soft music, stretch, or take a drive.
2-4 weeks	Take a nap if you're tired. Don't push yourself.
2-4 weeks	Eat healthy meals and snacks. Try crunchy a snack like raw vegetables, pretzels, popcorn, and fruit. Drink lots of water. Chew sugar-free gum.

by smoking. The symptoms won't last for long. The best way to deal with them is to prepare ahead of time. Once you're smoke-free, you'll be happy that you quit.

## Weight gain

You may be worried that you will gain weight when you quit smoking. Some people gain between five and ten pounds. Some people do not gain any weight.

If you do gain a little weight, don't let it stop you from quitting. Even if you gain a little weight, you will still be healthier than if you continued smoking!

### Tips to maintain a healthy weight!

Although most people only gain a little weight, you may not feel comfortable with the extra weight. Here are some tips to help you maintain your weight while still quitting smoking:

- **BE ACTIVE** Being active helps with withdrawal symptoms, cravings, and prevents weight gain.
- **DRINK LOTS OF WATER** It will help to flush the nicotine from your system and it can help you stop a craving. Drinking water also helps with food cravings.
- **EAT WELL** Nicotine stops hunger. When you're quitting, you may feel hungry. Also, food can taste and smell better. Eat plenty of healthy foods such as fruits or vegetables to help with cravings.

**“NOTHING DIMINISHES ANXIETY  
FASTER THAN ACTION.”**

— Walter Anderson



Stress is a part of our daily lives. You may smoke to deal with stress. Even thinking about quitting smoking may cause you stress.

## Here are some ways to deal with stress:

- Talk about it with someone
- Go for a walk or run
- Laugh!
- Relax in a bath
- Cuddle with a loved one or a pet



What other things could you add to this list? .....

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Think about some of the times, places and people that cause you stress. Write down how you will deal with these situations.

I always crave a cigarette when...

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I will deal with this situation by....

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# Imagine it

## Can you see it?

It's you, but you've quit smoking! Does it seem real?

**IMAGINE** family and friends congratulating you for quitting!

Your breath and clothing smell **BETTER, FRESHER!**

You are **FREE** from your addiction!

Having extra money to **TREAT YOURSELF!**

## Are you ready to take the next step?

**IF YOU'RE READY TO QUIT**, continue to the next section to begin planning for your new smoke-free life.

**IF YOU'RE NOT READY**, you may need more time to decide. This is a big decision. You need to quit when the time is right for you. Come back to this book when you are ready to quit. Read Section 1 again before starting Section 2. You might think that you need to quit, but are you ready to quit?

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For help as you prepare to quit smoking,  
call the toll-free Lung Health Line at  
**1-888-344-LUNG (5864)** or visit **LUNGHEALTH.CA**.

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# Section 2

GET SET!



## YOUR JOURNEY CONTINUES

Quitting smoking is not easy. It helps to have a plan before you start to help you stay smoke-free.

The activities here may take some time. Make sure that you think through your plan before you move on to Section 3.

Here is what you can expect in this section of your training:

- Look back to move forward
- Find quitting options
- Understand your triggers
- Plan your coping strategies
- Build a support network
- List your reasons to quit
- Set a quit date
- Track your smoking behaviours
- Create your plan

**“PLANS ARE NOTHING; PLANNING IS EVERYTHING.”**

– Dwight D. Eisenhower

## Look back, move forward

Have you tried to quit in the past? Maybe you quit as a New Year's resolution. Maybe you just had enough one day and said "I quit". It's normal if you quit and then smoked again. Quitting is not easy! Many people have to try several times before they quit smoking for good.

Don't look at your past quit attempts as failures. Instead, learn from what worked and what didn't work. Use that knowledge to help you quit forever. Thinking back can help you move forward!

### Think back to when you have tried to quit.

Why did you quit? .....

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What was easy about quitting? .....

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What was hard about quitting? .....

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**"I HAVE NOT FAILED. I'VE JUST FOUND  
10,000 WAYS THAT WON'T WORK."**

— Thomas Edison

Why did you start smoking again? .....

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What could you do differently this time to help you quit for good? .....

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## You have options for quitting!

There are many ways to quit smoking. Maybe you've tried some of them. You can use more than one way to quit. Here are some ways to become smoke-free.

### Cold Turkey

Quitting cold turkey means that one day you just stop smoking. Some people like to quit without anyone's help. To make this work, have a plan and stick to it! Speaking to a counsellor and reading self-help materials such as this workbook can help you. Quitting can be very hard. Most people need some help to quit.

## Cutting Back or Smoking Less

Some people try to smoke less before they quit for good. They practise by smoking fewer cigarettes each day.

Try these steps to help you cut back:

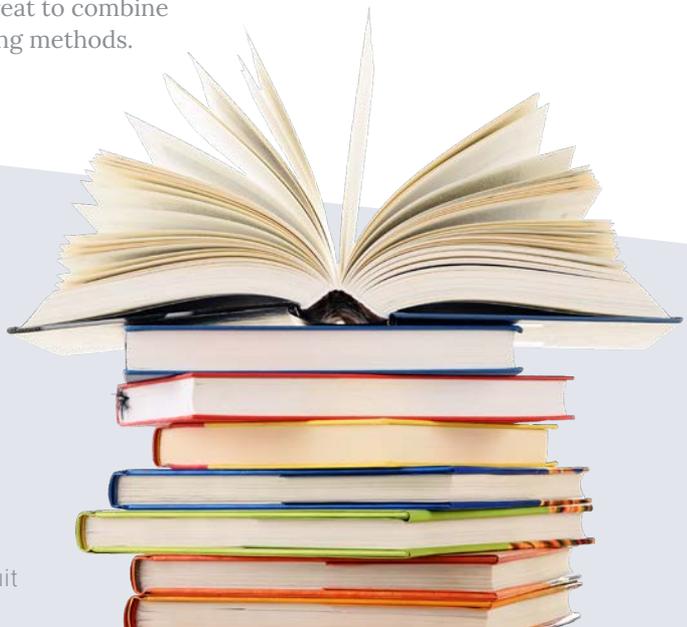
1. **WRITE DOWN** how many cigarettes you smoke each day.
2. **START TO** smoke less. With each cigarette, ask yourself, “Do I really need to smoke this one?”
3. **MAKE RULES** for smoking less. For example, start with two fewer cigarettes per day this week. Next week, smoke four fewer cigarettes per day. Or smoke outside your home.
4. **SLOWLY STOP** smoking those cigarettes you feel you don’t really need.
5. **TELL A FRIEND** let them help you keep track.

Get rid of the easiest cigarettes first. Then, get rid of the harder cigarettes. You can decide to quit at any time. Or, you can just keep smoking less until you don’t smoke at all.

## Self-help Guides

Self-help guides, such as this, can provide you with a lot of information and help you stay smoke-free. Keep it with you and work through it at your own pace.

Self-help guides are great to combine with other quit-smoking methods.



## Nicotine Replacement Therapy (NRT)

Nicotine replacement therapy or NRT is medicine that can reduce your nicotine withdrawal symptoms, including cravings, making it easier to quit. NRT works by giving you some of the nicotine you used to get from cigarettes, helping you to smoke less. When used properly, NRT allows people to get their nicotine in a clean way.

NRT is available in several forms. NRT comes in a gum, a patch, a lozenge, a mouth spray, or an inhaler. You can find different strengths and brand names. You do not need a prescription for these and can buy them at your local drug store. Your pharmacist or other healthcare provider can help you choose the one that is right for you.

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Nicotine is what makes cigarettes addictive, but is not harmful by itself. It is the more than 7,000 toxic chemicals found in cigarette smoke that are harmful to your health. Some of these chemicals are poisons: lead, formaldehyde, carbon monoxide, acetone, arsenic, ammonia and others.

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## Prescription Medicine

You can get medicines with a prescription from your doctor. These medicines do not contain nicotine. They affect your brain to reduce your nicotine cravings. Some of these medicines may be covered under your healthcare plan.

Every person is different. Find a way to quit that is right for you. Your doctor, pharmacist or other healthcare provider can help you to make this choice.



## Vaping

The research about vaping as a quit smoking aid is limited. There is much more research on other medications, such as nicotine replacement therapy that can be recommended for you when you are trying to quit. No vaping products have been approved by Health Canada for use as a smoking cessation aid. Vaping is not recommended if you are trying to quit.

# Tracking your triggers

Before you quit, think about how you smoke. When do you usually smoke? Where are you when you smoke? Who are you with? Use the Tracking Card to write down every cigarette you smoke. This will help you to understand your triggers and your daily smoking routines.

## How to use the Tracking Card

Make copies of the card and place it in your cigarette pack or pocket. The numbers on the left represent a cigarette. Each time you smoke, write down:

- When you smoked
- Where you smoked
- Whom you smoked with
- How you felt
- How strong the craving was (1 for a small craving, 5 for a big craving)

KEEP WRITING ON YOUR TRACKING CARD FOR THREE TO FIVE DAYS.

With every cigarette, ask yourself: “Do I really need this cigarette? Can I wait or do something else right now?” Maybe you can avoid some cigarettes. Maybe you can cut down as you begin to track your smoking patterns.



	TIME	PLACE	WITH WHOM	MOOD (good/bad)	CRAVING (1-5)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

# What triggers you?

You probably smoke without thinking. You may reach for a cigarette at specific times. You may smoke on a coffee break, after a meal, or when you're stressed.

Think about those moments that 'trigger' you to pick up a cigarette. Once you quit smoking, those moments are not going to go away. They are still going to happen. It is helpful to be prepared for how you will deal with them.

Coping methods will help you quit. Think about how you might cope with your triggers.



ON THE LEFT, LIST ALL OF YOUR TRIGGERS. What are the situations, people, places and feelings that make you want to smoke? On the right, find your coping strategies. What could you do to avoid smoking? How could you avoid having that cigarette?

## TRIGGERS

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## COPING STRATEGIES

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## You can always practice the 5 D's

**DELAY.** Cravings usually go away in 5 to 10 minutes. You can get through it.

**DISTRACT.** Be active. Start a new hobby to keep your hands busy.

**DEEP BREATHS.** Deep breathing can help you relax and focus your mind on something else.

**DRINK WATER.** Drinking water helps wash the bad stuff out of your system. Drinking water will help keep your hands and mouth busy.

**DO SOMETHING.** Physical activity is a great way to distract yourself from urges and will help lessen the cravings and withdrawal symptoms.

It might be tough, but try to avoid places where you normally smoke. Even avoiding other smokers can help! Tell your friends who smoke that you have decided to quit. They will understand if you need to stay away for awhile.

## Support systems

Get some help from your friends!  
Quitting is easier if you ask a friend or family member for support.

### TELL SOMEONE ABOUT YOUR PLANS.

By telling others about your plan to quit smoking, you will gain more support. Telling others makes it harder to change your mind. Ask them to support you on your journey to quit. Support from friends and family can really make a difference in your success.



**GET THE SUPPORT OF A HEALTHCARE PROVIDER.** Healthcare providers such as your doctor, nurse practitioner, pharmacist, or certified respiratory educator can help you to quit smoking. Ask them for help with quitting. They can also give you support and resources.

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**BUILD YOUR SUPPORT NETWORK.** Your support network can be friends or family members. These people will be there when you need someone to talk to. They can help you resist the urge to smoke. Maybe you know another person who would also like to quit. You could work together to stay smoke-free. Find at least one person who will support you. Let them know you're quitting.

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# Creating a smoke-free environment

To help you quit, make sure that your home and car stay smoke-free. This will help you resist the urge to smoke and lower your stress.

## TALK ABOUT IT

- Talk with everyone in your home. Find ways to make your home smoke-free.

## GET READY

- If there are other people in your home, ask them to stay away from you when they smoke. Ask them to smoke outside.
- Tell friends and family that your car is smoke-free.
- Remove ashtrays and lighters from your home and car.
- Put a smoke-free sign in your car and on your front door.
- Think about the smokers who might enter your car or home. How you will ask them to smoke outside?

## ASK SMOKERS TO SMOKE OUTSIDE

- Be nice, but firm.
- Thank your family and friends for helping to keep your home and car smoke-free.

## What are your reasons?

You may ask yourself “Why am I quitting?” You may ask yourself this question many times. You know why you are quitting. You have great reasons for working through this process.

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## Set a quit date

YOU'RE READY. It's time to select your quit date.

Choose a time that is going to work for you. Think about what you have to do in the next few weeks. Avoid stressful times when you know you'll want to smoke. You could start on a Friday so you can use the weekend to focus on quitting. Or maybe Mondays are better for you.



There will be no perfect day to quit smoking. If you have planned and feel ready to go, you can do it! A good quit date will give you enough time to prepare, but will not give you time to change your mind.

Pick your quit date and write it down. Post it somewhere! On the fridge, at work or on a social network such as Facebook or Twitter!



I WILL QUIT SMOKING ON: .....

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Write down your top reasons for wanting to quit smoking. Take a look at these reasons on those really hard days. You have good reasons to quit! Don't forget them.

3 .....

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4 .....

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# Your plan

## Now it's time to put your plan together.

My quit date: .....

My reason for quitting: .....  
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My quitting method(s): .....  
.....

My support network: .....  
.....

My main triggers for smoking: .....  
.....

I will use the following coping strategies to deal with my cravings: .....  
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# Section 3

GO!



## CONGRATULATIONS!

You are ready to begin your smoke-free life. You've set your quit date, made your plan and now you're ready to take action!

Your journey continues in this third section – Go! This section will prepare you for your quit date. It will help you in your first days and weeks as a non-smoker.

Here is what you can expect in this section of your training:

- Preparing for quit day
- Dealing with cravings
- Avoiding temptations
- Rewarding yourself
- Exercising
- Handling stress
- Dealing with a setback
- Time to put your training into action!

## Day before you quit

It is the day before your quit date. There are a few things that you can do to help make your first day easier.

- GET A WATER BOTTLE.** Drinking water can help with cravings. Water will help to clear your body of toxins.
- GET SUGAR-FREE GUM OR CANDY.** Keep your mouth busy during those moments when you want a cigarette.
- CLEAN!** Get rid of ashtrays, lighters and cigarettes. Clean out your car, home or other places where you usually smoke.
- SET UP SUPPORT.** Remind friends and family that tomorrow is the big day. Post it on your Facebook or Twitter page. Call your support network to get them ready.

# NOW GET SOME SLEEP. TOMORROW IS THE BIG DAY!

“A REAL DECISION IS MEASURED BY THE FACT THAT YOU’VE TAKEN A NEW ACTION. IF THERE’S NO ACTION, YOU HAVEN’T TRULY DECIDED.”

— Tony Robbins



## Congratulations!

You've worked so hard and your quit day is here. Be proud of yourself. You have decided to live a healthy, smoke-free life. You've taken all of the right steps. You are ready.

Thinking of yourself as a non-smoker is the first step. Try it. It feels good!

Here is what you can expect today. You may be grumpy and feel stress. You may have a headache and have trouble focusing. You may feel nervous. This is normal. Here are some things that can help you deal with cravings.

### KEEP YOUR HANDS BUSY!

- Text your support network
- Grab a stress ball and squeeze
- Play with the coins in your pocket
- Snap an elastic band
- Play a video or computer game
- Exercise



### KEEP YOUR MIND BUSY!

- Do a puzzle
- Write down your progress
- Play a game
- Go for a walk or run
- Try cooking a new recipe
- Get outside

### KEEP YOUR MOUTH BUSY!

- Drink lots of water
- Chew on some gum or a straw
- Kiss a friend or loved one
- Snack on fruits or veggies
- Call an old friend
- Brush your teeth or floss
- Sing your favorite song



# Change it up

You can have cravings to smoke at any time throughout the day. Changing your routines can help you stay smoke-free. Here are some changes to make to your daily routines.

## LOVE TO SMOKE FIRST THING IN THE MORNING?

- Jump right into the shower.
- Brush your teeth.
- Plan a morning walk.

## CRAVE A CIGARETTE WITH YOUR COFFEE?

- Avoid coffee if you can.
- Drink water or juices instead.
- Take your coffee to go.

## CAN'T DRIVE WITHOUT SMOKING?

- Remove your ashtray and lighter from the car.
- Listen to a book or the radio.
- Avoid driving. Ride a bike or walk.

## WANT TO SMOKE AROUND FRIENDS AND FAMILY?

- Find places to hang out with them where no one can smoke.
  - Try a movie theatre or restaurant.
  - Stay inside when they go out for a smoke.
- Avoid places where people will be smoking.

## NEED A CIGARETTE WHEN FEELING STRESSED?

- Practise relaxing to cope with the stress.
- Call a friend.
- Play some music.

## Reward yourself

**THIS IS THE FUN PART!** You deserve a reward for staying smoke-free. Every day, give yourself a treat or something special. Something just for you! You should have extra money for a treat because you did not buy cigarettes!

- Buy yourself a new book or magazine.
- Sleep in late or have breakfast in bed.
- Go to a ball game or other sports event.
- Get a new hairstyle or treat yourself to a manicure or pedicure.
- Have dinner out.
- Go to a movie.
- Get tickets to a concert or special event.
- Buy something you have always wanted.
- Spend extra time on your hobby.



List some of the other special ways that you can reward yourself.

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# Exercise

EXERCISE AND HEALTHY EATING can help manage your weight while you are quitting. There are many benefits to exercise!

- It gives you more energy.
- It decreases stress.
- It makes you sweat! You burn calories!
- It improves your mood.
- It increases your self-esteem and confidence.
- It is a distraction from smoking.
- It helps to lessen your cravings and withdrawal symptoms.
- It helps you sleep.
- You will feel great after exercising!



YOU DON'T NEED TO GO TO A GYM. You can exercise at home or with friends at the park or recreation centre. Walking for 30 minutes five times a week is a great way to stay in shape. Here are some other options:

- Take the stairs instead of the elevator.
- Get off the bus a few stops early and walk.
- Take a walk at lunch time or after dinner.
- Walk your dog, if you have one – or a friend's, if you don't.

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For help as you prepare to quit smoking,  
call the toll-free Lung Health Line at

1-888-344-LUNG (5864) or visit [LUNGHEALTH.CA](http://LUNGHEALTH.CA).

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## Track your progress

USE A CALENDAR to help you during your first months of living a smoke-free life. Here are some ways to use the calendar:

- Set goals for smoking fewer cigarettes each day.
- Write down your quit date.
- Write down rewards.
- Write down when you are one week or one month smoke-free.
- Set personal goals.
- Make reminders for checking in with your support network.
- Schedule exercise.



# Dealing with a setback

If you do have a cigarette after you quit, or even just a puff, don't worry. Many people have setbacks. It happens. But make sure you get right back on track. Remember that a setback does not mean you've failed. You can learn from it. Setbacks happen and no one has to know about it.

Use this opportunity to learn something about yourself. Learn and move on.

## THINK ABOUT WHY YOU HAD THE CIGARETTE.

Where were you? .....

What triggered you to have the cigarette? .....

## PLAN FOR WHEN THIS COULD HAPPEN AGAIN.

What could you do when this trigger happens again? .....

**Practice makes perfect.**  
**This was just a small setback – keep going!**

## What if I start smoking again?

Quitting for any amount of time is great. You should be proud of yourself for trying. Learn from this experience and remember it the next time you try to quit.

If you think you might be ready to try again, go back and read through the first two sections of this workbook. Think about your plan. Make changes based on your mistakes.

If you are not ready to quit again, that's okay. You tried, and you should be proud of yourself. When the time is right, come back to this workbook and try it again. Your life as a non-smoker will always be near.

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# Maintenance

## You've quit. That's great.

You have managed to be smoke free for a few days/weeks.

How are you feeling? .....

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What are some of the benefits you see from quitting? .....

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## Are you still craving a cigarette?

Review your coping plan.

You may feel so confident that you won't ever smoke again. You feel ready to hang out with your friends who smoke. Be careful. It can still be risky to move too quickly into situations when you would normally smoke.

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The Lung Health Foundation is dedicated to ending gaps in the prevention, diagnosis, and care of lung disease in Canada. We invest in the future by driving groundbreaking research, and we give patients and their families the programs and support they need today. Lung health starts now!

## Our areas of focus are:



### Asthma

We're working to ensure that no one loses a loved one to asthma.



### Chronic obstructive pulmonary disease (COPD)

We offer COPD patients programs and resources to keep them out of hospital, so they can live their lives to the fullest.



### Lung Cancer

We're eliminating the barrier of stigma and giving those living with lung cancer a fighting chance.



### Immunization

We work to ensure that older adults have access to the vaccinations they need to stay healthy and maintain their independence.



### Smoking & Vaping Prevention/Cessation

We provide support and education to ensure that future generations don't suffer the debilitating effects of lung disease.



**1-888-344-LUNG (5864)**

**lunghealth.ca**



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