QUIT
Want to quit? This booklet will help

» You can thank us later.

This booklet is for university & college students who are thinking about quitting smoking or are ready to quit

This booklet has 4 sections:

» Thinking About Quitting
» Preparing to Quit
» Taking Action
» Staying Smoke-Free
» Weighing the pros and cons of smoking
» Concerns about quitting
» What to expect from quitting

Thinking About Quitting... But Not Sure?

If you smoke because...

» Nicotine is a chemical stimulant that releases adrenaline and increases heart rate and blood pressure. Physiologically speaking, a smoker is never truly relaxed.

Then consider that...

» It helps you relax

» 2/3 of young adults who smoke occasionally go on to become daily smokers and this can happen in just two years.²

» It’s a social thing

» Cigarettes make blood vessels, arteries & veins smaller, depriving the brain of oxygen...in the long term, smoking is linked with poor memory & brain atrophy.³

» It helps you concentrate

» Boredom is a state of mind! You know you’ll still be bored after you finish that cigarette.

» It helps relieve boredom

» Being addicted to nicotine does not mean you are unable to stop smoking. It’s not a life (or death) sentence.

» You are addicted

» Keep reading...
Weigh the Pros and Cons of Smoking

If you are going to feel good about your decision to quit smoking, then you need to be very clear about what smoking and quitting mean to you.

Make a list of all the pros and cons of smoking for YOU and not what society tells you.

Pros:

Cons:

More PROs?
For you, smoking has more benefits than costs. It’s okay to feel that way. You probably need more time and more reasons for quitting before you’re fully ready to stop smoking. Re-read SMOKE before you go on with this booklet.

More CONs?
Right now, you feel that smoking does more harm than good… When you feel like that, it’s time to quit. Keep reading! (or skip to Page 18 if you’re ready to quit RIGHT NOW!)

Equal?
This is a good start. Try to keep an open mind to what your life would be like if you weren’t a smoker. Focusing on the cons may help you feel better about quitting.

Still not sure? Need that extra push?
» Read on to maybe add a few things to your cons list.
Reconsider...  
...the Costs of Smoking

It's a sure thing (not a maybe) that smoking will damage your health.

» Each year, 20,000+ Canadians will die of lung cancer.  
» 1 in 2 smokers will die of smoking-related diseases.

You’ve probably heard these facts a thousand times, but read them, pay attention to them, because they apply specifically to you... if you don’t quit...

Think you’re too young for diseases? Think again. Most young adults who had heart attacks under 30 are current smokers.

When you smoke:

1. Smoking destroys your lungs’ natural cleansing ability. Because of this damage, all those harmful, cancer-causing chemicals and tar get trapped in your lungs.

   Coughing lately?... this is your lungs trying to clean themselves.

2. Cigarette smoke contains 4,000 chemicals and many of them cause genes to mutate. Sure... lots of things can cause your genes to mutate... industrial pollutants, car emissions, pesticides... but these are things you don’t have much control over... SMOKING IS ONE THING THAT YOU DO CONTROL...

...the Sex Differences

MALES

Disease
» about 1 in 4 smokers can expect to get lung cancer
» smokers are 4 times as likely to get penile cancer and twice as likely to get testicular cancer

Sexuality
Compared to ex-smokers/non-smokers, smokers are more likely to:
» take a longer time to reach sexual arousal
» achieve smaller, less rigid erections
» experience erectile dysfunction
» have decreased sperm motility & lower sperm count
» pass on damaged DNA to their children

FEMALES

Disease
» women have a 25% higher chance than men of getting a smoking-related disease

Compared to ex-smokers/non-smokers, smokers have:
» 40x higher risk of having a heart attack if they’re on the pill
» 30% higher risk of developing breast cancer (as young as 20-44!)

Sexuality
Compared to ex-smokers/non-smokers, smokers are more likely to experience:
» irregular or absence of menstruation
» infertility
» ectopic pregnancies, miscarriages and stillbirths
» premature babies and Sudden Infant Death
Reconsider... …the Other Problems

Smoking is also responsible for:

» Premature aging and wrinkling of the skin\(^{20}\)
» Coughing up phlegm
» Foul-smelling hair, breath and clothes
» Loss of taste and smell

AND...

the toxins from your cigarettes that remain in your body may contribute to cellulite.\(^{21}\)

Now Consider the Benefits of Quitting

» Within weeks, your risk of heart attack goes down while your lung capacity increases\(^{22}\)
» You have more energy and stamina
» Your car/home smells and looks better
» Your teeth won’t get stained yellowish-brown
» You save yourself money
» You set a better example for everyone around you
» You feel more in control
» You are free from addiction

» Time to hit the gym and feel awesome with your newfound energy and renewed lungs!

BEST OF ALL:

You feel fantastic because you know your decision to quit is right for YOU!

Instead of buying cigarettes, treat yourself to something fun with all that money saved!
In Your Head You Want to Quit

» But something’s holding you back

That’s normal. You’re probably uneasy about what to expect if you stop smoking. The next few pages will prep you for that.

Here’s an example...

Situation

You’re not sure how you’ll handle stress without smoking.

Response

Realize that you choose to think of smoking as calming… you can just as easily choose to think of it as a crutch that prevents you from handling stress in a healthy way. Seeing smoking in a bad light makes it easier to quit\textsuperscript{23} and puts you in charge of your expectations.

What to Expect From Withdrawal Symptoms

Your body has built up a tolerance & strong desire for nicotine. When you stop smoking, your body will feel deprived. Withdrawal symptoms can be strong during the first few days after quitting, but they are temporary. This is your body getting back to normal.

After quitting, some smokers experience nicotine cravings that seem to last FOREVER… If this happens to you, distract yourself. When you stop thinking about it, the craving fades away.

» Read page 40 for some helpful tips.

Sometimes after quitting, smokers get cravings one after another. As the days pass, cravings become further and further apart… and get weaker and weaker. Your doctor or pharmacist can suggest ways to control these cravings.

Smoking your day’s first cigarette within 30 minutes of waking is associated with decreased odds of quitting.\textsuperscript{24} As you prepare to quit, try to smoke your first cigarette later and later each day.
What to Expect About Dealing With Stress

Stress is a part of life…and right now cigarettes might be your favourite way of dealing with it.

You do have OTHER choices!

Start checking into some alternatives and next time you’re stressed,

» Try one!

» Try a new weight routine, muscles burn fat!
» Do Yoga, Pilates, Muay Thai, Ju Jitsu
» Take up a new hobby—the distraction & focus can be peaceful
» Slow down! Enjoy the day; don’t rush
» Make time for a relaxing bath
» Stay organized & learn how to manage your time
» Talk to your friends or school counsellors for advice

Be mindful and focus only on what you are doing.

» Go for a walk
» Play games
» Deep breathe & meditate
» Cook or bake delicious treats
» Do the pizza walk-in special
» Start a new DIY project
What to Expect About Weight

Not everyone who quits gains weight.

Some do, and some don’t; but this is no different than people who have never smoked.²⁵

Here’s why weight might go up:

» Nicotine raises your metabolism. So when you quit, it is likely that your metabolism will slow down until your body gets back to normal. *(A bit of exercise will counteract this metabolic slowdown.)*

» Smoking suppresses your appetite—when you quit you may feel stronger, more intense hunger pangs. *(Satisfy them with small, sensible portions of healthy foods.)*

» Food can become a substitute for smoking or a distraction to cope with cravings. That’s okay in the short term. *(Take back control in the long term.)*

Like everything else involved with quitting, being prepared is your best defence.

» Pages 50 & 51 offer tips for keeping a healthy weight.

Quit One, Quit All?

Quitting cigarettes is a giant step for your health, but did you know that smoking *other stuff* can: make it harder to quit, make you more likely to relapse and lead to continued nicotine dependence?

When you smoke:

Marijuana…

Compared to cigarettes, smoking marijuana exposes you to 20x more ammonia, a chemical in fertilizers and household cleaners.²⁶ Marijuana also has cancer-causing chemicals and its use can lead to memory loss, anxiety, depression, schizophrenia.²⁷,²⁸

Hookah…

You are exposed to the same health risks as smoking cigarettes. What’s more, a typical 20-80 minute session of hookah smoking is like smoking 4-5 packs of cigarettes during the same time span.²⁹,³⁰

Cigars/cigarillos…

Depending on the product, it is like smoking up to 50 cigarettes all at once because they contain even more tobacco than a regular cigarette. So they have the same health risks as cigarettes.³¹
Close Your Eyes…
» *Imagine yourself as an ex-smoker*

» No more being controlled by your cravings

» You don’t have to stand outside in the freezing cold or sweltering heat to light up

» You feel more energetic and your workouts are stronger

» Your clothes, hair, and breath smell fresh and your teeth look cleaner

» **FEELS GREAT DOESN’T IT?**

» Smoking is not all it’s cracked up to be
» There are many benefits to quitting
» Success is possible when you are prepared
» Withdrawal, weight & stress can be managed

**RECAP**

**What have you decided?**

**I don’t want to quit now.**

No pressure…Just try to keep an open mind to the benefits of a smoke-free life. Keep this booklet & when you feel ready, read it again. In the meantime, try to delay that first cigarette of the day (see page 11).

**I do want to quit now.**

Now it’s time for a plan! The next section is filled with strategies and tools to help you quit smoking.
Reinvent Yourself...

"As an ex-smoker"

Here you are, preparing to quit.

» Quitting is not always easy, but practice makes perfect…
» Most people try a few times before they truly become ex-smokers.
» Fear not! You are your own destiny and you are capable of quitting smoking.

PREPARATION CAN HELP YOU REACH YOUR GOALS

Look back to move forward
Know your options
Identify smoke signals
Get your friends on board
Pick your quit date
Look Back to Move Forward

More than likely, you’ve tried to quit before. Whether it lasted hours, days, or months, you can build on what you learned. Thinking back will help you quit this time.

What *helped* the last time you tried to quit?

What *didn’t* work for you?

What can you do *differently* so that you quit for good this time?

Know Your Options

**Cold Turkey**

» Cold turkey works best when you have a plan
» So, read this booklet, make a plan, & quit
* Stick with your plan
* Even if cold turkey doesn’t work this time, try it again ‘til it does!

**Quit with Friends**

» Get a friend who smokes to quit with you
» Tell friends who smoke to not smoke around you
* Ask friends to keep you distracted & send you positive texts

**Smokers’ Helpline**

» Free practical tools, proven strategies and personalized support
» Visit smokershelpline.ca or call the number on cigarette packages or 1-877-513-5333
* Choose the online programs, text support or phone services that you want
* Don’t worry: no one will preach at you to quit – their Quit Coaches get it, and are available 7 days a week

**Speak to a Health Professional**

» Talk to a nurse, doctor or pharmacist on your campus about your quit plan
* Talk about: what happened the last time you tried to quit; what you plan to do this time; & whether medications might help
Know Your Options

When inhaled from a cigarette, nicotine travels to your brain in less than 10 seconds.

» You feel its effect immediately.

When you quit smoking, your body misses the sharp surge of nicotine, so you go into withdrawal. Nicotine Replacement Therapies like the patch, gum, lozenge, inhaler or spray provide a steadier dose of nicotine compared to the sharp hit from cigarettes. The steady dose helps to reduce (not eliminate) cravings.

When you first switch from cigarettes to these substitutes, you may still feel some urge to smoke. Don’t worry! Over time, your cravings for nicotine will diminish.

By the way, tar (not nicotine) causes cancer. So, nicotine replacement products do not cause cancer. Also, when used properly, they are non-addictive. So, you are not trading one addiction for another.

Nicotine Patch

» No prescription needed
» Slap it on daily for the recommended number of weeks

TIPS
* Ask the pharmacist what strength patch is right for you
* Use it to wean yourself off nicotine

Nicotine Gum

» No prescription needed
» Chew gum a few times, then park it between your gum & cheek

TIPS
* Ask the pharmacist what strength gum is right for you
* Use gum when a craving hits

Nicotine Inhaler, Spray, Lozenge

» No prescription needed
» Inhaler: inhale deeply or puff in short breaths
» Spray: spray into mouth, wait a few seconds, swallow
» Lozenge: Suck on lozenge until dissolved

TIP
* Carefully follow the directions for these products

Correctly using nicotine products can double your chances of quitting for good! Just remember: you MUST follow the directions and use the products for the recommended duration for these products to work!

Zyban or Champix

» See your campus health professional for a prescription

TIPS
* These medications work with chemicals in your brain to reduce nicotine cravings
* Follow your doctor’s advice carefully
Other Quit Aids

» *The jury is out on whether they actually work...*

**VAPES**

Vapes (e-cigarettes) are battery powered heating devices that release vapour which is inhaled (the vapour may or may not contain nicotine). This vapour may have fewer cancer-causing chemicals than traditional tobacco smoke, but it has more heavy metals. These can damage your brain and central nervous system.34

Switching to vapes may help you smoke fewer regular cigarettes, but you’ll still be smoking. And because some vapes deliver sharp hits of nicotine, they’ll keep you addicted. **Bottom line:** They are completely unregulated (who knows what you’re smoking), there’s no proof of their safety, and their long-term effects on your brain and body are unknown.

**HYPNOSIS**

In hypnotherapy, the goal is to replace your reasons for smoking with ones that make you want to quit. This is supposed to weaken your desire to smoke or strengthen your desire to quit.35

**ACUPUNCTURE / ACUPRESSURE**

Needles, seeds, or beads are inserted or attached to particular locations on the body with the aim of relieving cravings and withdrawal symptoms.36

**LASER / ELECTRO-STIMULATION**

Laser or electrical current is applied to stimulate different spots on the body, including the head for electro-stimulation.36

**HERBALS & OTHERS (ST. JOHN’S WORT, SILVER ACETATE)**

There is little to no evidence that using herbal and other natural remedies can help you to quit smoking.37,38
When Will You Miss Smoking?

And what can you do instead?

1. When at the bar:
   - Passport to non-alcoholic drinks
   -sip water, chew gum or eat hard candies
   -Open healthy breaks or go running
   -Breath deeply & slowly
   -Do a puzzle, play a game
   -Read a book

2. When bored:
   -Walk when you take a break
   -Do your dishes
   -Get up and brush your teeth
   -Switch to non-alcoholic drinks
   -Avoid common smoking areas

3. On break:
   -Get up and brush your teeth
   -Do your dishes

4. After a meal:
   -Go to a different room
   -Ask them to smoke outside
   -Try green smoothies
   -Drink juice, water or tea instead
   -Jump in the shower right away

5. While driving:
   -Breathe deeply & slowly
   -Plan healthy breaks or go running
   -Choose positive thoughts
   -Avoid common smoking areas
   -Socialize with non-smokers

6. While on the phone:
   -Ask them to smoke outside
   -Call or text a friend
   -Go to a different room

7. When friends or roommates smoke:
   -Ask them to smoke outside
   -Call or text a friend
   -Go to a different room

8. When you are bored:
   -Draw on a pad of paper
   -Walk while you talk

9. When on the phone:
   -Ask them to smoke outside
   -Call or text a friend
   -Go to a different room

When Will You Miss Smoking? And what can you do instead?
Extra Motivation

» What else can you do?

Research shows that it’s harder to quit and stay quit if people close to you smoke.²² So, try to get family or friends who smoke to quit with you.

Some smokers don’t want to tell their friends they’re planning to quit because they’re worried about letting people down; but did you know that telling others is a proven strategy for successful quitting? Not only do you feel committed to yourself, but you also feel committed to others. At the very least, pick ONE supportive person to tell.

The wouldurather... contest, held in January, is a proven way of increasing your chances of quitting successfully. Nearly 1 in 5 contestants are still smoke-free at the 3-month follow-up.³⁹ You can pledge to quit, or to cut back, or to not smoke when you drink.

So, grab a buddy, register together, and win some sweet cash prizes!

For more info, visit wouldurather.ca

Why Am I Doing This Again?

» You know why!

Write down your TOP 4 reasons for wanting to be smoke-free.

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________

4. ____________________________________________

Put a copy of this list in a place where you will always see it… your fridge, your bulletin board, your wallet, or take a picture of it with your phone. When you want to buy a pack of smokes, look at it and remember why you want to quit.
Pick Your Quit Date

Pick a date and a time that is not stressful. For example, don’t decide to quit during the middle of exams; wait until they are done. If you just broke up with someone, you might want to postpone quitting until you feel better. (Of course, some people believe there’s no time like the present!)

> Postpone, but don’t cancel!

I will quit smoking on

Get Ready to Quit

A few days before your quit date, use the diary on pages 32-34 to identify situations, places, people, and emotions that may trigger your desire to smoke after you quit.

How to Use the Diary

Each number in the left hand column represents a cigarette. For each cigarette you smoke, write down:

> when you smoked it
> where you were
> who you were with
> how you felt
> whether the craving was weak, moderate, or strong

DAY 1

Simply keep track of your smoking.

DAY 2

Cut back by at least 3 cigarettes by eliminating the ones you craved the least.

DAY 3

Try to cut back by 3 more cigarettes (and make your final plan to quit).
### Day One

<table>
<thead>
<tr>
<th>Time</th>
<th>Place</th>
<th>With Who?</th>
<th>Feelings</th>
<th>Strength Of Craving</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Day Two

<table>
<thead>
<tr>
<th>Time</th>
<th>Place</th>
<th>With Who?</th>
<th>Feelings</th>
<th>Strength Of Craving</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Day Three

<table>
<thead>
<tr>
<th>Time</th>
<th>Place</th>
<th>With Who?</th>
<th>Feelings</th>
<th>Strength Of Craving</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Final Quit Plan

My main reasons for quitting are:

______________________________________________________________________
______________________________________________________________________

The method I will use is:

______________________________________________________________________

People, places or situations that may still make me want to smoke are:

______________________________________________________________________
______________________________________________________________________

I will deal with these temptations to smoke by:

______________________________________________________________________
______________________________________________________________________

The people I can rely on for help quitting are:

______________________________________________________________________
______________________________________________________________________
Your day by day quit plan:

» Day 0 - The day before
» Day 1 - Today you quit
» Day 2 - The morning after...and the afternoon & evening too
» Day 3 - 48 hours later
» Day 4 - The next 48 hours

Taking Action

» You are ready to quit

The tips offered in this section are PROVEN STRATEGIES for quitting. So, even if some of the advice seems obvious or far-fetched to you, try to actually follow it.

It WILL help you quit!
The countdown to quitting ends today. So, the main goal today—your last day as a smoker—is to create a smoke-free space to live in. Did you know that you can improve your quitting success by making your room/house a smoke-free zone?\textsuperscript{22}

**WHAT TO DO?**

1. Review your quit plan on page 35.
2. Smoke your very last cigarette.
3. Throw out all lighters, matches and ashtrays, even the ones in your car!

Removing things that remind you of smoking will make it much easier for you to start your day tomorrow as an ex-smoker.
When you find yourself struggling with an urge to smoke, remove yourself from the moment. Shift your attention to something else. Get away from what’s making you want to smoke.

» Take control!

**PUT SOMETHING ELSE IN YOUR MOUTH**
- sugarless gum
- hard candies
- celery/carrot sticks
- pickles
- raisins
- a straw
- sunflower seeds
- black licorice

**FIGHT BACK AGAINST CRAVINGS**
- take a shower
- splash cold water on your face
- do a household chore
- go for a walk, run or ride
- explore your campus
- update facebook
- lift weights/workout

**DO SOMETHING ELSE WITH YOUR HANDS**
- write out your class notes
- text your friends
- fiddle with a coin
- play a game on your phone
- read a book — any book

Chances are, you still feel pretty pumped. It will be even easier to stay smoke-free today if you stay positive about your decision to quit. So, remind yourself of all your reasons for quitting. And even though you feel like you’ve done this all before…

» A little reminder doesn’t hurt.

**WRITE DOWN** your reasons for quitting:
1. 
2. 
3. 

**WRITE DOWN** what you look forward to after quitting:
1. 
2. 
3. 

Concentrate on things that really mean something to you.
Another important thing to do today is... **REWARD YOURSELF!**
Pick a reward for staying smoke-free:

- Skip the extra studying
- Plan a dream vacation
- Try that new restaurant
- Check out an exhibit
- Get a massage
- Go hiking
- Volunteer
- Laugh a little
- Try a new recipe
- Watch a movie
- Try rock-climbing
- Go to a comedy night
- Help a classmate
- Go shopping
- Buy some music
- Read the latest bestseller
- Hang out with friends who make you feel good

**Have Some Fun!**

**Tough Times**

If you’re like most smokers, today will be one of the hardest to get through. **Hey! Maybe you’ll be the exception to the rule!** Today, your body will finally realize that there’s no more nicotine being pumped in.

- *Let’s not sugarcoat it; you will feel like crap.*

**When cravings strike, remember:**
Cravings don’t last forever... in fact they only last a few minutes, so hang tight — you’ll make it through! To cope with other nicotine withdrawal symptoms, keep reading.

- *You can get through them!*

**AND SPEAKING OF NOT SMOKING...**

Choose your rewards carefully. Going out for a beer may not be the best choice for a reward if it’ll make you desperate for a smoke.

- *Give yourself a fighting chance!*
How to Cope With...

**anger, tension, irritability**

Recognize that these feelings are normal. Your body is craving nicotine, and this can make you feel uneasy. Take a few deep breaths, talk out your anger, exercise, & try to relax.

**problems sleeping**

As your brain adjusts to the lack of nicotine, your sleep may be disturbed. Avoid strenuous exercise and caffeine late at night. Go to bed & get up at the same time each day. Try reading, meditation or warm milk before bed. Avoid sleeping pills or herbal remedies! (And if you are on the Patch, try taking it off at night).

**headaches**

You are withdrawing from a powerful drug. The headaches will pass as your body adjusts. For now, find a quiet place and relax. Take a warm shower or bath. Gently stretch your neck and shoulders. Put a damp cloth over your eyes. Take a headache remedy only as recommended.

**cough, sore throat & lots of phlegm**

Your body is in the process of cleaning away excess mucus to help you breathe. Sip ice water, drink lots of fluids, suck on hard candies or chew sugarless gum. See a doctor if symptoms persist.

**depression**

It’s normal to feel a little down as your brain adjusts to the lack of nicotine. Acknowledge your emotions, talk to friends, or see your doctor for advice on how to cope. Remind yourself of the positive things associated with quitting smoking. Focus on your success!

**hunger**

A slight increase in appetite is normal once you’ve stopped smoking. Drink lots of water, stock up on fruits & veggies, and get rid of chips, cookies and high-fat foods. A little exercise will offset the extra snacks and keep your metabolism high; it’s a great substitute for smoking.
Changing Your Routines

If you feel like crap, it’s hard to believe quitting will eventually make you feel better. The ideas on the previous pages help you deal with withdrawal symptoms. But, you still need to resist TEMPTATIONS to smoke. To do this, ADJUST your routine. It’s amazing how changing the way you usually do things can help you stay smoke-free.

Couldn’t wait for that first smoke of the day?
» Jump out of bed and into the shower
» Do some yoga and stretches
» Get to class early

Lived for a coffee and a cigarette?
» Switch to fresh fruit juice
» Have a light snack instead of a smoke
» Skip the coffee, go for tea!

Loved smoking after eating?
» Avoid that after dinner drink
» Get up and brush your teeth
» Eat fresh fruit for dessert

Needed that cigarette when you were cramming?
» Start studying earlier (LOL)
» Have brain food: fish, eggs, nuts, seeds, & whole grains
» Take a music break instead

Enjoyed those social cigarettes with your friends?
» Stay in when they go out for a smoke
» Hang in non-smoking locations
» Suck on a mint instead of a cigarette
» Try exercising together instead

None of these apply to you? You know yourself best.
» Make up your own ways to change your routine!
Reality Check

Sure, you can ADJUST your routines to avoid some temptations to smoke, but it’s not realistic to avoid every situation that makes you want to light up! So here are more ideas for staying smoke-free.

When friends tempt you to smoke:
Good friends are supportive. Ask them to avoid smoking around you until you feel more confident. Maybe see if they’ll hang out in smoke-free places with you.

When alcohol tempts you to smoke:
Most smokers find it difficult to not smoke when they’re having a drink. In the beginning, you may need to avoid alcohol as well as bars and house parties. Instead, hang out in non-smoking, non-drinking places, like the movies, theatres or museums. Or go to the gym or pool.

Try a sport that takes your mind off smoking and drinking, or hang with a few good friends who will keep you smoke-free.

Weight Worries

» What happens after quitting...

When you quit

» Hunger pangs may be stronger
» Your sense of smell & taste will improve
» You may want to replace smoking with food
» Your metabolism may slow a little

The facts

» Not everybody who quits gains weight
» Exercise and sensible eating will help you maintain a healthy weight
Healthy Eating

- Watch your portions, especially at the restaurant
- Prep your food; always have healthy snacks ready
- Limit alcohol; it’s high in calories!
- Never fry; always bake, boil, steam or grill
- Don’t keep junk food in easy reach
- Shop smart; make a list and stick to it
- Skip expensive, sometimes unhealthy campus food and pack a healthy lunch
- Live in res? Eat more greens and less fried food

» Never grocery shop on an empty stomach!

Exercise

- It can do what cigarettes used to do for you

Exercise is the way to go because it:
- Burns calories
- Raises your metabolism
- Reduces stress and tension
- Enhances oxygen consumption (which also helps you lose weight)
- Increases energy
- Improves your sleep
- Increases your libido and sex appeal
- Enhances self-esteem
- Strengthens your heart and lungs
- Decreases your risk of heart disease and stroke
- Reduces the risk of osteoporosis

Most campuses, gyms and fitness centres offer discounted rates for students.

» Take advantage and sign up today!
And Then There Was Stress...

When you were a smoker, did you ever notice that the best cigarette was the one after a rough day or the one after getting a bad grade?

The #1 reason why people start smoking again is STRESS!!

The Next 48 Hours

» And the next...

Don’t let yourself think that just 1 cigarette won’t hurt...

» ...it will!

If I feel like smoking after...

...an exam, I will:

...a stressful week, I will:

...an argument with a friend/roommate, I will:

Remember, each day that passes, your addiction gets weaker and weaker…

» ...and you get stronger and stronger!
Congratulations on Quitting Smoking!
Dealing with slips
Staying smoke-free

You’ve Quit

» Now what?

Some people say quitting is the easy part, but staying quit is the hard part.

They’re not YOU.
Relapse Prevention 101

» How to stay smoke-free

So, it’s been almost a week since you quit.

» Congratulations!

Now your goal is to STAY smoke-free and make sure a small slip doesn’t become a major relapse!

Most ex-smokers relapse back to smoking when they:

» feel stressed, depressed, or bored
» feel stressed, upset, or have a conflict
» feel stressed by a heavy workload

» Get the idea that stress is a trigger for smoking?

Relying on willpower to stay smoke-free is a good start.

» Now add other strategies for STAYING smoke-free.

Staying Smoke-Free

» You can do it!

Deal with high-risk situations — You can avoid some and cope with others!

» Look at pages 40-53.

Self-monitor — Identify what is happening when you feel tempted to smoke.

» Use your Smoking Diary on page 32.

Be aware — The urge to smoke can remain strong years after quitting. Be alert to high risk situations that may trigger you to smoke.

Use your imagination — Great athletes do, and you can too… Visualizing success is a powerful way to boost confidence in your ability to be smoke-free.

Know your resources — Campus health professionals, campus counsellors & Smokers’ Helpline Quit Specialists can help you overcome urges — talk to them!

Count on friends & family — Never underestimate their power of support! Ask a friend for support as you replace old habits with healthy new ones!
After quitting many smokers find themselves saying:

“I really didn’t want to start smoking again. But I was so stressed, that I just couldn’t help it…I had to smoke. It’s not my fault that I started smoking again.”

So, whose fault is it? No matter how stressful life is, you do have choices about how to cope. Smoking is not the only way.

Take a few deep breaths. Now…

1. breathe in…
2. breathe in and close your eyes…
3. breathe in calm, fresh air…
4. breathe in and smile…
5. breathe in all your stress…
6. breathe in and open your eyes…

An easy way to feel more calm is DEEP BREATHING

Dealing With Slips

Slips happen. Some situations are harder than others to get through without a smoke.

» What should you do if you have a slip?

- Don’t stop quitting
- Learn from a slip
- Consider trying other ways of quitting
- Keep quitting

Don’t waste your time feeling bad. Instead figure out what made you smoke in that situation and what you can do differently next time.

Practice makes perfect - most smokers try several times before quitting for good.

See pages 21-23 for options that have been proven to work.

Visualize yourself as an ex-smoker. You WILL achieve this goal!
Did One Small Slip Become a Full Blown Relapse?

Remind yourself that quitting for any length of time is a real success!
» Way to go!

One cigarette did not make you a smoker. A short lapse back to smoking won’t make you a smoker again! Overcome this setback.
» Keep trying!

You have many GREAT reasons to quit. Keep reviewing them and keep picturing yourself smoke-free and healthy.

Dealing With a Relapse? Ready to Quit Again?

NO
You gave it a good shot; but now might not be the right time for you to quit smoking.

If quitting is in your 5-year plan, be sure to keep it there. Think about it every now and then. And when the right time for quitting comes along, take advantage of it. (Make it a graduation present to yourself.)

MAYBE
It may help to re-read section 1. Then, if you want to quit again, just keep reading. Follow ALL the advice. And consider using other quitting methods.

YES
Being prepared to quit, really prepared, is the best way to ensure success. Ask someone for support; be ready to resist temptations; use every trick possible to conquer cravings; reward yourself OFTEN!
» You can quit. You WILL quit!
References


37. Lancaster, T., & Stead, L.F. (2012). Silver acetate for smoking cessation. The Cochrane Database of Systematic Reviews, 1, Art. No.: CD000009. DOI: 10.1002/14651858.CD000009.pub4

