U KNOW U WANT 2...
help a friend quit smoking
This is your guide to helping a friend quit smoking.

» Your friend will thank you for it.

This booklet is for anyone who wants to help a friend or loved one quit smoking

Topics in this booklet include:

» Steps to help your friend quit
» Understanding why your friend smokes
» Stress & other triggers for smoking
» How to avoid being a roadblock
Are You a Roadblock to Your Friend’s Quitting Success?

Oops! Without knowing it, you could be interfering with your friend’s plan to quit.

You might be hindering your friend’s success if you are:

» Assuming that quitting should be easy for them
» Forgetting to congratulate your friend when they resist the temptation to smoke
» Coming on too strong with your support or giving too much advice about when, why or how they should quit
» Letting your friend give into a craving to smoke (*A craving passes after a few minutes; help your friend get through it by distracting them*)
» Smoking around your friend, offering them a cigarette, or letting them have a drag of your cigarette

Be a good friend. Read this booklet to learn more ways to encourage and support your friend to quit.
Is Your Friend a 1 or a 2?

1. My friend gets pissed off when I tell them, “You really should quit”.
   **Butt out!**
   Your friend is not ready to quit.
   - Someone who smokes needs to make their own decision about when and why to quit.
   - Smoking is not just a habit (like brushing your teeth). It is a chronic addiction where the brain and body are physically addicted and wired to crave nicotine. Did you know that nicotine is more addictive than cocaine?¹
   - Quitting can be hard. Read this book so you know more about quitting and can support your friend when they seem more interested in quitting.

2. My friend has been thinking about quitting or seems ready to quit smoking.
   **Keep reading**
   to learn how to support your friend as they quit smoking.
How to Use This Book When Your Friend Wants to Quit

1. Remember it’s your friend’s choice: When / Where / Why / How to quit.

2. Get informed - Read everything in this booklet.

3. Only use the tips and strategies that your friend needs or wants.

4. Say to yourself: “I’m not a health professional. My friend may need more help than I can give.”

Remember quitting smoking might take a while.

“Your friend did not become a smoker overnight.”

Stay positive. Lots of people quit smoking every year. Your friend will too.
Real Things You Can Do to Help Your Friend Get Ready to Quit...

First things first... find out how you can be the best support for your friend. And don’t be offended if they want to do it on their own.

Reasons for Quitting

Everyone has their own personal reasons for quitting. You will want to know your friend’s reasons. Encourage your friend to write down their reasons for quitting where they’ll constantly see them (e.g., on Facebook, on a sticky note posted on their bathroom mirror, in their phone, etc.).

Suggest they pick a day to quit – it will give them a goal to work towards. Could be the first Monday of the month, an anniversary, birthday, holiday, or any old day. Suggest they set their quit day as their password for a little while...

E.G., quitMay4, breatheEZ1231

Making a Fresh Start

Talk about triggers – the people, places and things that make them want to smoke, and ways to deal with these triggers.

» Page 11 may help with this!

Help them get rid of ashtrays, lighters, matches... and anything else that makes them want a smoke. Consider picking up an air freshener or hey, maybe you could even offer to help clean their place or car!

Advance planning increases the odds of quitting for good. Planning includes choosing how to quit. Cold turkey works for lots of people. Some people also use the patch, gum, or something else.

» Check out pages 12-13 & help your friend plan for quitting.

Triggers to Smoke

Why not create a quit kit for them?

Include:

» Gum, mints or sunflower seeds
» Water bottle
» Stress ball or rubber bands
» A personal message of support
Healthy Ways Your Friend Can Deal With Triggers to Smoke

Some triggers to smoke can be avoided and some can’t. Your friend needs a plan to deal with both types of triggers. Here are some ideas that might help your friend.

**Teach your friend 4Ds for DEALING WITH CRAVINGS**
- Distract - keep busy, change it up
- Delay - cravings go away
- Drink water - lots of it
- Deep Breathe - slowly!

**Avoid these triggers**
- Drinking coffee
  - Switch to a smoothie, juice, water or tea
- Being bored
  - Keep hands busy - text friends
  - Keep mouth busy - chew gum, eat licorice, drink water
- Drinking alcohol
  - Switch to non-alcoholic drinks
  - Avoid outdoor smoking areas at bars
- Being around others who light up
  - Walk away

**Deal with these triggers**
- Waking up
  - Jump in the shower right away
- After eating a meal
  - Go brush teeth
- Taking a break
  - Eat a healthy snack
  - Stay inside or go for a walk
- Driving
  - Take a different route
  - Throw away any cigarette packs in the car
- Feeling stressed, depressed or angry
  - Do something active
  - Talk it out with a friend
Deciding to quit smoking is a big step and if your friend has tried to quit before, maybe they are open to trying a different approach this time. No matter what, respect your friend’s decision regarding how and when they choose to quit.

**Cold Turkey**

Some smokers quit smoking cold turkey. They might stop suddenly, or they might gradually reduce and then quit. No matter which way they go, having a personal plan for dealing with urges to smoke is key! So, be ready to help your friend resist temptations to smoke and stay quit for good.

**With a Friend**

Having the support of friends or family helps smokers quit. To help your friend quit, keep them busy... and if you smoke, don’t offer a cigarette or smoke around them. Remember to congratulate them every step of the way! If they slip, don’t be too harsh, encourage them to keep trying.

**Quit Smoking Booklets**

Leave The Pack Behind has mini-booklets about quitting. They offer the latest info about quitting. They explain how to deal with nicotine withdrawal, cravings and stressors that can make a smoker start smoking again. And they work! Visit www.LeaveThePackBehind.org for more info.

**Nicotine Replacement Therapy**

Smokers can easily buy nicotine patches, gum, inhalers and lozenges at grocery stores and drug stores. They don’t need a prescription. Using these products correctly will double smokers’ chances of quitting.2 They work with chemicals in the brain to reduce nicotine cravings, ease withdrawal, and generally make smoking less pleasurable.

**Smokers’ Helpline**

Smokers can pick what works for them: online programs, 1-1 coaching by phone, or support and motivation by text message. No judgement, and nothing preachy, and it is all free. Your friend can call 1-877-513-5333 or visit smokershelpline.ca.* Working with a Quit Coach can more than double their chances of quitting successfully.

*except in BC (quitnow.ca), AB (albertaquits.ca) & NL (smokershelp.net)

**Zyban or Champix**

These are the prescription meds smokers get from their doctor. These medications double smokers’ chances of quitting.2 They work with chemicals in the brain to reduce nicotine cravings, ease withdrawal, and generally make smoking less pleasurable.

**Herbals, Lasers, or Hypnosis†**

There’s no clear evidence that herbals, lasers or hypnosis help smokers quit smoking. Sometimes, things work simply because we so strongly believe that they will work. Considering that these treatments can be expensive, your friend might want to think carefully about using them.

**Vapes†**

Some people say vapes (electronic cigarettes) help smokers quit, but there’s no proof of this. Vapes don’t have cancer-causing tar, but they do have cancer-causing heavy metals, chemicals and gasses. Some vapes deliver hits of nicotine that keep the smoker addicted.3 Overall, vapes may help your friend stop using regular cigarettes, but they’ll still be smoking.

†The jury is still out on these quit aids. There’s not enough evidence to prove that they work.

Did you know, smokers who speak with their doctor about quitting have a higher chance of staying quit?
Common Side Effects

While quitting, your friend will likely experience withdrawal.

They might:

» Have strong cravings
» Be irritable, have mood swings or feel depressed
» Feel like crap
» Cough a lot and have nasty phlegm

» Get headaches
» Feel hungry
» Gain a bit of weight
» Have trouble sleeping
» Have trouble concentrating

Remember: These symptoms are the worst in the first 7-10 days. Your friend may need extra encouragement then. Keep in mind that symptoms are signs of healing & usually fade after a few weeks!

» Quitting can be stressful for both of you.

STRESS BUSTERS

For both of you

» Drink lots of water
» Work out
» Get some extra sleep
» Take deep a breath
» Reward yourself

» It’s important to spend time with other friends too!

Don’t forget how awesome it is that you’re helping a friend achieve their goal!
Quit Pact

What are YOU addicted to? – Coffee? Soft drinks? Junk food? Giving up an addiction isn’t easy, whether it’s quitting smoking or giving up something else. So, why not give up something you’re addicted to? Your friend may feel more committed to their own quitting plan if you give up something together! Make a quit pact with your friend. When your friend needs encouragement or is tempted to smoke, remind them of your quit pact.

If you smoke and if this is the right time for you, maybe you and your friend could make a pact to quit smoking together. If now isn’t a good time for you to quit, you can still support your friend by using the ideas in this booklet. Your support will mean a lot to your friend.

Whether or not you smoke, you and your friend can make a pact to enter the wouldurather… contest that Leave The Pack Behind hosts every January. Quit, reduce, or stay smoke-free for a chance to win some sweet cash prizes. Or just be your friend’s “buddy” while they’re in the contest.

Regular smokers who are ready to quit

Anyone who smokes when they party

Enter Quit For Good and pledge to quit smoking for 6 weeks!
Pledge to not smoke when drinking alcohol in Party Without the Smoke.

Regular smokers who aren’t ready to quit completely

Non-smokers & Ex-smokers

Enter Keep The Count and cut back by 50%. That’s it.
Join Don’t Start and Win and stay smoke-free.

Visit wouldurather.ca for more info.
Other Possible Roadblocks to Success

Did you know alcohol, marijuana and shisha can all negatively impact your friend’s success at quitting smoking? Using these substances can increase your friend’s risk of relapse when trying to quit.

**ALCOHOL**

Drinking makes it hard to STAY quit.

For lots of people, smoking and drinking go together like milk and cookies: can’t have one without the other. If your friend decides to stop drinking while quitting, support their decision. If you do go out with them, consider making a sacrifice yourself to keep them away from cigarettes. For example, both of you can switch to pop instead of alcohol, avoid groups of smokers, or leave early if the temptation to smoke is too strong.

**MARIJUANA**

You might think that quitting tobacco and marijuana at the same time would make withdrawal symptoms twice as bad. BUT - that’s not what happens. On average, smokers rate their withdrawal symptoms the SAME whether they are quitting tobacco, or marijuana, or BOTH together. **BONUS:** Smokers who quit both marijuana and tobacco together, are more likely to become ex-smokers and stay ex-smokers.⁴

**SHISHA**

Quitting cigarettes but smoking shisha is like switching from bottles to cans. Cigarettes and shisha are both tobacco + tar + nicotine – they’re just packaged differently. The amount of tar and nicotine inhaled during 20-80 minutes of hookah use is the same as 4-5 packs of cigarettes.⁵,⁶ So, don’t let your friend believe the myth that shisha is safer and healthier than cigarettes. The truth is, both are toxic. **Quitting smoking means quitting both.**
Final Thoughts

Remember to congratulate your friend for going without a smoke, for trying to quit & for every day they stay smoke-free.

» Reward yourself too!

Don’t be harsh if your friend doesn’t quit in the end… nagging is never productive. You are a good friend for trying to help.

If your friend has a smoke or a few drags, don’t beat them up… it doesn’t mean they’ve had a huge setback. Encourage them to keep trying.

References


Your friend can visit www.LeaveThePackBehind.org for more info and free stuff that will help them quit smoking for good.