

# How to Quit Smoking



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Merryl Hammond, PhD • Rob Collins



## **How to Quit Smoking**

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Written by Merryl Hammond, PhD and Rob Collins

Illustrations by Martin Aubry

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6 Sunny Acres • Baie-D'Urfé • Québec • H9X 3B6 • Canada

T: (514) 457-4347 / (514) 457-4990

cae.canada@icloud.com

To get copies of this booklet please contact:

Nunavik Regional Board of Health and Social Services

PO Box 900

Kuujuaq • Québec • J0M 1C0 • Canada

T: (819) 964-2222 x 266

victoria.grey@ssss.gouv.qc.ca

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## Foreword by Vicky Grey

Many Nunavimmiut start smoking at a very young age. When they get addicted, they have a very hard time trying to quit – even knowing that smoking isn't good for them. Many develop tobacco-related diseases. That's why Nunavimmiut need to learn about how to quit smoking and stay quit. I really hope this *How to Quit Smoking* booklet will help them to quit.

I myself used to be a smoker. I smoked on and off for many years. I am so relieved that I have been smoke-free for ten years now. I set my mind to being a non-smoker for life and I have no cravings at all just by thinking that I will be healthier and live longer.

I can remember some tips I used to quit. First, I reminded myself that I have relatives who are very heavy smokers, and they were coughing so much and spitting at the same time. I didn't want to become like them when I got older. So I stayed quit because they didn't look healthy at all and they were so addicted to nicotine and could not stop smoking. A few of them lived with an oxygen tank and couldn't survive without it. Second, I had really good social support from my family and friends, especially my mother who never smoked in her whole life. She was very healthy and had no wrinkles on her face even in her old age!

In my experience, to quit you have to set your mind that you don't want to be a smoker your whole life and that you want to have a healthier lifestyle and live longer.

Each person who uses this booklet will find different parts more useful. One of my favourite sections is the one about how smokers must try to cut down on stress as they quit smoking. As the booklet says (p11): "There are so many reasons for Nunavimmiut to feel stressed. . . Think about ways you can cut your stress so you don't need to reach for a cigarette when you feel stressed. Try speaking to a friend, visiting an Elder, music, meditation, exercise, sleep, writing in a journal, or anything else you find helpful."

I would like to thank my colleagues on the Tobacco Team at the Health Board who gave helpful feedback for this final version: David Arseneault, Alain Ishac, Dr Simon Riendeau, and Nathalie Harrison.

I hope you will find inspiration in this booklet, as well as practical tips to support you on your quitting journey. Good luck!

Vicky Grey  
Health Promotion Officer, Smoking Prevention & Cessation  
Nunavik Regional Board of Health and Social Services

## Introduction



Did you know: Smoking rates in Nunavik are extremely high. More than seven out of ten Nunavimmiut smoke every day. And even more smoke occasionally.

That's why we've written this booklet about *How to Quit Smoking*. It is meant for two main groups in Nunavik. First, for smokers who need tips and information to help them quit. And second, for non-smoker friends and family members who want to support smokers as they quit.

Quitting smoking isn't easy, but millions of people around the world have quit and stayed quit. In this booklet, we explain—in 5 steps—how to quit smoking.

Before we start, please use the space below to note any tips you already know that can help smokers quit. (Please do this exercise whether you are a smoker or the loved one of a smoker.) We'll return to these tips at the end of this booklet.

### Tips I know to help smokers quit:

The next step is to check out what you already know about some of the points in this book, so please do the quiz on page 2 next.

# Quiz



Let's start with a quick quiz about how to quit smoking in a way that will give you the best chance of quitting and **staying** quit!

This is not a test! Just take a guess to answer each question, then check the answers at the bottom of the page.

1. It's important to get good sleep every night while quitting. True/False.



2. Why do we recommend that you spend less time with smokers while you are quitting? .....



3. Most smokers use the "cold turkey" method to quit. What does that mean?  
.....



4. List 3 withdrawal symptoms that some smokers get when they are quitting. ....



5. To avoid a relapse when you have a sudden craving to smoke, we recommend the "5Ds". Can you list at least 2 of them?  
.....



## Answers

1. True.
2. Spending time with smokers may tempt you to smoke.
3. "Cold turkey" means you quit suddenly, on your quit date. Another method is "weaning" or cutting down.
4. Any 3 of these: cravings, cough, nervousness, bad mood, can't focus, dizziness, headaches, nightmares, tiredness, upset stomach, itchy skin, hunger, sore throat.
5. Any 2 of these: Delay; Distract yourself (Do something else); Deep breathing; Drink water; Discuss your feelings (or write them down in a journal).

Now, let's learn about how to quit smoking!

# Step 1: Get your mind and heart ready

## 1. How does smoking harm us?



This question is answered (in 10 sections – yes, 10!) in the book *How Smoking Harms Us*.

It digs into the problems of smoking, and explains how smoking affects smokers as individuals, their families, their communities, and even their culture. If you haven't already read that book, please do so now.

Some of the ways smoking harms us are shown below.



*Second-hand smoke affects everyone*



*Smoking was never part of Inuit culture*



*Smoking burns our cash*



*Smoking steals our looks and beauty*



*Smoking makes tobacco companies super rich*



*Smoking is an addiction*



*Smoking kills*

## 2. Why did I start smoking?



*I want to look grown up!*

Think back to why you started smoking in the first place.

Were you like the little kids in these drawings: just wanting to look and feel older, and maybe earn a little “respect” from family and friends?

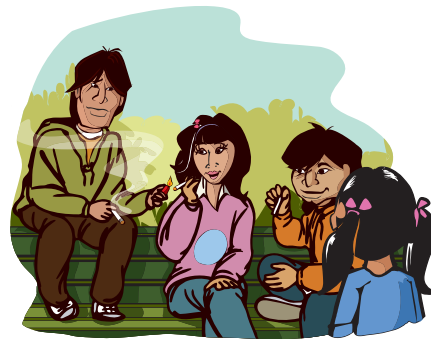


*Me too!*

Or were you looking for acceptance, wanting to be like everyone else around you?

Did you just want to see what smoking was all about?

Did you start puffing for the fun of it? Or for no real reason at all?



*It's cool to feel accepted by a group, but...*

Well, that's how **millions** of kids and youth around the world start smoking every year. It's called “experimenting.” They experiment with tobacco, weed, alcohol, sex — you name it.

But next thing you know, you get totally hooked on the nicotine in tobacco...



*She's in addiction jail*



*He's hooked!*



Why did you start smoking?

### 3. Why did I get addicted (if I already did)?



If you're like so many people who got hooked, it's time to do some soul-searching.

**Ask yourself:**

*Am I using tobacco to try to bury some kind of fear, pain, anger, or insecurity?*

If so, where does that heavy emotion come from? Here's what some smokers are living with.

**See if any are true for you.**



Insecurity or trauma from early childhood: residential school survivor; family problems; neglect; death of a parent; alcoholic parents; physical, verbal or sexual abuse; witnessing family violence; uncaring foster parents...

Or maybe they're suffering some of these things even now.

Or they may be in an abusive relationship, or be a victim of bullying, or cyberbullying, or coping with a mental illness. Maybe they dropped out of school. Can't find a job. You name it.



*No wonder these people try to smoke their problems away.*







*But smoking doesn't make a single problem go away! It only **adds** to the list of problems you'll have to deal with at some point. And that's why we're here to help you quit!*



*If you are addicted to nicotine, can you think why this happened? Which of the reasons for addiction on this page are true for you? How can you learn to cope without smoking?*

## 4. Why do I keep on smoking?

Please check off any reasons for smoking that are true for you.

<ol style="list-style-type: none"> <li>1. <input type="checkbox"/> I like smoking!</li> <li>2. <input type="checkbox"/> Everyone smokes!</li> <li>3. <input type="checkbox"/> To feel more grown up; to be taken more seriously by others.</li> <li>4. <input type="checkbox"/> To cut down on stress.</li> <li>5. <input type="checkbox"/> To break boredom; pass the time; take a break.</li> <li>6. <input type="checkbox"/> To control my weight.</li> <li>7. <input type="checkbox"/> I'm too scared to quit.</li> <li>8. <input type="checkbox"/> I'm addicted.</li> <li>9. <input type="checkbox"/> I don't know how to quit.</li> <li>10. <input type="checkbox"/> To control strong emotions and feelings.</li> <li>11. <input type="checkbox"/> To cover an emotional pain; to forget bad memories.</li> <li>12. <input type="checkbox"/> I had an unhappy childhood.</li> <li>13. <input type="checkbox"/> I was or I am physically, emotionally and/or sexually abused.</li> <li>14. <input type="checkbox"/> I just don't care about anything, so I keep smoking.</li> <li>15. <input type="checkbox"/> Any other reasons why you smoke? .....</li> </ol>	    
--	---

For every reason you checked off, ask yourself:

- Is this really a good reason to smoke?
- How will smoking help or change this situation?
- What could I do instead of smoking to address this reality or problem in my life?

In the space below, please write some notes about what you've learned from this section.

The main reasons I smoke are:	Things I could try instead of smoking:
.....	.....
.....	.....
.....	.....
.....	.....



## 5. Why should I quit?

As we saw in the *How Smoking Harms Us* booklet, smoking harms us in many ways. But each smoker has their own special reason(s) for quitting.

Look over the list below, and check off any reasons to quit that are true for you.

1.  I want to quit for myself; I deserve the best!



2.  My girl/boyfriend, friends and/or family want me to quit.

3.  To smell better.



4.  To be fitter, stronger, healthier.



5.  I'm tired of having to go outside in the cold to smoke.

6.  To save \$\$; to stop supporting Big Tobacco companies.



7.  To prove to myself that I can quit!



8.  To stop being addicted; to be free.

9.  To honour our Inuit ancestors who never smoked.



10.  To take back control after colonization.

11.  To set a good example (e.g. to my child; my sister or brother).

12.  To prevent illness in the future; to live longer.



13.  To reduce the risk of a house fire and burns.

14.  *For girls/women:* I'm pregnant and want to protect my unborn baby.



15.  *For guys/men:* I'm going to be a father and want to protect my baby.



What are **your** main reasons to quit?



## 6. What can I do instead of smoking?

Please check off each statement that's true for you, then read the small text underneath it to see what you could try instead of smoking.

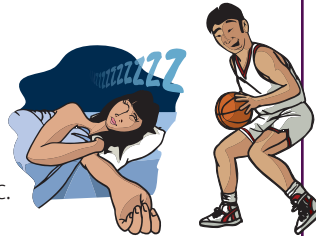
1.  I mainly smoke at parties and with friends.

You're a "social smoker." Tell friends that you plan to quit. Avoid risky situations (like hanging out with smokers, drinking alcohol) for a few weeks while you quit.



2.  Smoking relaxes me and makes me feel good.

Do some exercise; try deep breathing; meditate; sing; take a bath or shower; nap; go for a drive/ride; watch a movie; play video games; listen to or play music.



3.  I smoke when I'm stressed out or angry.

Phone or visit a friend or an Elder. Write in a journal, or express your emotions through music, dance or art. Meditate. Go for a walk.



4.  I love holding a cigarette and lighting up; it keeps my hands and mouth busy.

*To keep your hands busy:* Draw; knit; sew; carve; play with beads, string, keys, coins, elastics, or a stress ball. Light a candle or a qulliq instead of a smoke.

Squick!!



*To keep your mouth busy:* Suck on a straw, some ice, or hard candy. Chew regular gum. Eat nikkuk, carrot sticks or pieces of apple or other fruits and veggies. Chew on a toothpick or matchstick.



5.  I smoke to relieve my cravings.

You are physically addicted to the nicotine in tobacco. You may want to speak to the nurse about using nicotine replacement or other medications to help you quit.



6.  I smoke to wake myself up, or to get a boost.

Shower; wash your face; brush your teeth; suck ice; sing; dance; take 3 deep breaths; do some stretches; go for a walk or jog.



What have you learned from this exercise?

## 7. Why should I keep a Smoking Record?



A Smoking Record is a list of every cigarette you smoke for 2 or 3 days. Why do this? So you can learn about your **patterns** and the things that **trigger** you to smoke. Then you can avoid those triggers as you quit.

Here's a sample Smoking Record. Keep a piece of paper with these headings inside your pack of cigarettes so you can record this info every time you light up.

Smoking Record				
Date	Time	Place, activity, people (Triggers)	My feelings	Craving
.....	.....	e.g. 1) At home, having lunch, alone. 2) At Siasi's place, playing video games with Siasi & Aliva.	e.g. bored, sad, mad, lonely, scared, upset. . .	1 = mild 2 = average 3 = severe

Soon, you'll see that a pattern emerges. Then, answer these questions.

1. What times of the day will be hardest for me when I quit, and why?

.....



2. What places and activities should I avoid while I'm trying to quit, and why?

.....



3. Which people do I need to avoid, and why?

.....



4. What strong feelings make me want to smoke?

.....



5. What needs does smoking meet in my life?

.....

6. How can I meet those needs *without* smoking?

.....



Please keep a Smoking Record for a few days. Knowing your smoking patterns will help you plan for your quit day.

## Step 2: Get your body ready

### 1. Exercise every single day

Why? Exercise releases endorphins (chemicals in the brain). They cut stress, and reduce pain and depression. So exercise gives you a “natural high.” Sweat every day!



### 2. Eat healthy food, not junk

Choose country food, and fresh fruits and veggies. Avoid junk food. Don't eat too much or you'll gain weight when you quit. Don't replace smoking with eating!



### 3. Drink 2 litres of water a day

Water flushes away the nicotine from your body. (Water, not juice or pop!) Drinking water also helps you keep your hand and mouth busy without smoking: take a water bottle with you wherever you go!



### 4. Cut down on pop, coffee and tea

These drinks often act as a “trigger” for smoking. Also, the caffeine in coffee, tea, and pop causes bad headaches when you are withdrawing from nicotine.



### 5. Stay “clean” while you quit

Alcohol and other drugs may trigger you to smoke and weaken your commitment to quit.



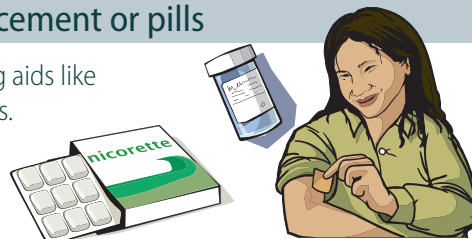
### 6. Get good sleep

It's tiring to go through nicotine withdrawal and fight off cravings. You need extra rest as you quit. Take naps when you can. And get good sleep every night.



### 7. Think about using nicotine replacement or pills

Please ask your health worker about quitting aids like nicotine replacement therapy (NRT) and pills.



## Step 3: Get social support

### 1. Think about who can support you

Think about how your friends, family and other people can support you as you quit. Don't be shy to ask for help from your network! Make a list of things you could ask each person to help you with in the first week or 2 when you quit. For example, "Will you come for a walk with me every day? Or, can we watch a movie together at my place, so I don't feel tempted to go to Paulussie's house where they all smoke?"



*A warning:* You may find that not all your friends and family members are pleased to hear that you want to quit. Why?

1. Some may worry that you'll pressure them to quit, too.
2. Some may think that you'll be hard to live with as you go through nicotine withdrawal.

### 2. Hang out with non-smokers

Some people will be really high-risk for you to hang out with for the first few weeks while you quit. Heavy smokers, people who don't respect your decision to quit, people who bully you. Try to avoid these people until you feel more confident as a non-smoker.

Tell your smoking buddies that you're "taking a break" for a while so you don't feel tempted to smoke with them.



### 3. Speak up!

Many people become more outspoken and assertive when they quit. They stand up for themselves. Before, if they got upset, they would just light a cigarette and try to smoke their emotions away. Now they don't smoke, so they learn to express themselves better, and they tell people how they're feeling and why. (For example, "When you come home so late it upsets me...") Learn to speak up for yourself!



### 4. Cut down on stress

There are so many reasons for Nunavimmiut to feel stressed: overcrowded homes, lack of employment, poverty, drugs and alcohol, family violence, physical or mental illness. Many believe that smoking relieves stress. But we know that smoking doesn't solve any of those problems. In fact, it causes many more problems of its own – as explained in *How Smoking Harms Us*.



Think about ways you can cut your stress so you don't need to reach for a cigarette when you feel stressed. Try speaking to a friend, visiting an Elder, music, meditation, exercise, sleep, writing in a journal, or anything else you find helpful.



## Step 4: Make your own plan to quit



*It really helps to have a plan to quit.  
Here are some key steps to help you.*



### 1. Learn from your past experience with quitting

Have you ever tried to quit before? If so, think about what worked well and what caused you to relapse (start smoking again).

Don't feel bad about relapsing. Many smokers try 4 or 5 times, or even more, before they quit for life. Just don't stop trying!



### 2. Set a quit date

Set a quit date and work towards it with confidence.

Remember, there's never a "perfect time" to quit, so don't make excuses to delay!



### 3. Choose cold turkey or weaning

Most smokers quit using the **cold turkey** method. This means you smoke your normal amount until your quit date, and then quit suddenly.

Other smokers cut down slowly or **wean off**. This seems gentler, but often you'll "hit a wall" at a certain number of cigarettes a day, and won't be able to wean off after that. Then, go cold turkey.



### 4. Expect withdrawal symptoms

Here are some things you may feel during the first week or 2 after quitting:

- cravings, cough
- anxiety, bad mood, can't focus
- dizziness, headaches
- nightmares, tiredness
- hunger, upset stomach
- itchy skin, sore throat.



Don't worry: these symptoms will soon pass, and they are all a normal part of quitting. Each withdrawal symptom is a sign that your body is healing from nicotine!

## 5. My Plan to Quit



My quit date is: .....

Please check Yes or No for each point below.

Note: Page numbers refer to the page where that topic is discussed.

Yes	No	
1. <input type="checkbox"/>	<input type="checkbox"/>	I know how smoking harms us (pg. 3 and <i>How Smoking Harms Us</i> book)
2. <input type="checkbox"/>	<input type="checkbox"/>	I know why I started smoking (pg. 4) and why I got addicted (pg. 5)
3. <input type="checkbox"/>	<input type="checkbox"/>	I know why I keep on smoking (pg. 6)
4. <input type="checkbox"/>	<input type="checkbox"/>	I know why I want to quit (pg. 7)
5. <input type="checkbox"/>	<input type="checkbox"/>	I know what I can do instead of smoking (pg. 8)
6. <input type="checkbox"/>	<input type="checkbox"/>	I'll keep a Smoking Record (pg. 9)
7. <input type="checkbox"/>	<input type="checkbox"/>	I'll exercise every day (pg. 10)
8. <input type="checkbox"/>	<input type="checkbox"/>	I'll eat healthy food, not junk (pg. 10)
9. <input type="checkbox"/>	<input type="checkbox"/>	I'll drink lots of water (pg. 10)
10. <input type="checkbox"/>	<input type="checkbox"/>	I'll cut down on tea, coffee, pop, alcohol and other drugs (pg. 10)
11. <input type="checkbox"/>	<input type="checkbox"/>	I'll get good sleep (pg. 10)
12. <input type="checkbox"/>	<input type="checkbox"/>	I'll consider using nicotine replacement and/or medications (pg. 10)
13. <input type="checkbox"/>	<input type="checkbox"/>	I'll get social support to quit (pg. 11)
14. <input type="checkbox"/>	<input type="checkbox"/>	I'll learn from any previous relapses I've had (pg. 12)
15. <input type="checkbox"/>	<input type="checkbox"/>	I've chosen my quitting method: cold turkey or weaning (pg. 12)
16. <input type="checkbox"/>	<input type="checkbox"/>	I know about withdrawal symptoms (pg. 12)
17.		What people, places, activities and emotions trigger me to smoke? What can I do instead of smoking in those situations? (See your Smoking Record, pg. 9)
		.....
18.		What reward will I give myself when I quit? .....
19.		Other ideas: .....

## 6. Example of a Daily Action Plan



Now that you've made a Plan to Quit, you can make a Daily Action Plan to stay on track.

Think of new, healthy ways to live each day without smoking.

Here's an example, and then you can fill in your own Daily Action Plan on the next page.

Time of day	My old smoking routine	My new smoke-free routine
Wake up	Wake up. Grab a coffee/tea. Go outside to smoke. (No breakfast.)	Wake earlier than usual. Pray or meditate. Do some stretches to relax. Visit a relative. Go for a walk in the fresh air. Eat a healthy breakfast. Drink water or juice instead of coffee/tea.
Morning	Smoke with smoker friends. Drink pop.	Visit non-smoker friends. Eat a healthy snack (nikkuk, fruits or veg). Drink water.
Lunch	Eat fast food. Drink pop. Smoke.	Eat country food or fresh food. Drink water. Go for a walk. Do deep breathing.
Afternoon	Visit smoker friends. Smoke. Play video games. Drink pop.	Visit non-smoker friends. Play sports. Eat healthy snack. Drink water. Take a long nap.
Dinner	Eat. Smoke.	Drink water. Eat. Go for a walk.
Evening	Watch a movie with smoker friends. Smoke. Drink tea. Shower. Smoke.	Visit non-smoker friends to watch a movie. Do a crafts project: sew, carve, beading, etc. Shower. Sing! Do deep breathing. Smile!
Bedtime	Check Facebook/YouTube for too long. Go to sleep late.	Limit time for Facebook/YouTube. ("I need good sleep!") Be thankful: "I got through a whole day without smoking!"

## 7. My own Daily Action Plan



Here's a blank Daily Action Plan for you to fill in.

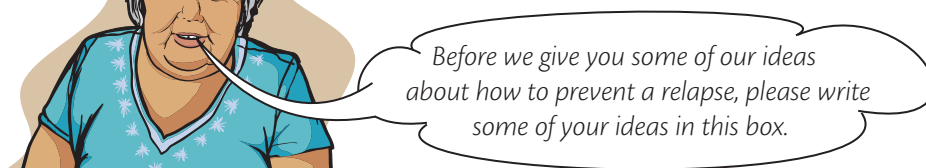
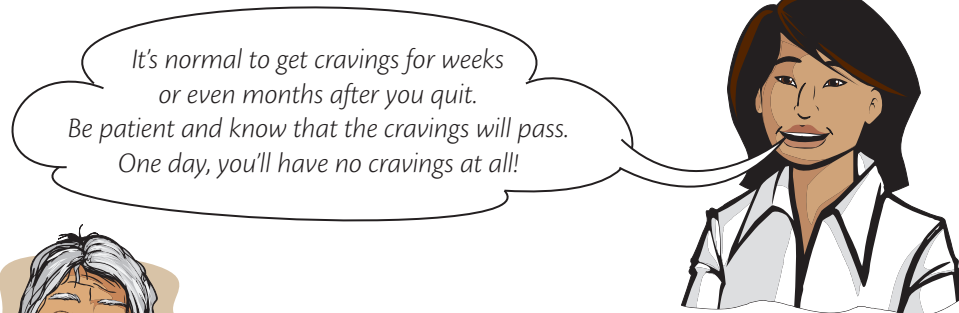
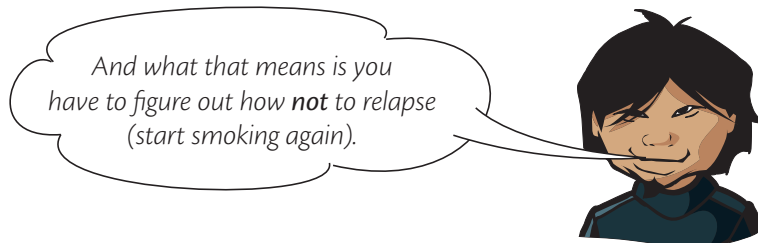
Note: if your daily routine is very different on weekends, it helps to make 2 plans – one for weekdays and one for weekends.

Time of day	My old smoking routine	My new smoke-free routine
Wake up		
Morning		
Lunch		
Afternoon		
Dinner		
Evening		
Bedtime		



## Step 5: Quit and stay quit

### 1. How to stay quit

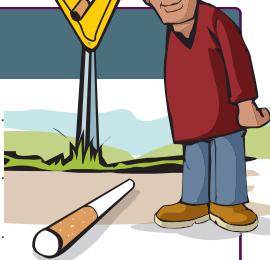


**How to stay quit (prevent a relapse):**

.....

.....

.....



## 2. Tips to cope with strong cravings

To prevent a relapse, try using the “5Ds”: 1. **D**elay; 2. **D**istract yourself; 3. **D**eep breathing; 4. **D**rink water; 5. **D**iscuss your feelings. We explain each of these tips below.

### 1. **D**elay lighting up

- Just be patient for 2 or 3 minutes, and soon this craving will pass!
- While you wait for the craving to fade, read over your Plan to Quit (pg. 13) and Daily Action Plan (pg. 15) to stay focussed.
- Send positive messages to your brain.  
*Many people think negative stuff: “I’m useless; I’ll never stay quit.” To try to feel better, they relapse and go back to smoking. Instead, think: “I am strong and resilient. I can quit!” Whatever positive and inspiring messages make sense to you.*  
 Please write a positive message to yourself here: .....
- *Can you think of other ideas to delay lighting up?* .....



### 2. **D**istract yourself/**D**o something else.

- There are so many things you can do to distract yourself:  
*Count to 10. Stretch. Watch a video. Listen to music. Sing. Pray or meditate. Change up your daily routine (e.g. wake earlier, sit in a different chair, take a nap). Walk or do other physical activity.*
- Think of your reasons to quit (see pg. 7) and what you can do instead of smoking (pg. 8).
- Keep your hands busy: sewing, knitting, carving, a stress ball – anything!
- Pack some healthy snacks to eat when you get cravings.  
*Nikkuk, fruits or veggies are best, and will keep your mouth busy. Chewing gum also keeps your mouth busy.*
- Think about people, activities and places that make you feel good.  
*Fishing? Hunting? Going on the land? Eating country foods? Visiting friends or an Elder? Spend time with those people, doing those things, in those places. Why? The better you feel about yourself, the more likely you will be able to live without tobacco.*
- Think about people, activities and places that may tempt you to smoke, and try to stay away from them.  
*Many people relapse when they smoke weed, drink alcohol or do other drugs. The drugs may weaken your commitment to quit, and trigger cravings.*
- Read over some sections in this booklet to distract and motivate yourself.
- *Add other ideas to distract yourself from lighting up.*  
 .....



### 3. Deep breathing

- Take slow, deep breaths.  
*Breathe in slowly through your nose while you count to four, then breathe out slowly through your mouth. Do this five to ten times until your craving passes. This will calm your mind, reduce stress, and energize your body with fresh air. Imagine clean air going deep into your lungs, instead of the toxic chemicals you used to inhale from a cigarette!*
- *Have you ever tried deep breathing to avoid lighting up? If so, did it help? .....*



### 4. Drink water

- Drink lots of water all day long.  
*Take a water bottle with you everywhere, just like you used to take a pack of cigarettes. Flush the old nicotine out of your body, flush away the cravings, and keep your hand and mouth busy like smoking used to do.*
- Cut down or try to avoid coffee and tea.  
*These drinks contain caffeine which may cause headaches during withdrawal from nicotine, and may trigger you to smoke. Pop also contains caffeine, so try to cut down the amount you drink.*
- *Can you try drinking more water and less tea, coffee and pop while you quit? .....*



### 5. Discuss your feelings

- Talk to a family member or phone a friend for support.  
*Don't be shy to ask for help: you deserve it! Or if you prefer, write notes in a journal.*



- Talk to a trusted Elder about your quit smoking efforts.  
*Find out more about Inuit culture in the old days before colonization, when Inuit lived on the land and never used tobacco. Let this inspire you to quit!*
- *Who do you feel comfortable with to discuss your feelings so you won't light up? .....*



Imagine: each nicotine craving is like a wave in the ocean. You feel it building up, then it crashes to shore, and gently fades away. Yes, another wave (craving) may soon follow, but you only have to cope with one craving at a time!

Use the tips above to help you stay quit whenever you feel a craving to smoke.

You've prepared well. You can do it! Just take it one day at a time, one craving at a time!



### 3. In an emergency...

#### In an emergency, use nicotine replacement

- If you try all 5Ds but still think you're about to relapse (start smoking again), please use some nicotine gum or other nicotine replacement therapy.

*That way, your body will still get some nicotine, but you won't start smoking again.*



Can you see how nicotine replacement could be an emergency solution to prevent a relapse?

### 4. What if I have a puff?

Some people have a puff, a few puffs, or even a whole cigarette while quitting. Maybe they smoked some weed or drank alcohol, and lost their focus for a while. Or maybe they had a family crisis and "forgot" that they had quit smoking recently.



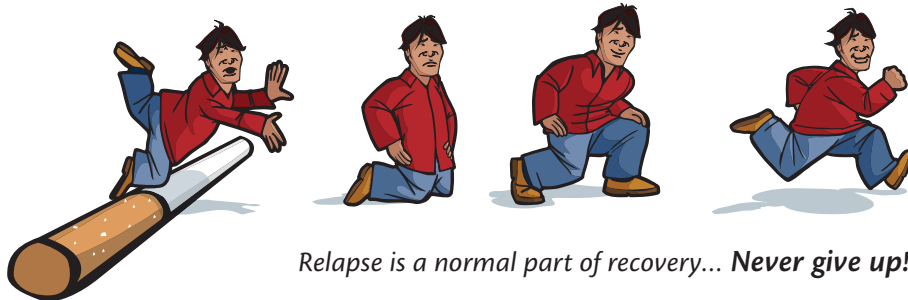
If that happens to you, don't panic. Don't give up and become a smoker again. Tell yourself: "I am an ex-smoker and I just had a **slip**. I need to re-focus and move forward."

Analyze what happened to cause your slip, and try to prevent it from happening again. Plan a strategy in case you ever have to face that kind of risky situation in the future.

### 5. What if I relapse?

Relapse is a normal part of quitting for most smokers. Some of us took many tries before we finally quit for life.

Never give up. Learn from your relapse, set a new quit date, and quit again!



*Relapse is a normal part of recovery... **Never give up!***

## Conclusion

1. Look back at the Table of Contents at the beginning of this book. Do you think the 5 steps in this booklet make sense? .....
2. Of the 5 steps listed in the Table of Contents, which **one** do you think is the most important for you, and why? .....
3. Can you think of any other steps to help smokers quit? .....
4. Please re-do the quiz on pg. 2 and see if you can answer most or all of the questions correctly now.
5. Now that you've read this booklet, please use the space below to write or draw something about how to quit smoking.
6. Then, compare what you fill in now with what you put in the box on pg. 1.
7. Finally, add any ideas from your notes on pg. 1 to the box below.

### How to quit smoking:



# How to Quit Smoking

In this book, we explain – in 5 steps – how to quit smoking!

**Step 1: Get your mind and heart ready**



**Step 2: Get your body ready**



**Step 3: Get social support**



**Step 4: Make your own plan to quit**

<b>Why quit?</b>	Make a list of all the reasons why you want to quit. Write down all the reasons you can think of. This will help you stay motivated when you feel like giving up.
<b>When to quit?</b>	Choose a date to quit. It should be a day when you have a lot of free time and can get help from family and friends. Don't quit during a stressful time.
<b>How to quit?</b>	Write down all the things you do every day. Circle the things you do that you like to do. Write down all the things you do that you don't like to do. Think about how you can change these things. For example, you could go for a walk instead of smoking.
<b>What to do?</b>	Write down all the things you will do to quit. For example, you could quit smoking, stop drinking alcohol, and stop using drugs. Write down all the things you will do to stay healthy. For example, you could go for a walk every day, eat healthy food, and get enough sleep.
<b>Who to ask for help?</b>	Write down the names of all the people you can ask for help. This could be family, friends, or a doctor. Write down what you can ask them to do. For example, you could ask them to quit with you, to help you when you feel like giving up, or to help you find a doctor.
<b>What to do if you fail?</b>	Write down what you will do if you fail. For example, you could try again, or you could ask for help from a doctor or a counselor. Don't give up! You can do it!



**Step 5: Quit and stay quit**



Good luck!

