

(STAY)



TO WIN CHALLENGE 2019

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(JE TIENS LE COUP)

J'ARRÊTE, J'Y GAGNE ! 2019

**PARTICIPANT'S
GUIDE**



CHALLENGER BOX

Congratulations on entering

**THE STAY
QUIT TO WIN
CHALLENGE!**





Quitting smoking is not easy. This kit is designed to help you and contains:

A participant's guide

with tips & advice along with a calendar to monitor your progress

A list of resources

for help to quit smoking

A stress ball

to help deal with cravings and relieve tension

A water bottle

drinking water helps flush nicotine from your system

A #StayQuitToWinNunavik bracelet

to show your pride as a participant in the challenge

A #StayQuitToWinNunavik sticker

to encourage others to participate

Mini self-adhesive posters

to help us fight the tobacco industry by displaying these anti-smoking messages

Good Luck!

Participant's

GUIDE INTRO

Congratulations on registering for the (Stay) Quit to Win Challenge!

You have successfully completed the first step: deciding to stop smoking. Here are some tips to help you succeed.

What happens when you stop smoking?

Nicotine withdrawal

When you stop smoking, the absence of nicotine can provoke withdrawal symptoms.

You may become irritable, experience difficulty concentrating or sleeping, or suffer physical symptoms such as headaches, nasal congestion and constipation.

Don't worry, the symptoms will diminish after a few weeks.

Withdrawal symptoms are most common during the first two weeks of quitting smoking. With time, you will have less of an urge to smoke and you will find it easier to control the urge, so keep it up!

Consult your health professional if your symptoms last too long.

Benefits

OF QUITTING SMOKING

AFTER 24 HOURS

You will probably cough more. **Your lungs are eliminating phlegm** and other residues of cigarette smoke.

AFTER 48 HOURS

There is **no longer any nicotine in your body**. Your senses of taste and smell are clearly improved.

AT 2 TO 12 WEEKS

Your **blood circulation is improved** and you breathe more easily. Your lungs expand more easily and you have more energy.

AT 3 TO 9 MONTHS

Coughing, **wheezing and other breathing** problems diminish, as your lung capacity has recovered a lot.

AT 1 YEAR

Your risk of **heart attack has dropped** by half.

AFTER 5 YEARS

Your risk of **developing cancer of the mouth**, the throat and the oesophagus **has dropped by half**.

AFTER 10 YEARS

Your risk of lung cancer has dropped by half compared to a smoker. **Your risk of heart attack is the same** as that of a person who has never smoked.

TIPS AND ADVICE

The urge to smoke is often linked to a triggering element:

- Seeing **tobacco products** or seeing other people smoke
- Being in situations that may cause **stress, fatigue, conflict, strong emotions**, etc.
- Times of day that usually involved smoking, e.g. **morning, after eating, during a break at work**, etc.

Knowing what triggers your urge to smoke can help you identify ways to resist.

Below are some ways that are effective:

- **Eliminate tobacco and the smell of cigarettes from your life.** Throw out ashtrays, clean the area where you used to smoke, clean your car, clean your coats, etc.
- **Avoid exposure to tobacco and smoke** at the beginning. You will become stronger over time and you will eventually be able to tolerate their presence.

TIPS AND ADVICE

- **Memorize** your reasons **for quitting smoking** and think about them when you get a strong urge to smoke. Write them down if you need to.
- **Keep busy.** Keeping your mind and body occupied helps you think less about smoking.
- **Drinking plenty of water** helps eliminate nicotine from your body.
- **Eat well, remain active and rest.** Quitting smoking takes a lot of energy and it is important to take care of yourself.
- **Use the money** you save to treat yourself or your family. The benefits of quitting smoking will become more noticeable.
- **Share your experience and progress on Facebook,** with your family and with your friends. They will encourage you in turn and you will be more motivated.

And most of all, keep it up!

The urge to smoke only lasts a few minutes and has never hurt anyone.

How much

MONEY WILL YOU SAVE?

**By quitting smoking, a person who smoked 10
cigarettes a day at \$20 a pack will have saved:**

\$300.00

after the first month

\$1 800.00

after six months

\$3 600.00

after one year

\$10 800.00

after three years

\$18 000.00

after five years

Do your own calculation:

www.nicorette.ca/get-ready-to-quit/calculate-your-savings

APRIL

Be **diligent!** **Persevere!**

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Use **the stickers** to show how your day went and to **observe your progress**.

*Enter a comment according to the chosen stickers.

EXCELLENT DAY!

No urge or little urge to smoke ★★ ★

GOOD DAY,

but the urge to smoke was stronger ★★

DIFFICULT DAY.

The urge to smoke was very strong, but I managed to resist ★

I SMOKED.

But I will continue the challenge tomorrow ⚡

MAY

Be **diligent!** **Persevere!**

			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

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JUNE

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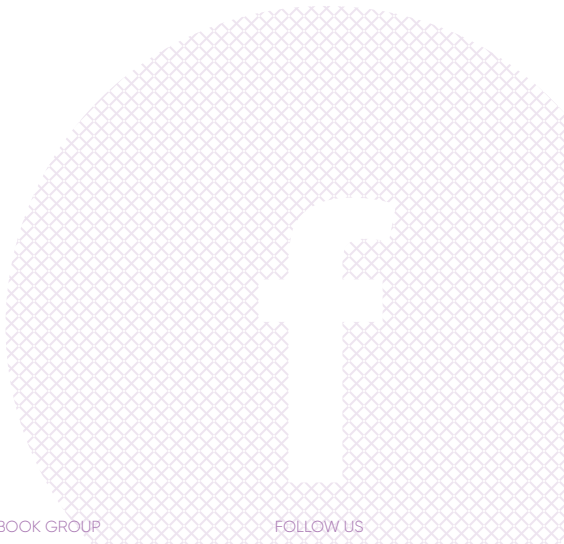
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@ NunavikHealthBoard



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RÉGIE RÉGIONALE DE LA NUNAVIK, REGIONAL
SANTÉ ET DES SERVICES BOARD OF HEALTH
SOCIAUX DU NUNAVIK, AND SOCIAL SERVICES