



**LUNG
SASK**

Ready. Set. Quit!

A guide to help you on your journey to quit smoking.

Got **Lu****gs?**

Your lungs are two good reasons to
quit smoking.

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CONGRATULATIONS!

You have taken the first step towards a healthier YOU.



This guide shows a variety of options to assist you in becoming tobacco-free. Everyone is different, so it is important to make a plan that works best for you. The information provided in this guide refers to quitting cigarette smoking. The recommendations will also apply if you want to quit the use of other tobacco products such as smokeless tobacco (spit, snus, snuff, etc.) or waterpipe/hookah use.

All tobacco products and anything that is burned that forms smoke has chemicals that are harmful to your health. No matter what form of tobacco product you use, **quitting is the best thing you can do for your health!**

**If you have any questions about the information provided or
for free in-person or over the phone help with quitting, please call 1-833-385-LUNG (5864)
Monday - Friday, 8:30am - 4:30pm**

*“To get through the
hardest journey we
need to take only
one step at a time,
but we must keep
on stepping”*

- Chinese Proverb

1

Get **Ready:** Learn About Your Tobacco Use

The Benefits of Becoming Tobacco-Free

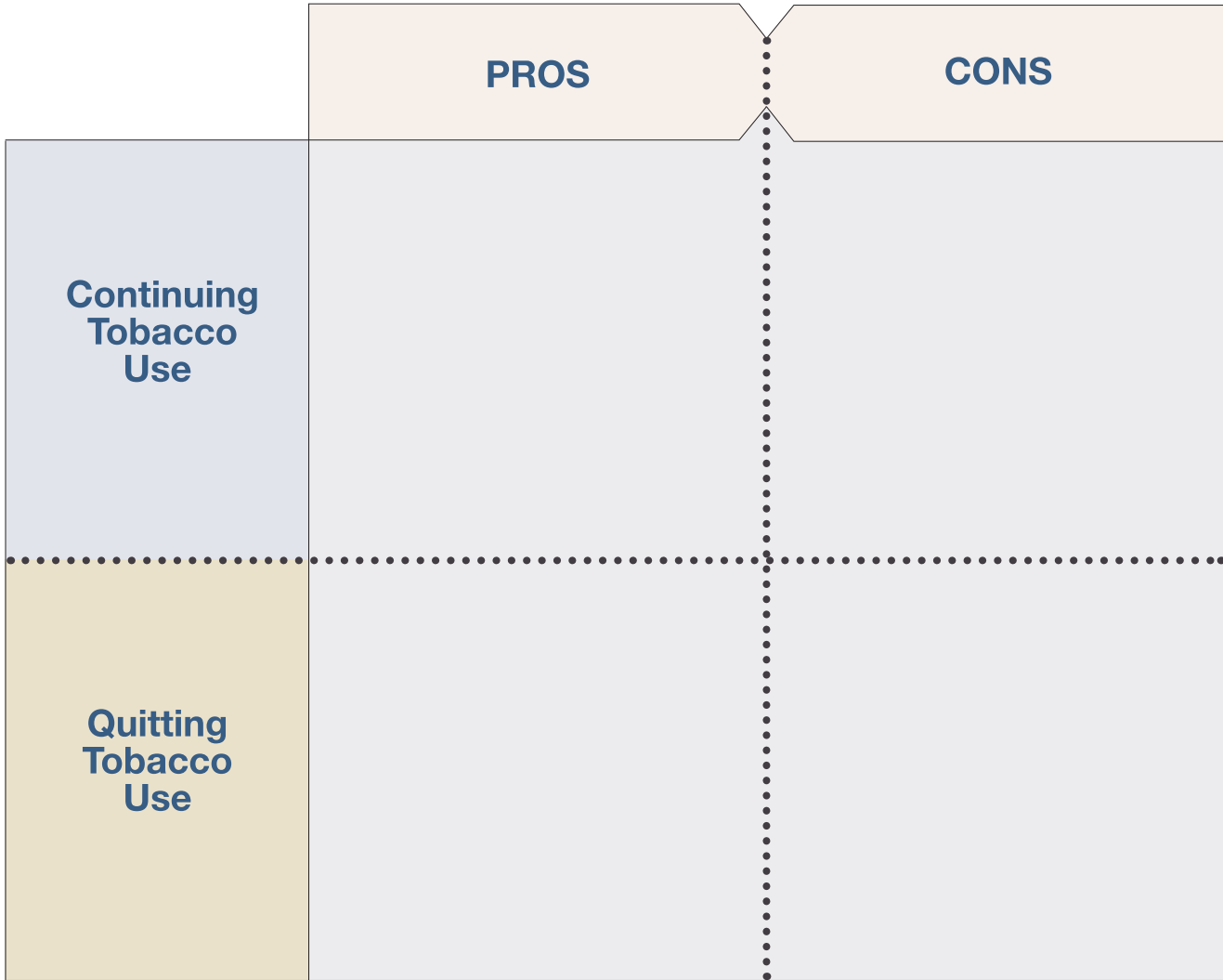
*The benefits of quitting are endless!
They range from improved health, overall well-being,
and can even save you money.*

Check off the statements below that may benefit you.

- I would be proud of myself.
- My friends and family would be happy for me.
- I could be more relaxed.
- I could no longer feel guilty.
- I could have a better complexion.
- I could get fewer wrinkles.
- My fingers would no longer be stained.
- My food would taste better.
- I would not have to wash smelly, dirty ashtrays.
- I would have fresher breath and cleaner teeth.
- I could have more energy for exercise.
- I would be a healthier role model.
- I would have more control over my life now that I am free from my addiction.
- I would have more money to spend on other things.
- I would no longer support the tobacco industry.
- I would have done the best thing I can do for my health.
- Other _____

Weighing the Pros and Cons

In the chart below, write down what you feel are the pros (benefits) and cons (costs) of using tobacco products compared to quitting.



What is the number one reason you want to quit smoking?

(Adapted from Motivational Interviewing Decisional Balance, 2002).



How Do You Feel About Quitting?

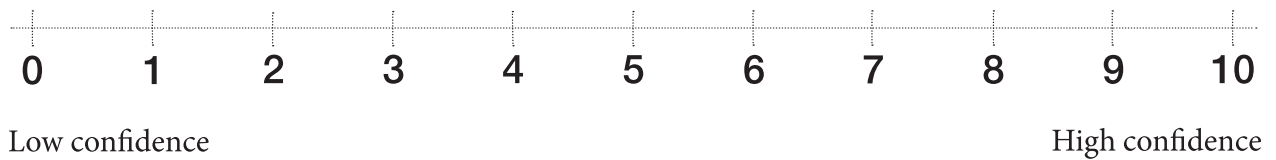
Sometimes how important quitting is to you and how confident you feel in quitting can be different.

Rate the following questions below on a scale from 0 – 10.
Circle the number that best describes how you feel.

I want to quit smoking.



I feel I can successfully quit smoking.



Let's reflect on the numbers. What do you think would allow you to rate yourself higher on these scales?

Quiz: Why Do You Smoke?

Many people find it helpful to understand why they smoke in order to develop a quit plan that works best for them.

Below are some statements people often make to describe why they smoke cigarettes. Using a scale from 1-5, rate each statement based on how you feel when you smoke. For accurate results, it is important to answer every question.

Never = 1 Seldom = 2 Sometimes = 3 Often = 4 Always = 5

- A. I smoke cigarettes in order to keep myself from slowing down.
- B. I find that handling a cigarette is part of the enjoyment of smoking it.
- C. I find that smoking cigarettes is pleasant and relaxing.
- D. I light up a cigarette when I feel angry.
- E. When I run out of cigarettes I find it almost unbearable.
- F. I smoke cigarettes automatically without even being aware of it.
- G. I smoke cigarettes to stimulate or perk myself up.
- H. Part of my enjoyment of smoking comes from the steps I take to light up.
- I. I find cigarettes pleasurable.
- J. I smoke a cigarette when I feel uncomfortable or upset.
- K. I am very much aware of when I am not smoking.
- L. I light up a cigarette without even realizing I still have one burning in the ashtray.
- M. I smoke cigarettes to give myself a lift.
- N. When I smoke, part of the enjoyment is watching the smoke as I exhale it.
- O. I want a cigarette when I am comfortable and relaxed.
- P. When I feel sad or when I want to take my mind off my worries, I smoke a cigarette.
- Q. I get a real gnawing hunger or strong craving for a cigarette when I have not smoked for a while.
- R. I have found a cigarette in my mouth and not remembered putting it there.

Continue →

Quiz: Scoring Instructions

1 Enter the number that corresponds with your response to questions “A” through “R” on the lines provided.

2 Add the three scores in each row to get your totals.

3 Circle any category that you scored 11 or higher in.

Questions	Totals	Answers
$\frac{\quad}{A} + \frac{\quad}{G} + \frac{\quad}{M} =$	_____	<i>Stimulation</i>
$\frac{\quad}{B} + \frac{\quad}{H} + \frac{\quad}{N} =$	_____	<i>Handling</i>
$\frac{\quad}{C} + \frac{\quad}{I} + \frac{\quad}{O} =$	_____	<i>Pleasurable Relaxation</i>
$\frac{\quad}{D} + \frac{\quad}{J} + \frac{\quad}{P} =$	_____	<i>Crutch: Tension Reduction</i>
$\frac{\quad}{E} + \frac{\quad}{K} + \frac{\quad}{Q} =$	_____	<i>Craving: Psychological Addiction</i>
$\frac{\quad}{F} + \frac{\quad}{L} + \frac{\quad}{R} =$	_____	<i>Habit</i>

Continue →

Quiz: Why Do You Smoke?

A score of 11 or above in any category indicates that this factor might be a trigger for you.

Stimulation

You may feel that smoking stimulates you or gives you more energy.

Truth:

Nicotine is what makes tobacco addictive. It is a stimulant that causes you to feel energized for a short period of time. The more nicotine in your body the more likely your brain will compensate and lower your natural energy level or mood. So, after a while instead of providing a temporary high, people smoke just to feel 'normal.'

Quit Tip:

Try thinking about healthy alternatives that give you energy, such as brisk walking. There may be other causes for your lack of energy such as not getting a good night sleep or other health issues. Talk to your healthcare provider if you feel tired.

Handling

You may enjoy something in your hand and enjoy the hand-to-mouth motion of smoking a cigarette.

Truth:

The hand-to-mouth motion when smoking a cigarette often becomes an action done without thinking about it. You have likely repeated the hand-to-mouth motion thousands of times.

Quit Tip:

Consider other things you can have readily available to keep your hands and/or your mouth busy. Healthy snacks, crafting, texting a friend or considering the nicotine replacement inhaler are some options.

Pleasurable Relaxation

You may feel as though smoking relaxes you.

Truth:

Nicotine, the addictive substance in tobacco, allows the release of dopamine and endorphins, chemicals in the brain that are associated with feelings of pleasure. However, the effects only last for a short period of time causing people to crave nicotine more quickly. The high and low feelings from the nicotine and the quick withdrawal from it becomes a vicious and unhealthy cycle.

Quit Tip:

The medications discussed in the next section may help you. Different forms of exercise also release dopamine and endorphins and are healthy alternatives. (See page 21 for more on how you can manage nicotine withdrawal).

Crutch: Tension Reduction

You may feel as though smoking is comforting when you are stressed.

Truth:

Some people deal with stress by smoking because the nicotine in the cigarette causes the release of natural chemicals in our brain called endorphins. These chemicals cause us to feel calm but these feelings only last for a short period of time.

Quit Tip:

It is important to understand what is causing the stress in your life. Making necessary changes in your life may be needed to help manage your stress. (See page 25 for information on managing stress).

Quiz: What Do Your Scores Mean?

Craving: Psychological Addiction

For most people, smoking is likely an addiction. You may feel you have no control over it.

Truth:

Nicotine is what makes tobacco products very addictive and causes chemical and biological changes in the brain.

Quit Tip:

You may find medications to help you quit beneficial. (See page 15 for more information on methods to help you quit).

Habit

You may find that you smoke when you are doing certain activities or at specific times of the day.

Truth:

For some people, smoking becomes part of their everyday life and is associated with certain activities.

Quit Tip:

Making yourself aware of every cigarette you smoke may help you figure out when you smoke and what your triggers are. A change in your routine would likely help you in becoming tobacco-free. (See page 14 for ways you can track your triggers).

(Adapted from The American Academy of Family Physicians“Why Do I Smoke” Quiz, 2010).





*“With the new
day comes new
strength and new
thoughts”*

– Eleanor Roosevelt

Get Set To Quit

Healthy Quit Tips

Make Your Home and Vehicles Smoke-Free Spaces

Making your environment smoke-free is not only healthy for you but for others as well. Second-hand smoke is made up of the smoke from the burning end of a cigarette and the smoke that is blown into the air by the person smoking. People who breathe in second-hand smoke can develop many serious diseases. Regular exposure to second-hand smoke increases the risk of lung disease by 25% and heart disease by 10%.

Tips:

- Thank your family and friends for helping you keep your home and vehicles smoke-free.
- Remove all ashtrays from your home and vehicles.
- Put up signs/stickers indicating that your home and vehicles are smoke-free.

Your Routine...Change it Up!

- If you normally smoke first thing in the morning, try having a shower, drink some water, brush your teeth or plan a morning walk instead.
- If you normally crave a cigarette with your coffee, try taking your coffee on the go, or switch it up and try a glass of water or orange juice instead.
- If you normally smoke while you drive, try removing your ashtray and lighter from your vehicle and try cleaning your vehicle so you will not want to smoke in it.
- If you normally smoke around friends and family, suggest places where no one can smoke such as public places (e.g., movie theatres or restaurants).

A Word about Caffeine

When you quit smoking, your tolerance to caffeine may be different. Studies show that people who quit smoking may have to cut their caffeine consumption roughly by half. This is because once you quit, caffeine can now stay in your body longer. Too much caffeine can cause side effects (jittery, agitation, trouble sleeping) and can be mistaken for nicotine withdrawal. Keep in mind that caffeine is in coffee, tea and soft drinks. (Swanson et al., 1997)



Tracking Your Triggers

Triggers are things that might make you want to have a cigarette. Some people find it helpful to track their triggers in order to manage them.

The following chart can be used as a tool to help you track your triggers. In the chart below, record the following:

TIME: What time of day did you smoke?
PLACE: Where were you when you smoked?
WHO: Who was with you when you smoked?
MOOD: How did you feel before you smoked?
CRAVING: How strong was your craving? 1 = mild craving, 10 = intense craving

TIME	PLACE	WHO	MOOD	CRAVING

After writing down and tracking the number of cigarettes you smoked each day, try setting small goals and cutting out a few cigarettes each day up until your quit date.

Methods to Help You Quit

*For most people, tobacco dependence is an addiction.
Because of this, medications help many people to quit.*

In the past, the majority of people quit smoking using the *cold turkey* method, a quit method where no medications are used. Luckily, now there are many more methods available to you. If you normally smoke right after you wake up or you smoke more than 15 cigarettes per day, medications are likely to be of even greater help to you. Talking with a health care provider about quitting, along with medication has been shown to have the most success.

We suggest developing a quit plan with the help of your health care provider to find the best options for you. Certain medications may not be recommended for you to take (e.g., incompatibility with other medications, etc.). Medications may also cause side effects. If one medication is not right for you, there are other options to help you quit. **Quitting tobacco use is the best thing you can do for your health!**

Should you decide to use medications, check to see if your health care prescription drug plan offers any financial support. **Remember, that in the long run, both the health and the financial benefits of successfully quitting smoking or tobacco use outweigh the initial costs of any of these medications.**

The Cold Turkey Method

Quitting *cold turkey* means that you have stopped smoking immediately, without the use of any medications. Quitting *cold turkey* is free, and does not require a prescription. However, when you quit suddenly, the amount of nicotine in your blood stream declines quickly. As a result, your body may experience some symptoms of withdrawal. How strong these symptoms are and how long they last vary, but for most people they generally subside in a week or two.

Nicotine Replacement Therapies (NRTs)

The goal of nicotine replacement therapies (NRTs) is to replace the nicotine you would get from smoking. Nicotine is the addictive component in tobacco, and does not cause lung disease or cancer. NRTs are recommended by Health Canada as a safe and effective way to quit smoking. The amount of nicotine in NRTs may be less than the amount you would normally get from smoking. However, dosages can be adjusted and NRTs can be combined (e.g., patch and gum).



NRTs are recommended for short term use, however, longer term use is still safer than the use of tobacco products. The recommendations for NRTs are outlined in this document. They are to be used as a general guideline, as they may vary between providers. To ensure safety and best results, follow the treatment plan outlined by your health care provider.

Methods to Help You Quit



NRT: Nicotine Gum

Where do I get it?

- Purchase at a pharmacy, no prescription needed.

How is it used?

1. Chew the gum slowly until you can taste the nicotine or feel a slight tingling in your mouth.
2. Stop chewing and 'park or place' it between your cheek and gum.
3. When the tingling is almost gone, about 1 minute, start chewing again.
4. Repeat steps 1-3 for about 30 minutes.

Dosage: 2mg* and 4mg pieces, as needed.

Recommendations:

- Avoid eating and drinking anything acidic (oranges, coffee, soft drinks, etc.) for 15 minutes before and during the chewing of the gum. This may prevent the gum from working as well.
- Twenty pieces of nicotine gum is the recommended maximum per day.
- Difficult to use with dentures.

Common possible side effects:

- Upset stomach, indigestion, hiccups, irritation of throat or mouth, trouble sleeping, sore jaw and/or headache.

Benefits of using nicotine gum:

- Looks like chewing gum.
- Keeps your mouth busy.
- Helps with nicotine cravings and withdrawal.
- Can be used with any other NRT and/or Zyban® (Bupropion).
- *Doubles* your chances of quitting.

*mg=milligram

NRT: Nicotine Lozenge

Where do I get it?

- Purchase at a pharmacy, no prescription needed.

How is it used?

1. Suck on the lozenge and then park it in your mouth when a strong taste is noticed.
2. Repeat when the taste fades for about 30 minutes or until lozenge is completely gone.

Dosage: 1mg, 2mg and 4mg lozenges, as needed.

Recommendations:

- Avoid eating and drinking anything acidic (oranges, coffee, soft drinks, etc.) for 15 minutes before and during the use of the lozenge. This may prevent the lozenge from working as well.
- Twenty nicotine lozenges is the recommended maximum per day.

Common possible side effects:

- Trouble sleeping, sore throat or mouth, hiccups, heartburn, indigestion, and/or upset stomach.

Benefits of using lozenge:

- Looks like a candy.
- Keeps your mouth busy.
- Helps with nicotine cravings and withdrawal.
- Can be used with any other NRT and/or Zyban® (Bupropion).
- *Doubles* your chances of quitting.

Methods to Help You Quit



NRT: Nicotine Patch

Where do I get it?

- Purchase at a pharmacy, no prescription needed.

How is it used?

1. Put the patch on your skin once a day to a clean, dry, hairless area.
2. Remove and discard the old patch before putting on a new one.
3. Dispose the patch by folding it in half with the sticky sides touching.

Dosage: 7mg, 14mg and 21mg patches.

Recommendations:

- Vary the spot of application each day.
- Avoid areas of irritated, scarred or broken skin.
- Some studies suggest your chance of quitting is increased if you start using the patch one week before you stop smoking.
- Talk with your health care provider to find out when you should start the patch and what dose is best for you.

Common possible side effects:

- Irritation at patch site, trouble sleeping, abnormal dreams, headache, nausea and/or dizziness.

Benefits of using the patch:

- It is hidden under your clothing.
- Unlike the other NRTs, the patch gives a steady level of nicotine in the bloodstream to help with cravings and withdrawal.
- Can be used with any other NRT and/or Zyban® (Bupropion).
- *Doubles* your chances of quitting.



NRT: Nicotine Inhaler

Where do I get it?

- Purchase at a pharmacy, no prescription needed.

How is it used?

1. Insert the nicotine replacement cartridge into the mouthpiece. Twist to close.
2. Inhale deeply into the back of your throat or puff in short breaths.
3. Each cartridge lasts for about 20 minutes or 400 inhalations.

Dosage: 4mg cartridges, as needed.

Recommendations:

- You may use the cartridge more than once.
- Avoid eating and drinking anything acidic (oranges, coffee, soft drinks etc.) when using the inhaler as it may prevent the inhaler from working as well.
- The maximum cartridges inhaled per day is 16.

Common possible side effects:

- Irritated mouth and throat, sneezing and coughing.

Benefits of using the inhaler:

- Allows for the hand-to-mouth motion.
- Helps with nicotine cravings and withdrawal.
- *Doubles* your chances of quitting.

Methods to Help You Quit



NRT: Nicotine Mouth Spray

Where do I get it?

- Purchase at a pharmacy, no prescription needed.

How is it used?

1. Open and unlock the nozzle of the nicotine mouth spray.
2. The mouth spray will need to be primed when using it for the first time. Prime the mouth spray by pointing the nozzle away from you. Press the top of the dispenser firmly several times until a fine spray appears. If the spray is not used in two days or more, priming may need to be repeated.
3. Next, open your mouth and point the spray nozzle as close as possible towards your open mouth.
4. Press the top of the dispenser down to release one spray into your mouth, avoiding your lips. Do not inhale while spraying. Do not swallow for a few seconds after spraying.
5. Close the dispenser.

Dosage: 1mg per dose/spray

Recommendations:

- Use one spray at first. Use a second spray if you continue to feel nicotine cravings and/or nicotine withdrawal symptoms after a few minutes.
- Typically, people use one to two sprays to replace the number of cigarettes they would normally smoke in a day. The maximum dose is 2 sprays at a time, 4 sprays per hour, and 64 sprays per day.

Common possible side effects:

- Upset stomach, indigestion, nausea, hiccups, throat irritation, dizziness, headache and increased production of saliva.

Benefits of nicotine mouth spray:

- Looks just like regular breath freshener mouth sprays.
- Begins to work in the body faster than nicotine given by gum, lozenge or inhaler.
- Helps with cravings and withdrawal.
- Can be used with any other NRT and/or Zyban® (Bupropion).
- *Doubles* your chances of quitting.



Methods to Help You Quit

Prescription Drugs

Champix® and Zyban® are some of the prescription drugs for quitting smoking. These medications are listed on the provincial drug formulary which means that some of the costs may be covered based on your health insurance plan. Zyban® and Champix® are taken in a pill form but act very differently in the body. Because these medications are prescribed, a consultation with your health care provider is needed. It is important to discuss with them any pre-existing health conditions that you have as well as any medications you are currently taking before using these prescriptions.



Zyban® (Bupropion)

Where do I get it?

- You need a prescription from your healthcare provider.

How is it used?

- Days 1-3: 150mg per day
- Day 4 until the end of treatment: 300mg per day

Dosage: Each pill is 150mg. You may be prescribed one or two pills per day.

Recommendations:

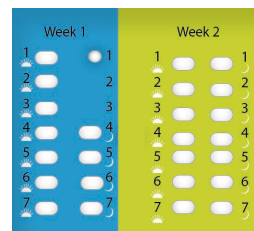
- For best results, start treatment while you are still smoking. It takes one week of treatment in order to achieve the needed blood levels of Zyban®. Set a target quit date during the second week.
- Allow a minimum of 8 hours between dosages.
- Can be used with NRTs.

Common Possible side effects:

- Dry mouth, headache, trouble sleeping, mood changes and/or increased risk of a seizure.

Benefits of using Zyban®:

- Zyban® is an antidepressant that helps with nicotine cravings and withdrawal.
- Doubles* your chances of quitting.



Champix® (Varenicline)

Where do I get it?

- You need a prescription from your healthcare provider.

How is it used?

- Days 1-3: take one 0.5mg pill once a day.
- Days 4-7: take one 0.5mg pill twice a day.
- Day 8, until the end of treatment: take one 1mg pill twice a day.
- Quit smoking between days 8-14.

Dosage: 0.5mg and 1mg pills.

Recommendations:

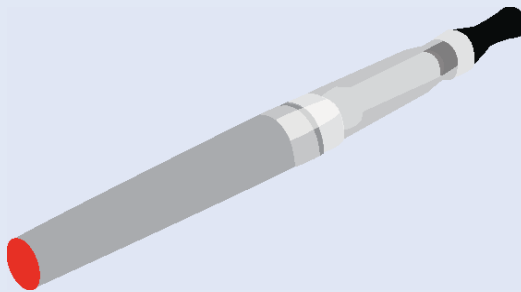
- Do not combine with NRTs.

Common possible side effects:

- Trouble sleeping, headache, constipation, upset nausea/stomach.
- The possibility of having suicidal thoughts has been attributed to this drug. Call your health care provider immediately if you experience any signs of depressed mood or behaviour change that is not typical for you.
- Increased risk of heart-related side effects in people with heart disease.

Benefits of using Champix®:

- Champix® stimulates dopamine, an important messenger in the brain in a similar fashion to nicotine. This stimulation results in reduced cravings and withdrawal symptoms.
- Triples* your chances of quitting.



A Word about Electronic Cigarettes (E-cigarettes)

E-cigarettes are not approved by Health Canada as a quit smoking aid.

Lung Saskatchewan does not recommend e-cigarettes as a quit smoking aid. People who use e-cigarettes inhale unknown, unregulated and potentially harmful substances. We encourage people who smoke and who want to quit, to use quit methods approved by Health Canada. However, in the future, if e-cigarettes receive approval from Health Canada as a quit aid, we would consider changing our position on this product.

Understanding Nicotine Withdrawal

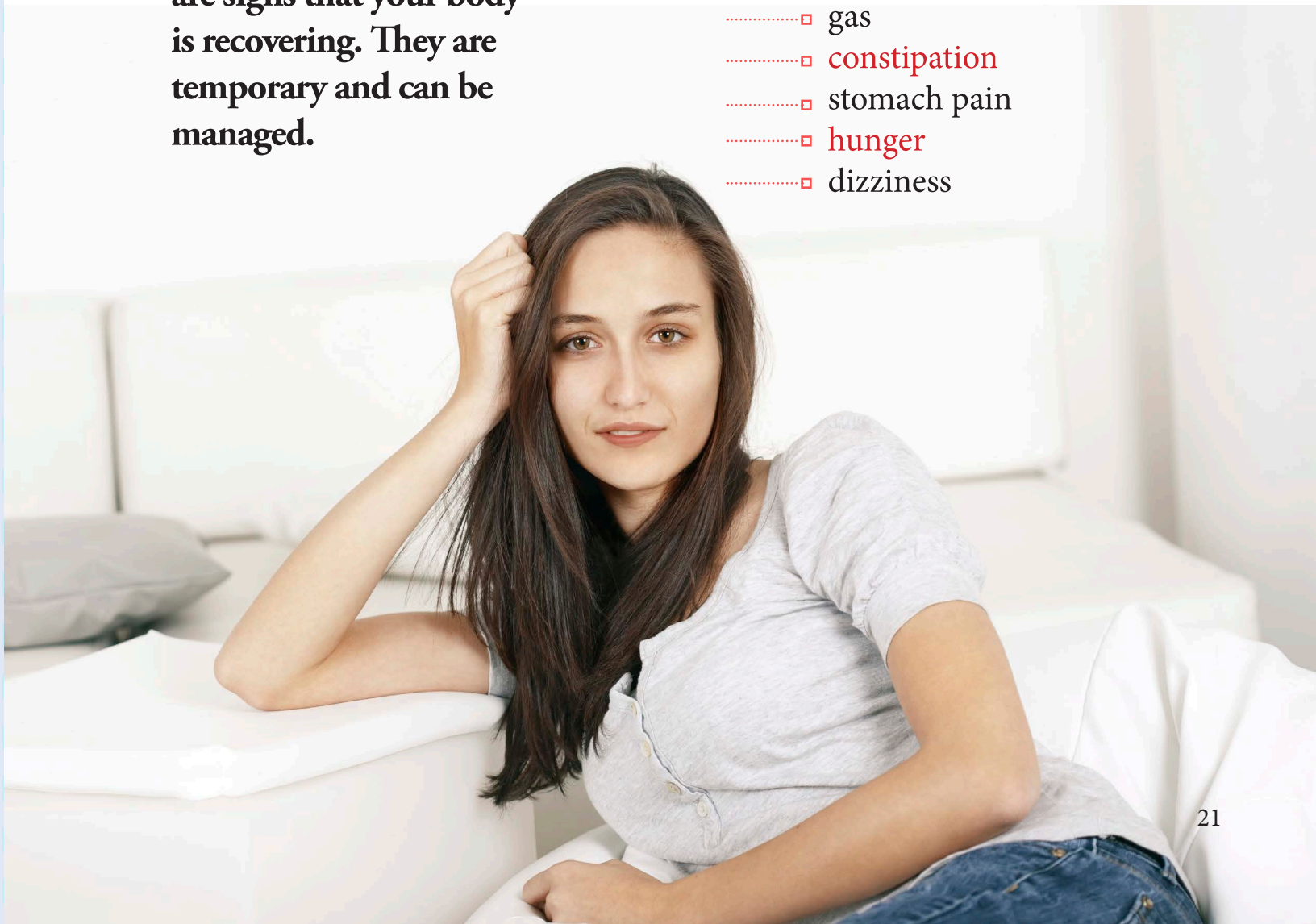
Tobacco has nicotine, a substance that is very addictive. When inhaled, nicotine is delivered to the brain quickly causing the release of dopamine, a chemical in the brain that is associated with feelings of pleasure. These feelings do not last long causing withdrawal. Smoking only relieves the withdrawal symptoms for a short period of time. This leads to a vicious and unhealthy cycle.

Every individual is different and research shows that people experience different levels of tobacco dependence. Not everyone will experience withdrawal symptoms or to the same degree.

Withdrawal symptoms are signs that your body is recovering. They are temporary and can be managed.

Some symptoms of withdrawal include:

-▣ irritability
-▣ fatigue (tired)
-▣ insomnia (trouble sleeping)
-▣ cough
-▣ dry throat
-▣ nasal drip
-▣ lack of concentration
-▣ chest tightness
-▣ gas
-▣ constipation
-▣ stomach pain
-▣ hunger
-▣ dizziness



Managing Nicotine Withdrawal

Possible Symptom	Cause	Average Duration	Suggestions for Relief
Irritability	Your body is craving nicotine.	2-4 weeks	<ul style="list-style-type: none"> ■ relaxation techniques ■ go for a walk ■ take a hot bath ■ medications to help you quit (see page 15)
Fatigue (tired)	Nicotine is a stimulant.	2-4 weeks	<ul style="list-style-type: none"> ■ eat healthy foods ■ exercise regularly ■ rest when your body feels tired
Insomnia (trouble sleeping)	Nicotine can affect your sleep patterns.	1 week	<ul style="list-style-type: none"> ■ avoid caffeine late in the day ■ avoid bright artificial lights just before you go to sleep ■ deep breathing/relaxation techniques before you sleep
Cough, dry throat, nasal drip	Your body is beginning to heal by getting rid of mucus.	A few days	<ul style="list-style-type: none"> ■ drink plenty of water to help thin and get rid of the mucus
Lack of concentration	Your body needs time to adjust to not having a constant stimulation from nicotine.	A few weeks	<ul style="list-style-type: none"> ■ plan your workload accordingly and if possible, avoid additional stress ■ medications to help you quit (see page 15)
Chest tightness	Tension is sometimes created by the body's need for nicotine.	A few weeks	<ul style="list-style-type: none"> ■ deep breathing/relaxation techniques ■ stretch
Stomach pain, gas, constipation	Intestinal movements may decrease for a brief period of time.	1-2 weeks	<ul style="list-style-type: none"> ■ drink plenty of fluids ■ add more fibre to your diet ■ exercise regularly
Hunger	Sometimes craving a cigarette can be confused with hunger.	2-4 weeks	<ul style="list-style-type: none"> ■ drink plenty of fluids ■ add more fibre to your diet ■ exercise regularly
Dizziness	Your body is likely getting more oxygen now, which is a good thing. It will take your body time to get used to it.	A few days	<ul style="list-style-type: none"> ■ slowly get up from sitting or lying down

What is Stress?

For some people quitting smoking can be stressful. Having a better understanding of what stress is and healthy ways to manage stress can make quitting smoking a little easier. It can also help you deal with other things in your life that cause you stress.

People are affected differently by stress and have different symptoms. It is important to know how you react to stress and learn healthy coping skills that work best for you.

Symptoms of Stress

Cold hands

Anxiety

Insomnia

Dry mouth

Over or under eating

Indigestion

Tiredness

Chronic depression

Feelings of hopelessness

Headaches

Upset stomach

Low self-image

Increased heart rate

Procrastination

Performing reckless actions

Body aches

Use of tobacco, alcohol or other drugs



How Stressed Are You?

This may help you to understand what level of stress you are currently experiencing. Read the questions below and check YES or NO. Score 1 point for each “YES” answer.

DO YOU OFTEN:

YES/NO

- | | |
|--|---|
| Neglect your diet? | <input type="checkbox"/> <input type="checkbox"/> |
| Try to do everything yourself? | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Get aggravated easily? | <input type="checkbox"/> <input type="checkbox"/> |
| Seek unrealistic goals? | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Fail to see the humour in situations others find funny? | <input type="checkbox"/> <input type="checkbox"/> |
| Act rude? | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Make a ‘big deal’ of everything? | <input type="checkbox"/> <input type="checkbox"/> |
| Look to other people to make things happen? | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Have difficulty making decisions? | <input type="checkbox"/> <input type="checkbox"/> |
| Complain you are disorganized? | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Avoid people whose ideas contradict your own? | <input type="checkbox"/> <input type="checkbox"/> |
| Have few or no supportive relationships? | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Not get enough rest? | <input type="checkbox"/> <input type="checkbox"/> |
| Get angry when you are kept waiting? | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Ignore stress symptoms? | <input type="checkbox"/> <input type="checkbox"/> |
| Put things off until later? | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Think there is only one right way to do something? | <input type="checkbox"/> <input type="checkbox"/> |
| Fail to include relaxation time in your day? | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Gossip? | <input type="checkbox"/> <input type="checkbox"/> |
| Impatiently try to race through your day? | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Spend a lot of time complaining about your past? | <input type="checkbox"/> <input type="checkbox"/> |
| Fail to get a break from noise and crowds? | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Use sleeping pills or tranquilizers without consulting a doctor? | <input type="checkbox"/> <input type="checkbox"/> |

TOTAL YOUR SCORE _____

Score 1 point for each “Yes”.

What Does Your Score Mean?

1-6: You generally lead a low-stress life. That is great! However, it is important to ask yourself if you are avoiding any problems or do you shy away from challenges?

7-13: You are in control. Your score indicates that you have a sense of balance and control in your life when it comes to stress. What statements in the quiz did you answer ‘YES’ to? What are some positive and healthy ways you can better manage the stress in your life?

14-20: Warning: You are in the danger zone! You may experience stress-related symptoms. What is causing you stress in your life? What are you doing to cope with your stress? What are some positive and healthy ways you can better manage your stress?

Above 20: Red flag! Ask yourself what is causing you stress in your life? What are some positive and healthy ways you can better manage your stress? Have you considered talking with someone such as a health care provider for additional help?

(Canadian Mental Health Association: N.A.).

Managing Stress



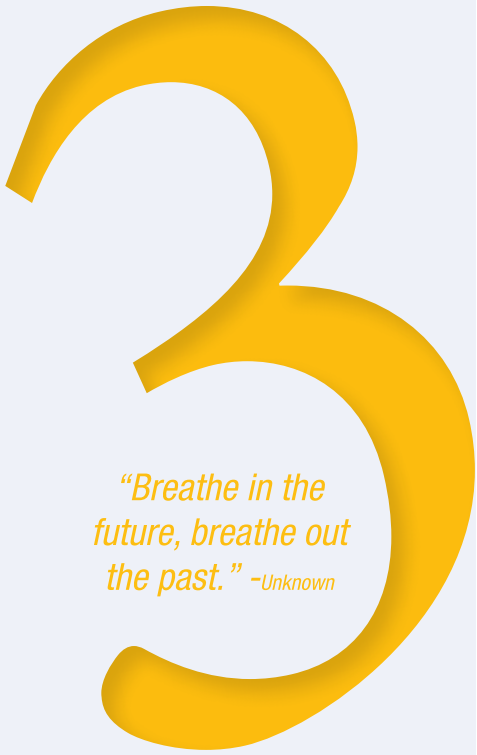
Healthy Tips for You to Manage Stress:

- Talk about it. Talk about how you are feeling and what you can do to manage stress.
- Do something that is healthy. (e.g., go for a walk)
- Use your imagination. (e.g., picture yourself in a place that makes you smile)
- Use humour - learn to laugh at yourself.
- Listen to music that either relaxes you, or makes you want to get up and dance.
- Practise deep breathing.
- Be physically active. (e.g., exercise)
- Eat a healthy diet. (e.g., eat plenty of fruits and vegetables and drink plenty of water)

When to Seek Help:

- Upsetting thoughts, behaviours or emotions that last more than three to four weeks.
- Difficulty functioning as you normally do at work, school, with family or in social activities.
- Physical symptoms that do not go away in one to two days.
- Use alcohol, tobacco or other drugs to deal with your problems.
- At any time you feel a sense of hopelessness or are helpless about your emotions, behaviours and/or life.

(Canadian Mental Health Association and The Heart and Stroke Foundation, 2009).



“Breathe in the future, breathe out the past.” -Unknown

Put Your **Quit** Plan into Action

My Quit Plan!

My Reasons and Motivation for Becoming Tobacco-Free.

My most important reasons for becoming tobacco-free are:

My Strengths

The strengths I bring to this change are:

My Quit Method(s) and Strategies

The quit method(s) and strategies I am choosing to help me quit are:

My Quit Plan

My Quit Date

I _____ pledge to be tobacco-free on _____ (date).



Support Systems

Other resources and support systems to assist me in quitting are:

- My doctor
- My pharmacist
- My counsellor
- My spouse, partner/significant other
- My friend
- The Lung Association
- Other _____

Others can help me by:

I Will Save Money!

In the past, how much did I spend on tobacco products?

$$\text{_____ packs per day} \times \$ \text{_____ price/pack} = \$ \text{_____ per day}$$

Multiply the amount you spent on tobacco products per day by 7:

$$7 \times \text{_____ (amount spent on tobacco products per day)} = \$ \text{_____ per week}$$

Multiply the amount you spent on tobacco products per week by 52:

$$52 \times \text{_____ (amount of tobacco products per week)} = \$ \text{_____ per year}$$

How will you reward yourself?



I will celebrate my successes!

I Will Reward Myself!

I will reward myself for being tobacco-free after _____ days by: _____

I will reward myself for being tobacco-free for _____ weeks by: _____

I will reward myself for being tobacco-free for _____ year(s) by: _____

My Quit Plan

*Setbacks are not a failure. They are a learning opportunity.
Learn from the bump in the road and
don't quit quitting!*

Dealing with setbacks: Use this opportunity to learn something about yourself and move on.
Ask yourself the following questions:

Where was I when I had a cigarette? _____

What triggered me to have the cigarette? _____

How did I feel after I had the cigarette? _____

What could I do differently next time? _____

*Congratulations on
becoming tobacco-free!*

I am tobacco-free! The things I like most about being tobacco-free are:

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