HEY, SOMETHING'S DIFFERENT

Yeah, I know.
Wouldn’t it be great if someone told you HOW to quit, instead of just why?
Finally, someone is talking your language about smoking and quitting.

Don’t want to quit smoking? Read Section 1
Thinking of quitting? Read Section 2
Ready to quit? Read Section 3

WANNA HANG OUT?

sure
Most smokers would say that smoking:
  • reduces stress
  • relaxes you
  • reduces anger
  • is a nice social thing
  • is a good way to take a break from work

What would you say?

Most non-smokers don’t see these benefits of smoking! They’re all about the cost, the smell, the health stuff . . . And to make matters worse, they feel like they have the right to tell smokers to quit.
Stop Nagging Me to Quit!

No one can make you quit.
So why do friends and family members nag at you to quit?
They think they’re doing you a favour.

When people are nagging you to quit . . .

Tell them: It’s my decision to quit. When I’m ready to quit, I’ll let you know.
BE NICE ABOUT IT

Tell them: I know you worry about me and my health, but please leave it alone for now. When you tell me to quit, it feels like nagging, and that’s not cool. TALKING WORKS BETTER THAN FIGHTING

Try not to get mad. They’re only trying to help, even if they’re doing it all wrong!

No one can make you quit.
People who nag you to quit usually act like they know everything about smoking.

Want the real facts?  

READ ON →

Hey, how can you afford another vacation?

Easy. I've been banking a few extra bucks every day.
**Q: What’s in cigarette smoke?**

When you smoke a cigarette, you inhale nicotine and 4,000+ chemicals. Some chemicals in cigarettes are found in everyday foods, but other chemicals in cigarettes are deadly poisonous and cause cancer.¹

<table>
<thead>
<tr>
<th>In cigarettes:</th>
<th>also in:</th>
</tr>
</thead>
<tbody>
<tr>
<td>carbon monoxide</td>
<td>car exhaust</td>
</tr>
<tr>
<td>ammonia</td>
<td>window cleaner</td>
</tr>
<tr>
<td>cadmium and lead</td>
<td>batteries</td>
</tr>
<tr>
<td>arsenic</td>
<td>rat poison</td>
</tr>
<tr>
<td>butane</td>
<td>lighter fluid</td>
</tr>
<tr>
<td>hydrogen cyanide</td>
<td>chemical weapons</td>
</tr>
<tr>
<td>toluene</td>
<td>paint thinners</td>
</tr>
<tr>
<td>arsenic</td>
<td>weed killer</td>
</tr>
<tr>
<td>chromium</td>
<td>steel</td>
</tr>
<tr>
<td>polonium-210</td>
<td>radioactive material</td>
</tr>
</tbody>
</table>

¹ For more information, visit [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
Q: Are cigarettes with less tar healthier for you?

Actually, there’s no such thing as cigarettes with less tar.

Cigarettes have names like smooth, blue, gold, silver, or distinct. These cigarettes may taste different from each other, but they all deliver pretty much equal amounts of tar and nicotine when you smoke them. In fact, studies from all over the world have proved that the amount of tar and nicotine you inhale depends on how many cigarettes you smoke, and how you smoke them... NOT the type of cigarette you smoke.

Q: What does smoking do to the environment?

Cigarette butts are made of cellulose acetate – a type of plastic that doesn’t biodegrade. About 4.5 trillion cigarette butts are thrown away every year. The chemicals that seep out of the butts poison wildlife.

Speaking of wildlife...

it’s a fact that pets can get cancer from breathing in second-hand smoke. Cancer is a really sad way for a pet to die.
Q: If you smoke cigarettes and marijuana, do you have to give up both to quit smoking?

You don’t have to give up both, but it’s usually harder to quit smoking if you keep smoking marijuana.

btw: Marijuana smoke is like tobacco smoke. It contains carbon monoxide, tar, and chemicals that increase your risk of lung cancer.6

Q: Is smoking a hookah healthier?

Some people think it’s safer to smoke from a hookah (aka waterpipe), but they’re wrong. Shisha—the stuff you smoke in a hookah—is just sweetened, flavoured tobacco. It has all the same health risks as cigarette tobacco.7

If you smoke from a hookah, you’re still smoking. And with a hookah, you usually smoke for a longer period of time, inhale deeper and take more puffs.8 Definitely not healthy!
Q: Does smoking make it harder for a woman to get pregnant?

Smoking is linked with infertility (the inability to have a baby). 9
- If you are a woman who smokes: smoking harms your eggs.
- If you are a man who smokes: smoking harms your sperm.
- Couples who smoke can take longer to get pregnant. They may not be able to become pregnant at all.

**Why take the chance?** If you plan to have a baby, quit before you get pregnant. If you just found out you’re pregnant, quit as soon as possible. Ask your doctor for the best way to quit while pregnant. And check out www.pregnets.ca if you have more questions.
Q: Is smoking really so bad for a woman who’s pregnant?

Women who smoke or breathe in second-hand smoke while they’re pregnant may have: ¹⁰

- a miscarriage
- a low birth weight, premature baby
- a baby who cries more often
- a baby with health problems such as lower IQ, hyperactivity, or attention deficit disorder (ADD)
Q: Does smoking make it harder to exercise?

Smoking causes inflammation on the inside of your lungs and airways. Tar coats the lungs making it hard for your body to absorb oxygen. When it’s harder to breathe, it’s harder to exercise. That’s a fact.
Like everything else in life, smoking has some good points and some bad points.

Take a minute to think about **WHY** you smoke…

You might quit some day…

Take a minute to think about **WHY** you smoke…

SMOKING IS A PERSONAL DECISION.
If you want to keep smoking for now, that’s okay.
If quitting is a possibility, keep reading.
DO YOU WANT 10 good reasons to quit smoking?

#1 Smoking is unhealthy!
Besides cancer, smoking causes chronic obstructive pulmonary disease (COPD). Having COPD means taking a little oxygen tank with you wherever you go.

#2 Smoking is expensive
You have better things to spend your money on. . . . car payments, rent/mortgage, food, entertainment, appliances, electronics, family, vacations, clothes . . .

#3 Smoking makes your mouth gross!
Smoking contributes to gingivitis, gum disease, yellow nicotine stains on teeth, and bad breath.

#4 Smoking gives you wrinkles
Smoking damages the tissues that maintain skin’s elasticity and reduces delivery of important nutrients to the skin. This causes wrinkles. So does repeated pursing of the lips to inhale smoke.

#5 Smoking makes it hard to sleep
Nicotine is a stimulant. Smoking makes it harder to fall asleep, and unconscious cravings during sleep make it harder to sleep soundly.
#6 smoking mutates sperm

Cadmium is a heavy metal found in cigarette smoke. It causes sperm to mutate and reduces sperm count. Smoking damages blood vessels in the penis, leading to weaker erections.

#7 smoking messes up a woman’s periods

Smoking messes with the body’s hormone balance, and the signalling pathway between the brain and ovaries. This can increase the cramps, discomfort and tiredness a woman feels during her period.

#8 smoking makes it hard to get pregnant

Smoking increases the risk of miscarriage and infertility - even in young women.

#9 smoking hurts your kids

Kids who breathe in second hand smoke are more likely to get bronchitis and pneumonia. They experience more severe asthma attacks, more colds, and more painful earful infections.

#10 smoking is a hassle

Today, most indoor areas are smokefree; soon, even more places will be smokefree. Feeling like you have to have a cigarette can be really annoying... especially when it’s a hassle to light up.
SECTION 2
Imagine the health benefits of quitting

48 hours – your risk of heart attack decreases; you start saving money

72 hours – it’s easier to breathe; your lung capacity improves; your sense of taste improves

2 weeks to 3 months – your blood circulation and lung function both improve; it’s easier to exercise; your teeth stay white after you whiten them

6 months – you cough less; you don’t feel so tired or breathless after being active

1 year – your risk of heart attack is half that of someone who still smokes

10 years – your risk of dying due to lung cancer is half that of someone who still smokes

15 years – your risk of dying from a heart attack is the same as someone who has never smoked

From Health Canada 23
Imagine life as an ex-smoker ... it isn’t hard to do.

- No more nic fits controlling you
- No need to take smoking breaks outside in nasty weather conditions
- No more worries about second-hand smoke hurting your family or pets
- Lots more energy and better results from workouts
- Fresher-smelling clothes, hair and breath; whiter teeth
- No one nagging you to quit
- Extra money in your pocket
- Fewer coughing spells and ugly colds
- No more concerns about running out of smokes
- Being a great role model for your kids, family and friends
- People saying you look great (and knowing it’s true!)
Make a list of why you DO and DON'T want to quit

Why I DO want to quit

Why I DON'T want to quit
Look at your list.

If you have lots of good reasons to quit, it’s time for action. Follow the plan in Section 3 of this booklet.

If you’re still not ready to quit, that’s perfectly okay. When it’s your time to quit, you’ll know it.
How to quit

There ARE successful ways to quit when you’re ready.

Here are the key steps:

1) Choose your way to quit.

2) Get ready to handle withdrawal, control cravings, and resist temptations.

3) Pick your “quit date” and go for it.
Researchers studied a group of young adults who were trying to quit.

The young adults who tried to quit but went back to smoking said:

• I didn’t have a plan. I thought I could quit on impulse.
• I didn’t want to quit badly enough.
• I under-estimated how hard it would be.
• Too many things reminded me of smoking; I couldn’t resist temptations to smoke.

The young adults who **successfully quit** smoking said:

• This time I got ready and I had a real plan.
• I asked my friends and family to help me stay on track.
• I planned in advance how to resist cravings and temptations to smoke.
• I used exercise to distract me from smoking and to be a healthier person.
How to quit

Step ①: Choose your way to quit

GO COLD TURKEY:
Cold turkey is a good way to quit... if you do it right. Get ready to quit cold turkey by reading this booklet. Make sure you have a friend who will get you through the rough stuff. Psyche yourself up; and go for it.

SLAP ON A PATCH; CHEW GUM; SUCK ON A LOZENGE:
Sure, the nicotine patch, gum or lozenges cost money, but so do cigarettes. Besides, there's lots of proof that these things actually work if you use them correctly. So, spend a little cash, talk to the pharmacist, and do it right.

NEWSFLASH: You can NOT get addicted to the nicotine patch, or gum, or lozenges; and they do NOT cause cancer. (Tar not nicotine causes cancer).

USE YOUR PHONE:
Call Smokers' Helpline. It's not a crisis line. It's a cool service that gives real-time, person-to-person info about quitting.
In Ontario, call: 1 877 513-5333.
Outside Ontario, click: www.cancer.ca to find your province's quitline.

GET A FRIEND TO HELP:
Get a friend who smokes to quit with you. Tell your friends not to smoke around you. Ask friends to keep you distracted and to send you positive emails, texts or BBMs.
TALK TO YOUR DOCTOR:
If you’re not sick, why see a doctor? Because your doctor can give you good info about quitting. If you don’t want to see a doctor, talk to your occupational health nurse, a pharmacist, or another health professional. They can help, and they want you to succeed.

GO ON-LINE:
Check out www.QuitRunChill.org. It’s a FREE exercise program designed especially for young adults who smoke and want to quit. (Exercise releases “endorphins” that make you feel good...a great substitute for nicotine).

Check out www.LeaveThePackBehind.org/YourWay for need-to-know info about ways to quit smoking.
How to quit

Step ②: Get ready to ...

HANDLE WITHDRAWAL

When you stop smoking, it’s normal to experience nicotine withdrawal. You cough a lot, have trouble sleeping, get headaches, and basically feel like crap.

FUN!

Nicotine withdrawal usually begins several hours after quitting and peaks about a week later. After 3-4 weeks, withdrawal is pretty much over because your body has recovered from the physical addiction to nicotine.

Willpower helps you deal with withdrawal.

You can also try ...

- exercising,
- getting a bit more sleep,
- drinking lots of water,
- asking friends to keep you strong,
- and using the patch or gum.
CONTROL CRAVINGS

Nicotine cravings are different from withdrawal symptoms. Cravings are sharp urges to smoke. Some people get hardly any cravings; some people get really intense cravings.

Cope with cravings like this:

- Remind yourself that a craving lasts only a minute or two.

- Beat the craving by chugging a glass of water, chomping on gum, eating black licorice, or brushing your teeth.

The more you can distract yourself from the craving, the more you can get over it.

sweet, this craving isn't as bad as the last one.
RESIST TEMPTATIONS

To resist the urge to smoke you can...

- Play a game on your phone
- Doodle on a pad of paper
- Avoid alcohol (try near-beer, mocktails, or soda)
- Hug a friend, a pet, your kids
- Check Facebook™
- Flip through a magazine
- Call your mom
- Go to work early (to avoid the smokers in the doorway)
- Make a “I QUIT” playlist for your iPod™
- Test run a few new apps
- Text or BBM a friend
- Take your dog for a walk
- Start a new Facebook™ page
- Stretch tense muscles
- Play a video game
- Suck on a candy instead of a cigarette
- Play rock paper scissors with your kids
- Take care of a 2-minute chore
- Splash cold water on your face

IT’LL FEEL GOOD
WARNING. It’s hard to resist smoking when you’re drinking. So, give yourself a break and avoid alcohol, house parties, and bars right after quitting. Hang out with friends at non-drinking, non-smoking places like the movies, the mall, the rec centre, whatever. Short term pain; long terms gain.

Enjoy a smoothie or herbal tea
Sign up for a new podcast
Get a massage
Read the comics
Play Angry Birds™ on your iPod™
Join a new sport
Find a book at the library or bookstore
Switch up your morning routine

Do them all at once! LOL
How to quit

Step ③: Pick your date and go for it

For best results pick a quit date that IS at least 24 hours from now, and IS NOT during a stressful time. Mark that date in your calendar. Write it on a note page and stick it on the fridge. Announce your quit date to family and friends so they can be ready to support you.

On your quit day... do whatever it takes to handle withdrawal, control cravings and resist temptations to smoke. Try using nicotine gum to control sudden urges to smoke. Reward yourself for staying smoke free.

btw: A drink may not be the best reward for staying off cigarettes.

Here are some rewards that can actually help you stay quit.

• Watch a funny movie
• Get a manicure/pedicure
• Plan a vacation
• Buy the shirt you have been eyeing at the mall
• Go golfing or fishing (with non-smokers)
• Buy a magazine or music
• Do something just for fun
After your quit day...

- Write down all your reasons for quitting.
- Remember that withdrawal is normal and will fade away.
- Control cravings by using nicotine gum and distracting yourself until the craving passes.
- Use all your supports (friends, family, the patch or gum, www.quitrunchill.org, doctor advice, Smokers’ Helpline . . . etc!)
- Keep busy . . . physically and mentally.
- Stay positive.

If you slip up and have a cigarette, **don’t sweat it.**

Pick a new day and quit again.

**Quitting can take a few tries before it really sticks.**
Deal with **STRESS**

The #1 reason people go back to smoking is stress.

Be ready to deal with stress without smoking.

**Lean on your friends:** Count on them for support when things get tough... but be realistic. They can help you deal with junk, but they can't wave a magic wand for you. Stay strong.

**Focus on today:** You can stay smoke free for a day... right? So do that, and don't worry about tomorrow. Today's all that matters.

**Suck it up:** You'll have bad days when you want to smoke. Don't make a drama out of it. Just stick with the plan: don't smoke. In time, things will be okay. Stress doesn't last forever.
BE ACTIVE: People who exercise daily after quitting have fewer and weaker urges to smoke. The feel-good endorphins released during exercise reduce feelings of stress. Physical activity also revs up the body’s metabolism and prevents weight gain.

EXERCISE: works as well as the patch or gum for helping you stay quit.

BONUS: EXERCISE IS FREE!

Exercise can include any physical activity that lasts 15 minutes and makes you sweat a bit. Activities that involve constant motion (like walking) seem to be better than stop-and-go activities (like weight lifting, golfing with a power cart, fishing, or bowling).

To reduce nicotine cravings, decrease stress and prevent weight gain:

- walk
- run
- bike
- swim
- dance
- play soccer
- cut the grass
- shovel snow

QUITRUNCHILL.org is a free, do-it-yourself, on-line, exercise program designed for young adults who smoke.

VERY COOL.
BE A GEEK: Learn a DEEP BREATHING or IMAGERY technique and use it to deal with stress.

Deep breathing

Close your eyes, and take a deep breath. Hold it a couple of seconds, then breathe out slowly and completely. Do it again, and imagine you're breathing in calm relaxing air, and breathing out tense stressful air. Take 10-12 deep breaths like that... inhale peaceful air, exhale stressful air. Smile to yourself as you do it. When you’re ready, open your eyes, keep smiling, and get on with life.
Imagery

Sometimes, you can feel so stressed or angry that you want to explode. Taking 2-minutes to imagine a relaxing, peaceful setting can get you through this. Everyone has a different “happy place.” Here are two examples that work for a lot of people.

IMAGINE YOURSELF AT A BEACH.
Breathe in the deep, clean air... it feels good to do that.
Feel the warm, white sand and the sun beating down on you.
Enjoy the refreshing breeze that washes over you.
Notice the clear blue water meeting the shore.
Listen to the soft sounds of the waves.
Let yourself soak up the calming, peaceful feelings . . .

IMAGINE YOURSELF BY A DEEP BLUE LAKE IN A COOL GREEN FOREST.
Breathe in the deep, clean air... it feels good to do that.
The trees are brilliant shades of green, grey, emerald and brown.
The lake sparkles in blues and silvers.
The sky is bright with pure white clouds.
The air is fresh and sweet.
The sounds of birds and insects make the place musical.
Your mind is calmed by the rugged beauty of this place . . .
Don’t stress about gaining weight

Some people gain a little weight after they stop smoking.

Some people gain weight while they’re still smokers.

And some people don’t gain any weight, no matter whether they keep smoking or quit smoking.
It’s up to YOU
whether or not you gain weight.

Decide to eat right, drink lots of water
NOT POP OR JUICE - UGH,
exercise a little bit more, and sleep well.
No weight gain. Pretty simple.
Whatever you do,

DEAL WITH A SLIP

YOU have the ability to stay smokefree.
But, some days will be harder than others to get through.

If you have a cigarette or two, don’t feel bad. Instead, figure out what made you smoke and plan ways to not smoke the next time things are like that. Get back on the wagon as fast as you can and do what it takes to resist temptations to smoke.
There’s no such thing as failure

Quitting smoking is like everything else in life: sometimes it feels easy and sometimes it feels hard. Sometimes, it's so hard, you start smoking again. This can be upsetting, but it doesn’t mean you can’t try to quit again.

Most people who go back to smoking after being smokefree can say exactly what made them start smoking again. If this describes you, it’s really important to think of ways to deal with whatever made you start smoking again. The next time you quit, prepare yourself with ways to stay smokefree, even if it feels really hard.

Read this booklet again, ask your friends for ideas, talk to your doctor, call Smokers’ Helpline, visit www.QuitRunChill.org, or whatever.
How they did it.

There are lots of places on-line where smokers share stories about how to quit and stay quit. Turn the page for some stories written by actual smokers/quitters. Go on-line to find more...
On the morning of March 3rd, I woke up and knew I either had to quit for good or give up trying. After going thru the entire day of not smoking, I was so proud of myself, that I went outside to my patio to celebrate by lighting up another cigarette! The moment the smoke landed on my tongue, I had the sensation of having licked a dirty floor. That was luck for me. I butted out the cigarette, and have not smoked since then (33-months). There were times in the first year when I appreciated others smoking so that I could breathe in the smell. But now, my sense of smell is so improved that I find the smell of smoke repulsive. (That’s probably not "politically correct" to say... but who gives a crap, its true).

My advice: Throw away all smoking materials, including any remaining cigarettes, lighters, ash trays and any other thing you used. Clean your car out, using your favorite laundry sheet, like Bounce Mountain Breeze™. Buy a large bag of hard candy, it really works. Get some sort of nicotine lozenge, patch, or gum and follow the instructions on the package.

MOST OF ALL: Do not give up, no matter how many times you feel anguished and your body and mind tries to tell you to light up again. Believe me, it will extend the time you spend with your loved ones in more ways than one. ☺
When I think of my smoking, I can see that I used cigarettes to cope with bad situations and emotions. I think that’s why quitting was so hard for me... I didn’t have good coping skills, I mainly had escaping skills. So, whenever things got really tense at work or in my life, I smoked more. That really made it hard to quit. Finally, after a really bad time, I decided to take control of my life and cleanse my whole body and mind. So I stopped smoking, and I exercised as much as I could to fill time and clear my head. I also drank huge amounts of water to help get the nicotine out fast. I didn’t use the gum or patch or anything like that, but I did try meditation, I also leaned on my friends so much. I won’t lie. It was very hard. But I am so proud to say I haven’t had a cigarette in over a year. When I look back now, I feel like I changed really fast. During that time though it felt like every day was a year long. I remember saying to myself, just take it one day at a time. It’s easy to overlook small changes and not appreciate them, but when I think of where my health was one year ago, and where I am today, the difference is immense. I still want to improve my life but I’ll never smoke again.

My advice: Set a quit date, plan your quit, and no matter what you think or feel don’t let yourself have one single puff. Remember it does get better, This too will pass. 😊
I quit smoking because I was tired of the constant cough and sore throat I’d wake up with. When I first tried to quit, I thought it would be pretty easy cuz I’d only been smoking about 7 years. But after trying to quit 4 different times, I realized it wasn’t as easy as I thought. I decided to try the patch or gum. I went to the drug store and talked to the pharmacist. She told me to use nicotine gum and the right way to chew it. (It’s really different from regular gum. Who knew?) Anyway, I still had cravings, but the gum helped me get through them better. I also texted friends A LOT. That kept my hands occupied, and my friends were cool about it. The best thing I did was to put $25 a week into a savings plan instead of cigarettes. I want to use the money to take a vacation or maybe go back to school.

My advice: First, don’t kid yourself into thinking that it’s easy to quit. Second, even tho quitting is hard, stop making excuses about why you can’t quit. There are lots of ways to quit, you just have to find what works for you. If something doesn’t work the first time, try something different the next time. Use your friends- if they’re like mine, they’ll be a massive help. ☺️


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