

## Smoking Reduction Tips

- ✧ Keep a smoking record of when you smoke and why in a journal. Then, gradually eliminate the cigarettes you smoke, from least important to most important.
- ✧ Set a daily quota of cigarettes. Put only this number in your pack in the morning.
- ✧ Delay your first cigarette of the day by half an hour.
- ✧ Delay smoking for 15 minutes whenever you have a craving. Taking a deep breath or two or chewing on a toothpick also helps.
- ✧ Smoke only half of each cigarette.
- ✧ Keep your pack in an inconvenient place, like the cupboard above the fridge or in the closet.
- ✧ Wrap your cigarette pack and fasten it with a rubber band or string. Unwrapping it every time you smoke will remind you that you're trying to quit.
- ✧ Stop whatever you're doing – even driving – when you have a cigarette, and think only about your smoking.
- ✧ Have a practice quit day. Stop smoking for 24 hours.
- ✧ Avoid situations in which you usually smoke and plan activities that don't involve smoking. For example, spend time with your kids without a cigarette.
- ✧ Brush your teeth often, especially during a craving.
- ✧ Keep on hand celery or carrot sticks, sugarless gum, toothpicks.
- ✧ Drink lots of water (6–8 glasses per day).
- ✧ Buy one pack at a time.
- ✧ If you roll your own cigarettes, roll only a few at a time.
- ✧ Change the brand you smoke each time you buy a pack.

# Breathing Exercises

## General Instructions for all breathing exercises

- ✧ Be gentle. Never strain.
- ✧ Wait at least one hour after eating to do breathing exercises.
- ✧ Sit in a comfortable position with your back straight. (Some of the exercises may also be done lying down.)
- ✧ Practice for about 10 minutes at one sitting. You may practice three times a day.
- ✧ Play peaceful music while doing breathing exercises, if you like.
- ✧ Don't try to cover all of these in one session.

## How to Breathe Deeply

- ✧ Close your eyes if you are comfortable doing this.
- ✧ Take a deep breath in through your nose and hold it for a count of five.
- ✧ Push out your stomach at the same time. This makes the air go deeper into your lungs, where the smoke used to go. Slowly breath out through your mouth to the count of seven.
- ✧ Repeat this three times and feel the relaxation as your stress floats away.



*(Adopted from information from Health Canada at [www.gosmokefree.ca](http://www.gosmokefree.ca))*

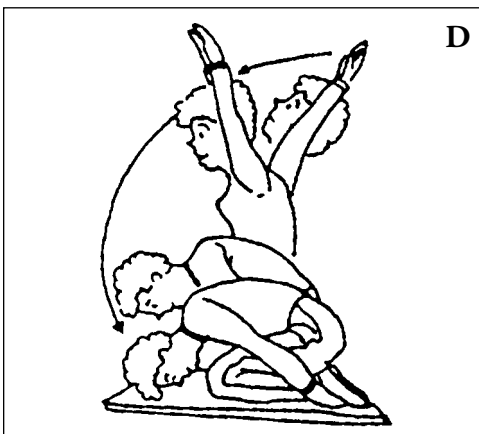
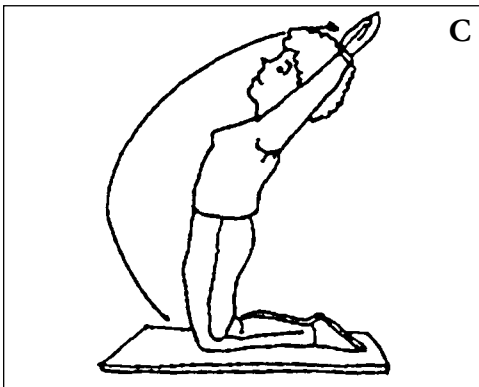
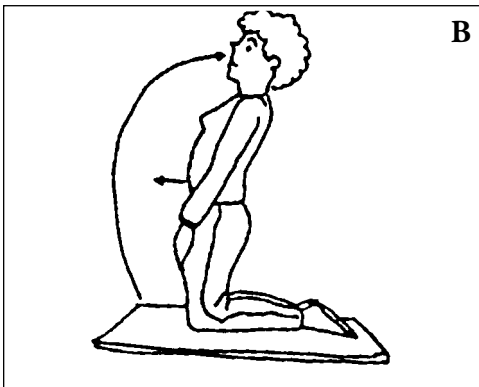
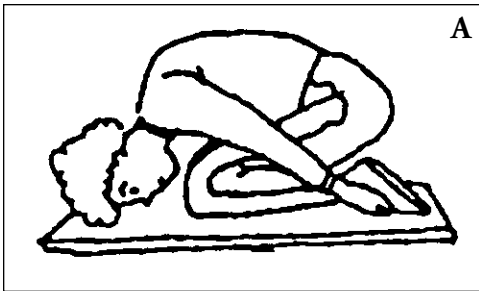
## The Complete Breath

Give participants the following explanation.

- ✧ The Complete Breath is a kind of deep breathing that brings air deep into your lungs. Deep breathing brings more oxygen into your bloodstream. With practice, you'll be able to use the complete breath whenever you want to relax and give yourself energy. To do the complete breath, you'll use a muscle called the diaphragm. The diaphragm is underneath your lungs. When you push out your abdomen, you pull down your diaphragm and help bring air into the bottom of your lungs. When you breathe out you relax your diaphragm and it pushes the air out again.
- ✧ Lie down on your back on a mat or rug, with one hand on the centre of your chest and the other on the bottom of your rib cage, where your abdomen begins. Breathe in slowly and deeply through your nose. Push out your abdomen to fill up the lower part of your lungs.
- ✧ Expand your chest more and fill the top of your lungs. Hold your breath for a few seconds. Breathe out slowly until you have emptied your lungs. Repeat this four or five times. Think about what you felt and discuss it.

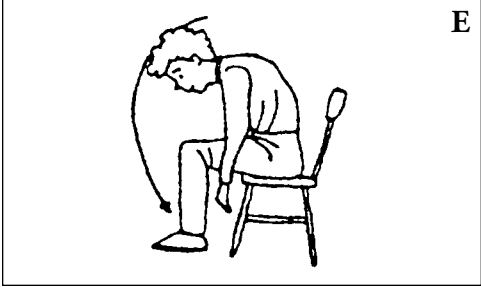
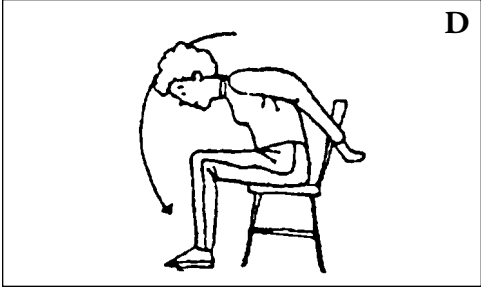
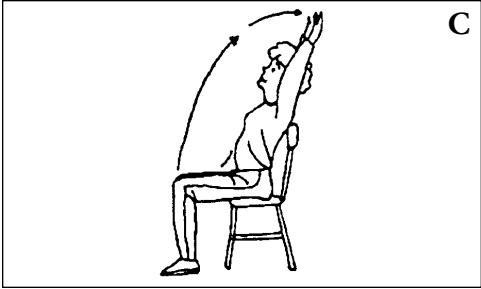
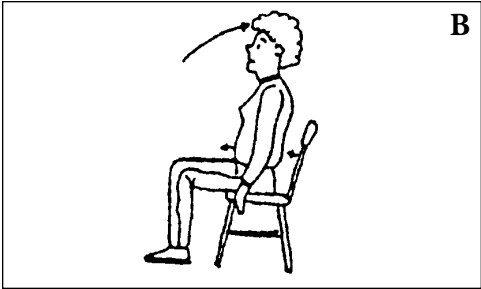
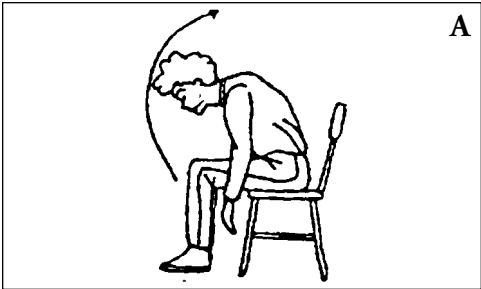
## Modified Complete Breathing While You Kneel

Follow the diagrams from A – D



# Complete Breathing While You Sit

Follow the diagrams from A – E



## Breathing Relaxation

Benefits: gives energy or a sense of calm and peace by concentrating on breathing.

Note: This exercise can introduce any visualization, or can be used as a relaxation exercise.

Read the following to the group:

- ✧ Find a place to sit where you're comfortable and your spine is straight but not rigid. Close your eyes if you're comfortable doing that.
- ✧ Think about the times that you have felt calm and at peace. Think about a time when you went for a slow, quiet walk by a river, or through a park.
- ✧ Concentrate on your breathing. Breathe slowly and deeply. As you breathe in, bring energy and peace in with you; as you breathe out, let your tension and worry float away. Breathe in and out slowly several times.
- ✧ We're going to breathe in relaxation and breathe out worry and tension from our bodies. We will become completely relaxed.
- ✧ Breathe into your feet. As you breathe out, feel your ankles relax.
- ✧ Breathe into your thighs. As you breathe out, feel your thighs relax completely.
- ✧ Breathe into your buttocks. As you breathe out, feel your buttocks relax.
- ✧ Breathe into your belly. As you breathe out, feel your belly relax.
- ✧ Breathe into your back. As you breathe out, feel your back relax.
- ✧ Breathe into your chest. As you breathe out, feel your chest relax completely.
- ✧ Breathe into your shoulders. As you breathe out, feel your shoulders relax.
- ✧ Breathe into your upper arms. As you breathe out, feel your upper arms relax.
- ✧ Breathe into your lower arms and elbows. As you breathe out, feel your lower arms and elbows relax.
- ✧ Breathe into your wrists and palms. As you breathe out, feel your wrists and palms relax.
- ✧ Breathe into your fingers. Feel the breath carry any tension away from the ends of your fingers.
- ✧ Breathe into the back of your neck. As you breathe out, feel the back of your neck relax.
- ✧ Breathe into the back of your head and your ears. As you breathe out, feel the back of your head and your ears relax.

- ✧ Breathe into the top of your head. As you breathe out, feel the top of your head relax.
- ✧ Breathe into your forehead. As you breathe out, feel your forehead relax.
- ✧ Breathe into your eyes and face. As you breathe out, feel your eyes and face relax.
- ✧ Breathe into your jaws. As you breathe out, feel your jaws relax.
- ✧ Breathe into your chin. As you breathe out, feel your chin relax.
- ✧ Breathe into your throat. As you breathe out, feel your throat relax.

Now introduce a visualization, if that's why you're doing the exercise. If not, read the following to the group:

Stay in this state of relaxation as long as you like. When you feel comfortable and ready, return slowly to the group.

## **The Pendulum Breath**

Read the following to the group:

- ✧ Sit in a comfortable position with your eyes closed. Breathe deep, slow, regular breaths and keep your attention on your breath. Let your breath become more shallow so that you take in a little less air with each breath. Practice this as your body slows down and you breathe less. Soon, you'll notice that your lungs are barely moving. The breath seems to stop between breathing in and breathing out. Finally, stop your lungs from moving altogether. Hold your breath until your body tells you to start breathing again. When you finish, sit for a few minutes with your eyes closed and pay attention to your normal breathing.

Note: This technique may be practiced several times during one sitting and any time during the day.

## The Mind-Purifying Breath

Read the following to the group:

- ✧ Sit comfortably with your eyes closed.
- ✧ Take deep, gentle breaths. Release all the air out through your nose and keep it out for as long as you feel comfortable, about a minute. Don't force yourself to hold your breath.
- ✧ Breathe again when you need to. Wait two or three seconds, taking some normal breaths.
- ✧ Begin again. When you finish, sit for a few minutes with your eyes closed and pay attention to your normal breathing.

Note: This exercise is very gentle and participants can do it as many times in the day as they like.

## The Bee

Read the following to the group:

- ✧ Breathe in completely through your nose. Breathe out, making the humming sound of a bee.

Have participants repeat this for two or three minutes.

*(Adapted from Science and Breath, by Rama, S., Ballentine, R. and Hymes, A.)*



## Breathing with Every Cell

Benefits: helps relax every part of the body.

Read the following to the group.

### **Part 1**

Sit in a comfortable position with your arms and legs uncrossed. Let the floor or the chair you are sitting on support you. Close your eyes if you want to. Focus your attention on your nose and imagine what air looks like as it enters here. Follow its path down into your lungs. Observe it swirling around, and see it moving back up and out. As it leaves, tell yourself that it is carrying away tension, pain and disease.

Have participants do this for one or two minutes.

### **Part 2**

Focus your awareness on the centre of your belly. Imagine a tiny opening there through which you're breathing. Imagine the oxygen coming in, swirling around in the abdomen, lower back, and genital areas, and then flowing out. Tell yourself that it is carrying away tension and pain as it leaves.

Have participants do this for one or two minutes.

### **Part 3**

Focus on a point in the centre of your chest, close to your heart. Imagine a tiny opening here. As you breathe in, imagine drawing air through this opening into your chest and upper body and into your heart. Watch it swirling around and carrying away tension as it leaves.

Have participants do this for one or two minutes.

### **Part 4**

Focus your attention on the centre of your forehead. Breathe in and out from here, releasing tightness in all muscles of your face, and clearing out the cobwebs in your brain.

Have participants do this for one or two minutes.

### **Part 5**

Repeat this exercise for other areas of the body, especially those that are diseased or in pain. Breathe from the palms of the hands, the tips of your big toes, under your knees, the base of your spine, etc.

Have participants do this for one or two minutes.

To conclude:

- ✧ Breathe naturally.
- ✧ Begin to stretch.
- ✧ Open your eyes slowly.

## The Hissing “S”

Read the following exercise to the group:

Take a deep breath in. Curl the sides of your tongue upward to touch your teeth. This will form a channel for the air to pass through. Breathe out a long, loud, steady “ssss” sound until there is no air left in your lungs. Send the air out straight forward, not downward, to keep your chest from slumping. Close your eyes if you want to and imagine old stale smoke leaving your lungs. Take in another deep breath and imagine clean, fresh air entering and cleaning your lungs. Repeat this exercise five times. When you are done, take a moment to notice how you feel.

## Clean Air Visualization

Read the following visualization to the group.

- ✧ Sit comfortably and anyone who wants to can close their eyes. Concentrate on your breathing – breathe slowly and deeply. Focus on the clean air you are breathing in. When you breathe in, air goes through your nose and down into your lungs. In the lungs, the oxygen from the air passes into your blood. The blood carries oxygen around to all the parts of your body. Imagine what clean air and oxygen look like.
- ✧ Your body uses the oxygen to make energy. This energy keeps you warm, moves your muscles, sends messages to your brain, and keeps you healthy.
- ✧ After the energy is used up, the body gives the leftover carbon dioxide and other unhealthy products back to the blood. The blood carries these leftovers to your lungs so you can breathe out and get rid of them. Take a deep breath and slowly breathe out. Visualize the breathing as it cleanses your body. (Pause.) Remind yourself that you are taking care of yourself by cleansing your body with every slow, deep breath of clean air.

If your eyes are closed, slowly open your eyes, stretch, and look around.

## Breathing for Balance

Read the following exercise to the group.

- ✧ Begin by breathing out completely through both nostrils. Press your thumb against the right nostril, closing it completely, and then breathe in slowly and easily through the left one alone. Hold your breath for a few comfortable seconds while you block your left nostril with your finger. Then breathe out slowly through the right nostril, while keeping the left one closed. Stop briefly. Now breathe in through the right nostril, hold, and then breathe out through the left nostril, while you keep the right one closed. Stop, breathe in through the left nostril, and so on. Continue for five to eight cycles, then stop. Breathe through both nostrils.

Note: Short daily practice periods will help participants feel better.

## Relaxed Jack

- ✧ Stand straight with your feet slightly apart and your hands at your sides. Raise your arms above your head, keeping your arms straight until the backs of the fingers touch.
- ✧ Tilt your head back and breathe in deeply to expand your lungs. Stretch your entire body and reach for the ceiling. Lower your arms and head as you breathe out until your arms are crossed in an X pattern in front of you and your eyes are looking at the floor. Repeat four times.

## Controlling your body processes

Read this visualization slowly, pausing between paragraphs:

Right now.

- ✧ Stop whatever you're doing.
- ✧ And take your pulse.
- ✧ You'll find it on the inside of your wrist, or along the side of your throat about three inches below your chin.
- ✧ Hold your pulse with your fingertips for about 15 seconds.
- ✧ Count the beats. Multiply by four.
- ✧ Remember the total.
- ✧ Lie down on your back.
- ✧ And breathe your basic relaxation breath for three minutes.
- ✧ Let all outside thoughts pass through and out of your mind.
- ✧ Think only of your breathing.
- ✧ And how marvellous it feels to let each breath refresh and restore your body.
- ✧ Then take your pulse again.
- ✧ You'll find it at least 20 percent slower. Maybe more.
- ✧ You can slow your body down with your basic relaxation breath: your pulse, your heart, your circulation, your blood pressure.
- ✧ And like any system, you'll run longer if you run slower.
- ✧ Through breathing, you can be as fully whole and together as you were as a baby.
- ✧ You can sleep like a baby, and digest your food like a baby, and laugh spontaneously like a baby. And you can be that way for a long, long time.

## Meditation

Meditation helps settle the mind so you can think calmly throughout the day. The goal is not for immediate relaxation but to increase calmness. Meditation puts you in control of your thoughts by forcing you to be present in the moment and to observe your thought processes. To really work, you need to practice on a regular basis.

In the early stages, meditate for 10 to 15 minutes once or twice a day. Increase this to 20 minutes no more than twice a day. Avoid meditating just before going to bed or you'll be too energized to sleep.



There are several meditation techniques. Do some research at a library if you're interested in learning methods in addition to the one that follows.

- ✧ Choose a quiet room where you won't be interrupted.
- ✧ Take time to relax; don't rush into it.
- ✧ When you are thoroughly relaxed and breathing slowly and evenly, close your eyes. Slowly repeat a pleasant-sounding word (mantra) over and over in your mind as you breathe in and out. Continue in this state for 10 – 20 minutes.
- ✧ To come back: begin saying your word out loud, deliberately and slowly. Pay attention to your breathing. Be aware of your body and your posture. Open your eyes and look around the room. After a minute or so, stand up and stretch.
- ✧ With practice, you will eventually reach the point when you'll feel detached from your body and your physical surroundings while meditating. The word will fade from your awareness; you'll be in touch with your innermost self, deeply relaxed and thoroughly energized.

*(Adapted from information from the Heart and Stroke Foundation at [ww2.heartandstroke.ca](http://ww2.heartandstroke.ca).)*

## **“I Am Relaxed” – A Simple Form of Meditation and Relaxation**

Read the following to the group:

- ✧ Sit comfortably and quietly. Tell yourself that you’re going to use the next five minutes to balance, to heal, to relax yourself. Let your body relax into the chair. Allow the chair to support you.
- ✧ Close your eyes if you are comfortable doing so.
- ✧ As you take in a breath, say to yourself, “I am... ”
- ✧ As you let go of your breath, say, “...relaxed.”
- ✧ Continue to breathe normally, not trying to change your breathing in any way. Just watch it happen and continue to repeat, “I am” as you breathe in, and “relaxed” as you breathe out.
- ✧ If you lose your concentration, gently bring it back to your breath and the words, “I am relaxed.”
- ✧ (Give participants a few minutes to be silent.)
- ✧ Stop saying the phrase and slowly stretch your hands and feet, your arms and legs, and your whole body.
- ✧ Open your eyes whenever you feel ready.

# Tracking Form

## Instructions:

1. Print this form.
2. Cut it out and carry it with you.
3. Record every cigarette you have for the next few days.
4. Print off the questions and answer them.

G If your mood was good or happy before you smoked

B If you were in a bad mood, angry or sad before you smoked

? If you're not sure how you felt before you smoked

On a scale of 1 – 5 how would you rate your need for that cigarette

1= I could have done without this cigarette

5= I really had to have this cigarette

Cigarette #	Time	Place	Who with?	Mood (G/B/?)	Rate (1-5)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
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# Tracking Form

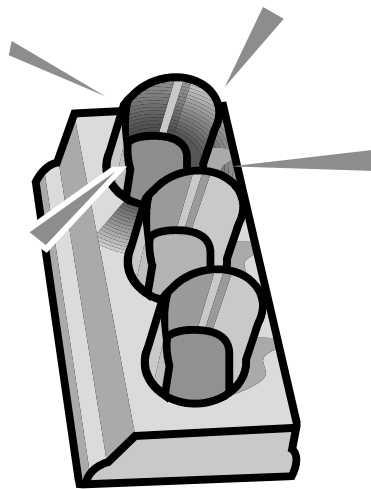
After you have filled in the tracking form, answer these questions. They will help you understand what you need to know to make your quitting plan.

Questions about Smoking	Answers
How much do you smoke each day?	
When do you usually smoke your first cigarette of the day?	
What time of day do you smoke the most cigarettes?	
Where do you usually smoke or does it vary?	
Do you smoke alone or with other people?	
What mood are you in when you smoke?	
Are you aware of your smoking while you are doing it?	
What are you doing when you smoke? What's happening when you smoke?	
List any cigarettes you crave more than others?	
Are there any cigarettes you don't crave much or at all? Do you just have these cigarettes out of habit?	
Are you aware of any patterns as to when, why, or with whom you smoke?	
How does it feel when you smoke each cigarette?	
How does it feel after you smoke each cigarette?	
Other observations:	

*Adapted from On The Road to Quitting, Health Canada*



# Anger Traffic Light Management Tool



Think of your anger as a traffic light:

Red light represents **extreme** anger: Immediately come to a stop!

Try one of the following:

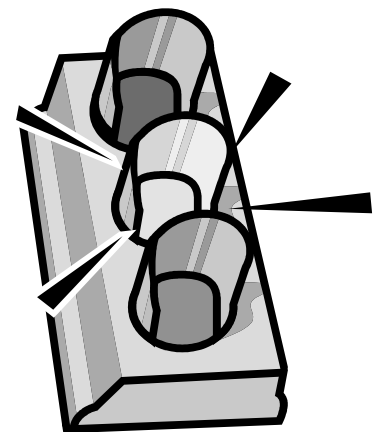
- ✧ Take a time out.
- ✧ Take a deep breath.
- ✧ Move away from the situation.
- ✧ Write down your feelings in a journal.

Yellow light represents **medium** anger: Think before you speak!

- ✧ Organize your thoughts ... ask yourself the following:
- ✧ Why did the other person act that way toward you?
- ✧ Does the other person need certain things that you do not know about?

Ask yourself:

- ✧ What am I feeling?
- ✧ Why am I feeling this way?
- ✧ What is making me feel angry?

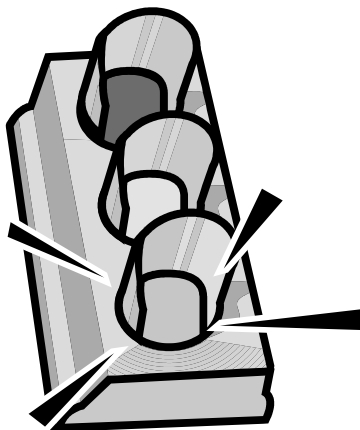


Before talking to the person you are angry with, think of some ways not to get angry.

Communicate your feelings, and what you need, in a positive way.

Things to remember:

- ✧ Listen to the other person's side of the story.
- ✧ Stick to one thing at a time. Do not bring up old arguments.
- ✧ Explain how you feel without blaming the other person. Try to stay calm and control your voice.



Green light is a signal that you are ready to talk about what happened, but you still need to be careful not to become angry.

When you have reached a green light, you have:

- ✧ Identified that there is a problem.
- ✧ Understood the cause of the problem.
- ✧ Know what the person who is angry needs.
- ✧ Know what you need to prevent this from happening in the future.

*(Adapted from information from COMMIT To a Healthier Brant)*

# Stress Management Model

## 1. Stressful situation

- ✧ Argument with partner
- ✧ Landlord won't fix plumbing
- ✧ Daughter brings home bad report card

## 2. Self-talk

- "I never win."
- "Nobody cares about me."
- "She's not trying hard enough."

## 3. Body response

- ✧ Tension in shoulders
- ✧ Knot in stomach
- ✧ Headache



You can change how you respond to the stress in four ways:

- ✧ Change the situation.
- ✧ Change your self-talk.
- ✧ Change the feelings in your body.
- ✧ Strengthen your ability to handle stress.

Strengthen your ability to handle stress by avoiding wear and tear on your body and emotions:

- ✧ Take good care of your body.
- ✧ Eat healthy, regular meals.
- ✧ Use regular exercise to let off steam.
- ✧ Cut down on caffeine, alcohol and drugs.

### Make time for yourself each day.

- ✧ Even if you can only manage a couple of five-minute breaks in a day, take them and enjoy them.

### Get help and support when you have a problem.

- ✧ Talk with a friend or a counsellor when you have a problem.
- ✧ Join a support group to talk with other women who are in a situation like yours.

### Don't expect too much of yourself.

- ✧ Give yourself time to adjust to change.
- ✧ Remember that you are only human.

# Using the Stress Management Model

If you have an argument with your partner, you may say to yourself, “I never win” and you may feel a knot in your stomach. How could you change your stress reaction?

## **Change the situation**

- ✧ Go away for a little while.

## **Change your self-talk**

- ✧ “I deserve to be listened to.”

## **Change the feelings in your body**

- ✧ Take a few deep breaths.
- ✧ Go for a walk.

If your landlord won't fix the plumbing, you may say to yourself, “Nobody cares about me” and feel tension in your shoulders. How could you change your reaction to this stress?

## **Change the situation**

- ✧ Take the problem to the tenants' association.

## **Change your self-talk**

- ✧ “I deserve to have my plumbing fixed.”

## **Change the feelings in your body**

- ✧ Take a few deep breaths.
- ✧ Massage your shoulders.

If your daughter brings home a bad report card, you may say to yourself, “She's just not trying hard enough” and feel a headache. How could you change your reaction to this stress?

## **Change the situation**

- ✧ Take a break from your kids for a little while.

## **Change your self-talk**

- ✧ “Mary is having difficulty at school. I will try being more patient and understanding.”

## **Change the feelings in your body**

- ✧ Take a few deep breaths.

Remember that if you take good care of yourself you will strengthen your ability to prevent the effects of stress on your body.

## Coping with Stress

Although we all feel stress, what causes it can be very different from one person to the next. Following are some healthy techniques for dealing with stressful situations.

### **Finish It**

If there are things you know you should be doing, but are not, this can be more stressful than you think. By not completing those unfinished tasks, you are probably making yourself feel like a failure. Because of this, you may be uptight and discouraged. Try to get to the things that you have left unfinished. Don't try to do everything at once. Start small, set a schedule and work away at a pace you are comfortable with.

### **Pardon Me**

Everyone does things they are sorry for. For example, you may have said something to a friend or neighbour when you were angry and now you regret it. Now, every time you think about it, your stress level increases, leaving you feeling frustrated and full of regret. Talk to that person, explain how you were feeling and say you are sorry.

### **Discuss Problems**

Many women do not like conflict. They will not confront someone who is doing something that is hurting them, making them angry or making them uncomfortable. They do not like to talk about situations that are difficult and make them feel uncomfortable. Yet sometimes the only way to deal with a situation is to talk about it openly. The other person may not realize there is a problem, or they may be feeling uncomfortable themselves, and the only way to find out is to ask.

If there is an area in your life that causes you stress, put your efforts into finding a solution. If you are not sure where the problem came from, try to find out. Only by dealing with stress can you work through it.

*(Adapted from information from the University of Michigan Faculty and Staff Assistance Program.)*

# Get Rid Of Anxiety Without Blowing Up

## Dealing with what's troubling you

Does something have you stressed out? Is there a situation that worries you so much you find yourself constantly thinking about it? Fortunately, there are some tips that can help you get rid of those worries.

## Worst case ~ not

Imagine what the worst possible situation or outcome could be. What would you do if it really occurred? How likely is it that your concern will even come to pass? If you are prepared for the worst, you will be ready to face whatever happens. After you think it through, you may find that your fears are not realistic. You might even get a good laugh at your overactive imagination.

## The glass is half full

Instead of filling your mind with worries, go through your day with cheerful thoughts. Look for the positive in each day, no matter how small it is. If you look for good things, you will find them. Have the attitude that today is going to be your day – and it will!

## Get your Zzzzzzs earlier

Going to bed a little sooner than usual will allow you to wake up earlier. Spend the extra time in the morning thinking over the day ahead. Being prepared for the day will allow you to be relaxed and capable of handling the stresses that may come up. Make this a time to look forward to. Pick a favourite spot to sit and quietly reflect.

## Learn to laugh

Laughing is healthy. Learn to use and recognize humour throughout the day. Laughter can help you cope with stress more efficiently. Watch a funny video or tell an amusing story to a friend.

*(Adapted from information from the University of Michigan Faculty and Staff Assistance Program.)*

## Stress Tips

- ❖ Take a break when you feel pressured to finish a job.
- ❖ Complete at least one thing daily. Stop at the end of each day to notice what you have done. Encourage yourself.
- ❖ Cry if you've reached a point where you feel it's the only thing that will help!
- ❖ Do one thing at a time.
- ❖ Talk with someone when you're worried, tense or upset.
- ❖ Divide work into small and simple tasks when you have too much. Do the tasks one at a time. Congratulate yourself when you finish each task.
- ❖ Use calendars and lists to keep track of the things you have to do. Once a task is done, cross it off your list.
- ❖ Spend more time in natural light and sunshine.
- ❖ Ask for help when you feel like you can't make it on your own.
- ❖ Relax. Find a quiet place and do some relaxation exercises and deep breathing.
- ❖ Get active. Physical activity helps relieve stress.
- ❖ Eat well. Eat balanced meals and choose from a variety of foods. Cut down on alcohol and caffeine.



# Eating Awareness Exercise

## What I Ate Yesterday

### Typical Day – Include All Meals and Snacks

Breads and cereals (whole grains) 5 – 12 servings


Vegetables and fruits 5 – 10 servings


Meat and alternatives 2 – 3 servings

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Milk products 2 – 4 servings

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Other foods

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Alcohol, caffeine, water

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Salad dressings, oils, butter

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**Alternatives**

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# Eat Well

## 10 Steps to a Healthier You

### Do you measure your eating habits by cups or tablespoons of food?

It's time to adopt new measures for a happier and healthier you.

#### Variety adds enjoyment

A healthy eating plan includes a wide variety of foods – even decadent desserts, from time to time. Eat the foods you enjoy – balanced with healthy choices and size-wise portions.

#### Fibre is filling

Vegetables, fruit and whole grain products are high in fibre, which helps you feel full and satisfied. Fuel up with high-fibre foods for your meals and snacks.

#### Surround yourself with healthy snacks

Got the munchies? Prepare fresh or dried fruit, raw vegetables with low fat dip, unbuttered popcorn, a small handful of nuts or low fat yogurt to fill that between-meal gap. Bring healthy “to-go” snacks for smart snacking wherever you are.

#### Add a dash of creativity

Food can be a taste adventure! Try a recipe from a different culture to add a hint of the exotic to an everyday meal. Try a new healthy recipe or cookbook and experiment with spices to add zip and zing. Choose foods that are seasonally available like corn and strawberries, pumpkin and squash. Your taste buds will thank you!



#### One small step at a time

Make one small change to your eating habits this week, such as enjoying one more fruit each day or starting your day with a healthy breakfast. Each small step adds up to a healthier you.

#### Feed the need

Your body knows when it needs nourishment. On average, three balanced meals each day (including breakfast) and healthy snacks will keep you energized. If you feel your stomach grumbling between meals, it's time to reach for a healthy snack – “top yourself up” between meals!

#### Listen to your body cues

Are you really hungry? Has it been four hours since you last ate? Is your stomach grumbling? Listen to your body... you may need other nourishment such as sleep, fresh air, cool water or maybe just a change of pace. Trust your instincts.

#### The 20-minute message

It takes 20 minutes for your brain to register that your stomach is full. Slow down to savour the flavour! Enjoy the colour, smell, taste and texture of each bite you take before going back for more... you may not need it. Listen to your body.

#### Health is a life-long experience

Don't look for a quick fix for your long-term health. If a “results-right-away” meal plan sounds too good to be true... it probably is. Enjoy eating balanced, nourishing meals. Be active. Enjoy life.

#### Fast food doesn't have to be “fat” food

When life gets hectic, look for healthy alternatives for food on the go. Choose non-fried and low-fat menu options, refreshing water and toss a salad into the mix. Be size-wise – don't super-size.

Food nourishes your body and keeps you healthy. Eat well-balanced meals with pleasure and appreciation.

## Healthy Measures

Be active • Eat well • Be yourself





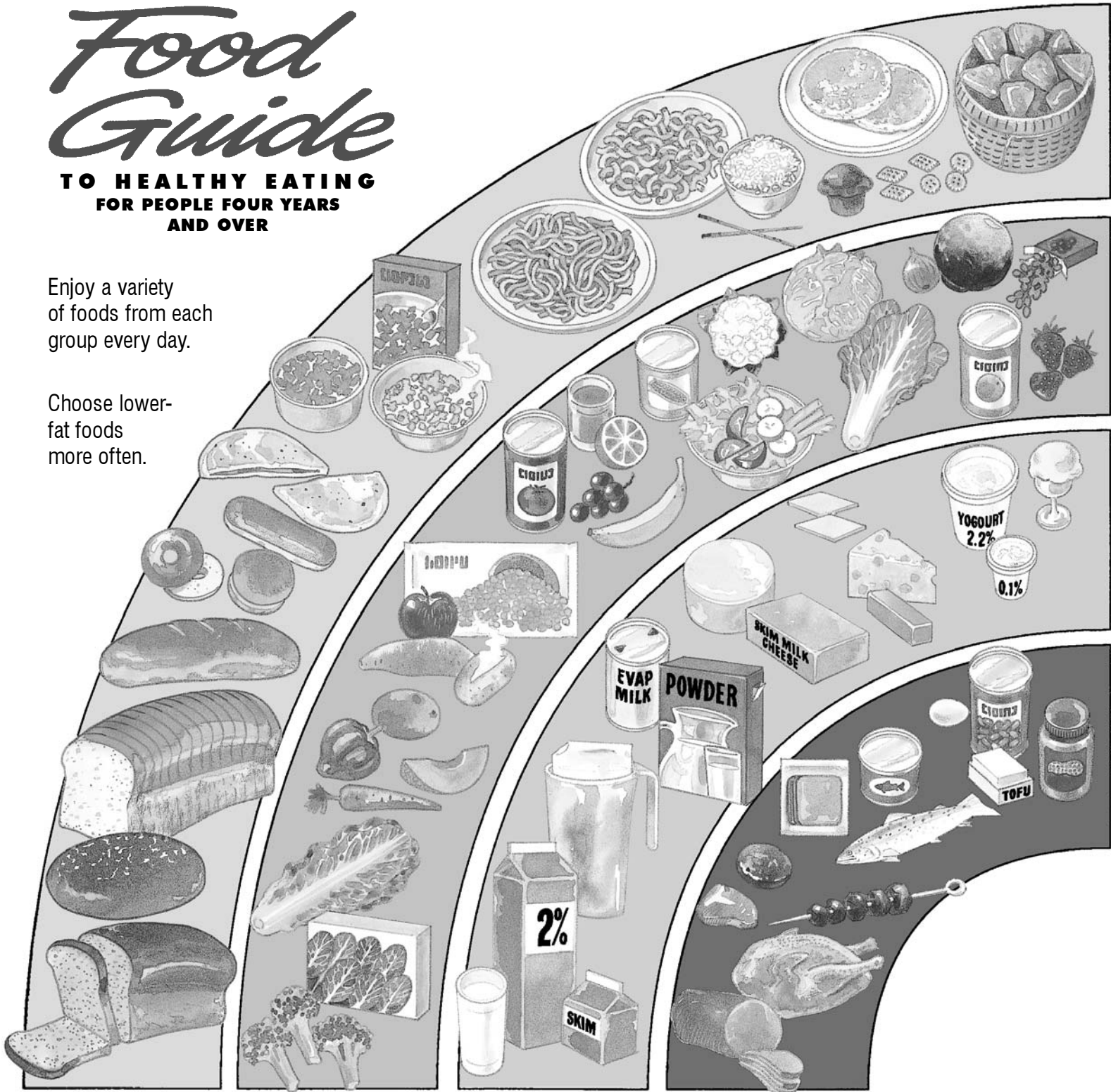
**CANADA'S**

# Food Guide

**TO HEALTHY EATING  
FOR PEOPLE FOUR YEARS  
AND OVER**

Enjoy a variety  
of foods from each  
group every day.

Choose lower-  
fat foods  
more often.



### Grain Products

Choose whole grain  
and enriched  
products more often.

### Vegetables and Fruit

Choose dark green and  
orange vegetables and  
orange fruit more often.

### Milk Products

Choose lower-fat milk  
products more often.

### Meat and Alternatives

Choose leaner meats,  
poultry and fish, as well  
as dried peas, beans  
and lentils more often.



**Grain Products**  
**5 – 12**  
SERVINGS PER DAY

**1 Serving**

1 Slice

Cold Cereal 30 g

Hot Cereal 175 mL  
3/4 cup

**2 Servings**

1 Bagel, Pita or Bun

Pasta or Rice 250 mL  
1 cup

**Vegetables and Fruit**  
**5 – 10**  
SERVINGS PER DAY

**1 Serving**

1 Medium Size Vegetable or Fruit

Fresh, Frozen or Canned Vegetables or Fruit 125 mL  
1/2 cup

Salad 250 mL  
1 cup

Juice 125 mL  
1/2 cup

**Milk Products**  
**SERVINGS PER DAY**  
Children 4–9 years: 2–3  
Youth 10–16 years: 3–4  
Adults: 2–4  
Pregnant and Breast-feeding Women 3–4

**1 Serving**

Milk 250 mL  
1 cup

Cheese 3"x1"x1" 50 g

2 Slices 50 g

Yogurt 175 g  
3/4 cup

**Other Foods**

Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.

**Meat and Alternatives**  
**2 – 3**  
SERVINGS PER DAY

**1 Serving**

Meat, Poultry or Fish 50-100 g

Fish 1/3-2/3 Can 50-100 g

Beans 125-250 mL

1-2 Eggs

TOFU 100 g  
1/3 cup

Peanut Butter 30 mL 2 tbsp

## Different People Need Different Amounts of Food

The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.



Consult *Canada's Physical Activity Guide to Healthy Active Living* to help you build physical activity into your daily life.

Enjoy eating well, being active and feeling good about yourself. That's **VITALIT<sup>®</sup>**

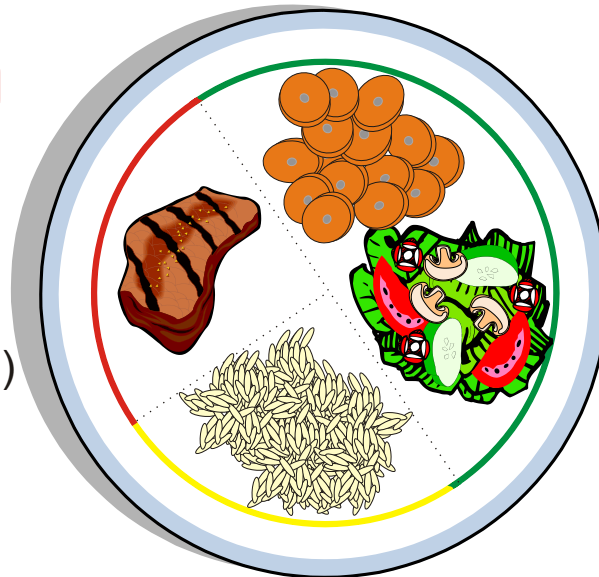
# Colour Your Plate with a Rainbow

This plate shows how to put together a healthy meal using Canada's Food Guide to Healthy Eating.

## Meat & Alternatives 1/4 Plate

*Choose your favourite:*

- fish
- legumes (dried beans & peas, lentils)
- eggs
- lean ground beef
- turkey slices
- tofu



## Vegetables 1/2 Plate

*Choose your favourite:*

- green leafy salad
- sliced carrots
- sweet potato
- other colourful vegetables

## Grain Products 1/4 Plate

*Choose your favourite:*

- pasta, rice & other whole grains
- whole grain bagel
- whole grain bread, roll, or cereal
- rice noodles

## Milk Products

*Choose your favourite to complete this meal:*

- glass of milk
- yogurt
- milk-based pudding



**Dessert:** Fruit salad, angel food cake with fresh/frozen fruit, slices of melon, yogurt with granola topping, trail mix, oatmeal cookies, fruit kabobs

## Tips to improve your meal

- aim for 4 food groups at each meal to get the nutrients you need.
- use Canada's Food Guide to Healthy Eating serving sizes to help you choose a healthy diet that is right for you.
- enjoy a wide variety of foods from each food group - be adventurous and try something new.

# Fat Slicers

Follow these tips, and watch your weight go down and your eating habits improve. Less than 30 percent of our calories should come from fat.

Use fat sparingly in your cooking. Try low-fat cooking methods.

Some fats are:	✧ butter	✧ sour cream
	✧ margarine	✧ cream
	✧ oil	✧ salad dressing
	✧ mayonnaise/miracle whip	✧ gravy
	✧ ice cream,	✧ dips

<b>Instead of:</b>	<b>Try:</b>
fried meat	✧ broiled meat with fat trimmed before cooking.
chicken with skin	✧ chicken with skin and fat trimmed off before cooking, with herbs and spices and a little barbecue sauce.
whole milk	✧ 2 %, 1% or skim milk.
cream sauce	✧ sauces prepared with herbs and spices, or with 2%, 1% or skim milk, instead of cream.
cream soup	✧ soup creamed in the blender with 2% milk added instead of cream.
creamed cottage cheese	✧ low-fat cottage cheese (fat content of 2% milk fat or less).
4 strips of bacon	✧ 2 strips of bacon (blotted with paper towel after cooked) or peameal bacon (“back bacon”).
bologna, salami,	✧ leftover meat, tuna, salmon, beef, turkey, roast beef (fat trimmed off).
fried egg	✧ boiled or poached egg.
piece of cheddar cheese	✧ piece of mozzarella cheese (made with partly skimmed milk) or other cheese with fat content of 15% m.f. or less.
french fries	✧ baked, boiled, or mashed potato (try potato slices in the microwave).
fruit-bottom yogurt	✧ low-fat yogurt (2% m.f. or less) or low-fat yogurt with your choice of fresh fruit or fruit salad.
doughnut	✧ bagel, graham crackers, soda crackers, melba toast, bread sticks, homemade muffin, etc.
chips	✧ pretzel, plain popped corn.

## Healthy Weight Wisdom

- ✧ Try to stay away from coffee and alcohol for a short time.
- ✧ If you want to replace the coffee you regularly drink, try a nutritious drink like milk or juice. Pop contains more calories than milk or juice.
- ✧ Drink lots of water or pure fruit or vegetable juice, low-fat milk or clear soup. Water is the best choice, because it has no calories. One glass of water before a meal, at mid-morning, at mid-afternoon, and before going to bed, helps curb the appetite.
- ✧ Eat a “stress relief” diet. This means a) eating less salt, sugar, and fat; b) eating 3 regular meals or 5 smaller ones; and c) following the Canada Food Guide to Healthy Eating.
- ✧ Increase fibre (whole-grain cereal, bread, rice, pasta). Fibre helps fill the stomach and satisfy the appetite. Foods containing fibre are grains, legumes (peas, beans, lentils), fruit, vegetables, nuts and seeds. (Nuts and seeds are higher in fat than other choices.)
- ✧ Be aware of fat. Fat has twice the calories of protein or carbohydrates.
- ✧ Plan meals. Plan what you will eat each day, either the night before or in the morning. It will help you make better-quality food choices. Try to eat meals and snacks at the same time each day. This will help your body learn to expect food at regular times, and will stop the “binge then starve” cycle.
- ✧ Make meals attractive. Put food on the plate in as attractive a way as possible. Use a smaller plate rather than a large one so that portions seem larger.
- ✧ Enjoy healthy eating. Discover the pleasure of making healthy food choices. Try different vegetables, fruits and grain products (bagels, pita bread, rices). Focus on low-fat food choices and you will feel better.

## Trans fats

Eating foods with either saturated or trans fat raises the blood levels of the so-called “bad” cholesterol. Trans fat also reduces the blood levels of the so-called “good” cholesterol that protects against heart disease.

Some low levels of trans fat are found naturally in foods such as beef and milk. But most of the trans fat we eat comes from margarines, fried foods and packaged baked goods. These include French fries, cookies, crackers, donuts, pastries and muffins.

You can avoid eating trans fats and saturated fats by not eating packaged baked goods and fried foods. Instead choose more vegetables and fruits, whole grain breads and cereals and lean meat.

## Slim Snack List

- ✧ fresh fruit
- ✧ fresh vegetables (carrots, celery, cucumber, cauliflower, broccoli, green peppers, tomatoes, etc.)
- ✧ low-calorie dip (try using low-fat plain yogurt with herbs and spices)
- ✧ celery stalks with small amounts of peanut butter
- ✧ melba toast
- ✧ popcorn (unbuttered)
- ✧ low-fat cheese and crackers
- ✧ sugar-free mints
- ✧ raisins, prunes, apricots, figs, peaches (caution: dried fruit is higher in calories than fresh fruit)
- ✧ nutty banana — one-inch banana cubes covered with crushed nuts, cereal, or peanut butter
- ✧ frozen grapes (put washed grapes in the freezer – they taste like a popsicle!)
- ✧ muffin (make your own cut the fat and sugar by half – you'll barely notice)
- ✧ low-fat yogurt
- ✧ whole-grain cereal
- ✧ fruit salad
- ✧ fruit shake made with skim milk and a variety of fruits
- ✧ peanuts in the shell
- ✧ dry-roasted, unsalted nuts (in small amounts) (caution: all nuts are very high in fat)
- ✧ unsalted sunflower seeds (in small amounts).



# Women and Healthy Weights

## Did you know that...

- ✧ Almost half of all Canadian women are trying to lose weight, including 37 percent of women who are already at a healthy weight.
- ✧ Many women are more concerned about their weight and appearance not their overall health.
- ✧ In 2001 almost one-quarter of women said their eating habits were poor.
- ✧ Almost 40 percent of women are overweight.
- ✧ Canadian women are not active enough and they use unhealthy diet techniques to lose weight.
- ✧ Almost 90 percent of women dislike their bodies and do *not* see the connection between self-esteem and overall health.
- ✧ The older people get, the less the exercise but the better they eat.
- ✧ At all ages, boys and men are more active than girls and women. But women are more concerned about nutrition.
- ✧ Our social environment, including our cultural backgrounds, friends and families have a big influence on what we eat.
- ✧ Media and advertising also influence how women see themselves in terms of weight, size and shape.

## What can a healthy weight do for you?

- ✧ By stopping smoking, staying at a healthy weight, eating well and getting enough physical activity you can the chances of getting heart disease, cancer, diabetes and other illnesses.
- ✧ **Remember** that you are awake for 15 – 19 hours a day, but you only have to be active for ONE HOUR and that 60 minutes of activity doesn't have to be done all at once. You can add up your activities, 10 minutes at a time, to get that daily total. It's easy to take a first step and that counts as progress when you're getting started.

## Some Causes of Weight Gain and Suggested Strategies

### Problem/Cause

### Solution/Strategy

You need to have something in your mouth

Before snacking make sure you are hungry. If you really need to eat, choose a low-calorie snack.

You crave high-calorie food

Keep your stomach full with lots of water and eat more raw vegetables.

You crave sweets

Eat fresh crunchy fruits, sour foods, pickles or cooked sweet vegetables.

You are hungry all the time

Eat nutritious foods. Follow Canada's Food Guide to Healthy Eating.

You can't taste the food you're eating

Eat fresh fruit and vegetables, and whole-grain breads and cereals. Use less butter, gravy and salad dressings. Use herbs and spices to bring out flavours.

You want "treats"

Give yourself non-food rewards.

You feel stressed

Try relaxation techniques (breathing) or gently stretching; walking; drinking lots of water; or eating low-calorie snacks. Take time to make food look attractive. Eat slowly in a calm, relaxed atmosphere.



## Enjoy Physical Activity

### Regular physical activity that you enjoy:

- ✧ is good for your mind, body, and soul!
- ✧ is an opportunity to have fun with family or friends
- ✧ strengthens your heart, lungs, muscles
- ✧ gives you energy
- ✧ reduces stress
- ✧ improves your sleep
- ✧ manages your weight.



## Designing a Fitness Program

If you decide that you would like to create a regular fitness program for yourself, here are some guidelines. Different types of physical activity provide different benefits. A regular exercise program should include three different elements.

### Flexibility

Slow stretching exercises, repeated over a period of time, improve your overall flexibility so that you can move without straining. Flexibility exercises include reaching for the sky, doing side bends and touching your toes (always with your knees slightly bent). Yoga exercises are good stretching exercises. Note: It's important not to bounce when you're doing stretching exercises.

### Muscular Strength and Endurance

Calisthenics, gymnastics, weight lifting and some aerobic exercises help build strength and endurance so that you can perform ordinary tasks and exercise more easily. Push-ups, chin-ups and sit-ups are examples of muscle-strengthening exercises.

### Aerobic Exercise

Strengthening your heart and blood vessels, expanding your lungs, using more oxygen – that's what aerobic exercise is all about. Walking, jogging, swimming, bicycling and dancing provide aerobic exercise, as long as your heart rate increases.

Regular physical activity will help create a healthier, happier you.

# Tips for Being Active

## Being active at home

- ✧ Create a new morning routine. Start your day with **10 minutes** of movement indoors or outdoors. Some stretching and a short walk first thing in the morning can be better than caffeine.
- ✧ Go for a bike ride.
- ✧ Trade in your power mower for a push mower.
- ✧ Park the car 10 minutes away from the store you are going to. Better yet, leave the car at home.
- ✧ If you live in a seniors' residence, start a hall-walking group. Add to your route each week and pick up friends along the way.
- ✧ Parents – play catch or fly a kite with your kids.
- ✧ Dance to your favourite up-beat music for 10 minutes a day.
- ✧ Do a physical activity routine with leaders on TV.

## Activities you can do at work

- ✧ Take stretch breaks.
- ✧ Take the stairs. Pretend the elevator is out of service.
- ✧ Replace your coffee break with a walking/wheeling break.
- ✧ Contract your stomach and back muscles while standing, sitting in your chair or on the bus.
- ✧ Take a walk at lunch time.
- ✧ Roll your shoulders and stretch your neck often.

## Getting there

- ✧ Walk, cycle, in-line skate, or wheel to work or school.
- ✧ Get off the bus two stops early and walk home.
- ✧ Leave the car in a parking lot 10 minutes from work and walk the rest of the way.
- ✧ Take your bike. You'll save on gas as well as help to protect the environment and your health.
- ✧ If your job involves a lot of driving, plan several short stops in your day. Get out of the car and walk for 10 minutes or more whenever you can.
- ✧ Make a personal or family commitment to try a new activity each season: snowshoe, curl, hike, bike, dance, bowl, fish, camp, ice-skate, ski, swim, in-line skate, walk, run, skip rope, play tag with your kids, or play ball in the park.
- ✧ Join a club or organization that coordinates active living events.

## Other activities

- ✧ Get in the garden and dig, prune, rake and weed.
- ✧ See how many different 10-minute walking, wheeling or cycling routes you can find in your neighbourhood.
- ✧ Hit a tennis ball with a friend.
- ✧ Arrange to meet a couple of friends for a walk every day at the same time.
- ✧ Join a Tai Chi or yoga class or other classes at a local community centre.
- ✧ Go line dancing, folk dancing, or square dancing.

*(Source: Physical Activity Unit at the Public Health Agency of Canada)*

# Be Active

## 10 Steps to a Healthier You

### Do you measure your activity level only by distance on the treadmill?

It's time to adopt new measures for a happier and healthier you.

#### Every effort counts

Walk the dog, play with your kids, rake the leaves and take the stairs. The more active you are in everyday life, the healthier you'll be. Keep moving. Feel alive. Enjoy!

#### Start small

Increase your activity level by just 10 minutes a day, then slowly increase it again when the activity has become part of your regular routine. Aim for at least 30 minutes of activity each day, whether it's 30 minutes at one time or three 10-minute sessions throughout the day. Be active just for the fun of it. Feel your body respond.

#### Set realistic goals

Remember, you are aiming for better health. Set activity goals that you can reach and chances are better that you will continue to be active. Choose activities that energize you.

#### Do something you enjoy

Don't like organized sports? That's okay! Find something you do enjoy – walk, skate, garden or dance to music in your living room. Choose an activity that you like doing and you'll love being active!

#### Take a friend along

Increasing your activity is easier if you share it with someone. Instead of talking over coffee with a friend, take a walk with her instead. Walk with a co-worker on your lunch break to get fresh air. Find ways to laugh and have fun while you keep active.

#### Make it a family affair

Plan a family activity once a week. Cycle, skate or walk around the park. Create opportunities to combine health and family for a better life. Family time and your health are irreplaceable.

#### Get going

Join a local recreation centre, a sports team or a gym to meet new people and get physically active. Group activity provides motivation and fun for all.

#### Enjoy your body

Become aware of how your body moves – start the day with simple stretches to rejuvenate and get moving. Appreciate what your body can do and how you can take care of it. Regular nourishment with food and activity will keep your body healthy.

#### Borrow a neighbour's dog

Not only will you enjoy a new kind of companionship, but walking a dog morning and evening will add quality and years to your life. You'll both be getting the essential activity that you need to stay healthy!

#### Think of the benefits

Regular physical activity will increase your energy level, reduce stress, improve your sleep, help manage your weight, protect you against many diseases and... most importantly... make you feel great! Become an expert on what your body needs to be strong and healthy.



Physical activity adds more to life... more energy...  
more fun... and more healthy years.

## Healthy Measures

Be active • Eat well • Be yourself

# Top Ten Reasons to Stop Smoking

## **Your health**

Improved health is the number one reason to quit smoking. As soon as you quit your body starts to heal.

## **Your breathing**

Smoking affects your breathing. Quitting will help you breathe better.

## **Appearance**

Quitting will improve how you look by preventing lines and wrinkles caused by smoking.

## **Role model for children**

You will be a positive role model for your own children, and for everyone else's children. Studies show that children with at least one parent who smokes are more likely to take up smoking themselves.

## **No more second-hand smoke**

If you quit smoking you will help protect your friends and family from the dangers of second-hand smoke.

## **Better smell**

When you quit smoking your sense of smell will increase and everything will smell better – including yourself, your house and your car!

## **Fewer places to smoke**

With new laws in place, there are fewer places to smoke.

## **Smoking is expensive**

You will save hundreds or thousands of dollars each year if you quit smoking. Buy yourself a reward with some of the money you save.

## **Smoking is a fire hazard**

Cigarettes are one of the leading causes of deaths due to house fires.

## **It is never too late**

It is never too late to quit smoking. If you have tried to quit before, take this as a positive sign, not a failure. Keep trying and don't get discouraged!

## **Add your own reasons to quit**

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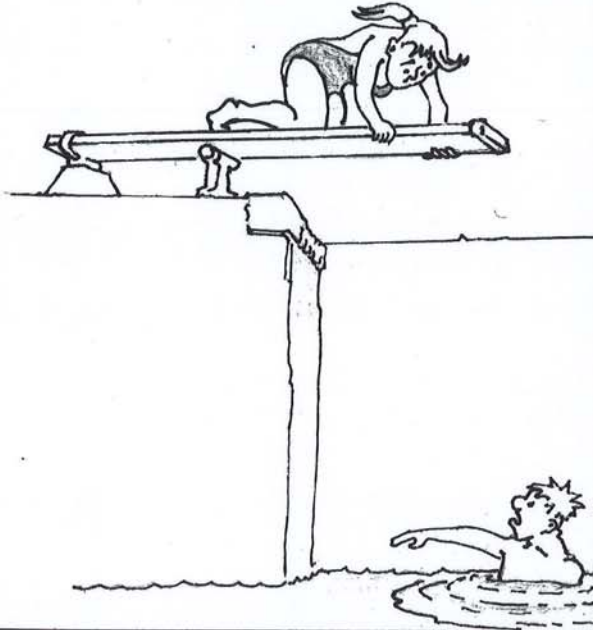
## Tips for Dealing with Cravings

### Tips

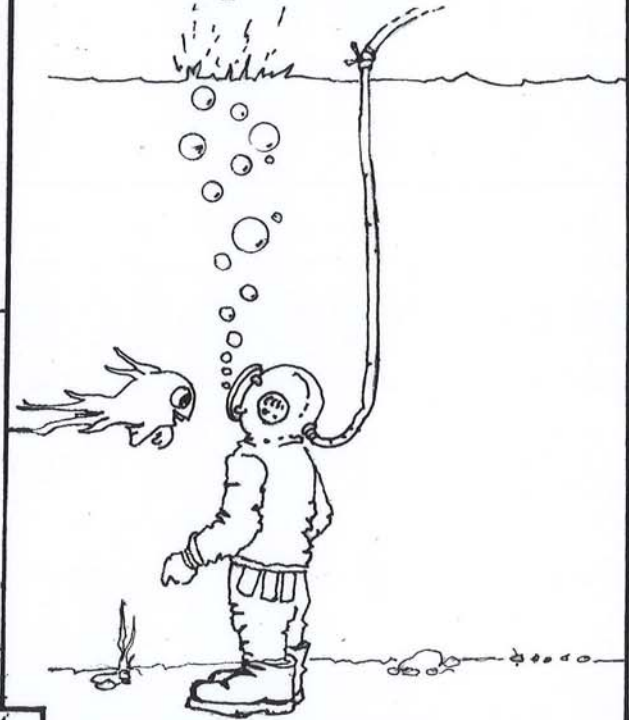
- ✧ In the short-term, stay away from social situations where others will be smoking, and ask friends not to smoke around you.
- ✧ Keep your home, car and workplace smoke-free.
- ✧ Only go to coffee shops and other public places that have smoke-free policies.
- ✧ Avoid alcohol and coffee. Choose water or fruit juices instead.
- ✧ Change your routine when you get up in the morning.
- ✧ Get up right after you eat and brush your teeth.
- ✧ Try to avoid situations that you find stressful.
- ✧ Continue to visualize yourself as a non-smoker.
- ✧ Remind your family and friends that you have quit smoking and you need their support.
- ✧ Remind yourself of why you quit smoking and the positive things you have experienced since you have quit. Remind yourself you can do it.
- ✧ Go for a walk or do some other physical activity.
- ✧ Reward yourself for not smoking by going to a movie or buying yourself a treat.
- ✧ Chew on a toothpick, chew gum or eat fresh veggies.
- ✧ Do an activity that will take your mind off your craving, such as playing cards, listening to music, doing a crossword puzzle, doodling or watching TV.

# The 4 'D's

Delay for five to seven minutes



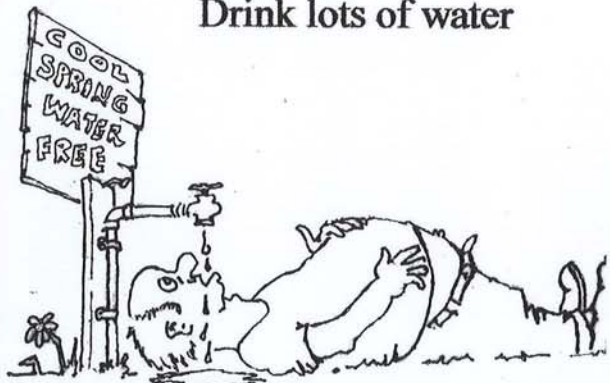
Deep breathe



Do something else



Drink lots of water



# Possible High-Risk Situations

Using the problem-solving model handout to help you, write down the ways you would deal with the following situations.

✧ **You are offered a cigarette.**

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✧ **A friend or co-worker lights up a cigarette.**

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✧ **You are having a family problem.**

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✧ **When you meet new people who smoke.**

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✧ **You spend the evening with an old friend who is a smoker and who would like you to join her.**

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✧ **You are stressed at work.**

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✧ **You intend to have an alcoholic beverage.**

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## Relapse Self-Talk

Most relapses occur as a result of negative self-talk, or because you tell yourself something that gives you permission to return to the comfortable, old habit.

Be aware of your self-talk whenever you feel tempted to have a cigarette. Here are some examples of self-talk that can lead to a relapse:

- ✧ “I’ve been smoking for so long that the damage has already been done.”
- ✧ “I’m too addicted to stop smoking.”
- ✧ “My uncle lived to be 90 and he smoked a pack a day.”
- ✧ “I’d be better off smoking than the way I feel right now.”
- ✧ “We’re all going to die sometime!”
- ✧ “So smoking is bad for me. Everyone is entitled to some vices.”
- ✧ “Maybe I could just smoke at parties.”
- ✧ “I’ll just have one.”
- ✧ “I’m dying for a cigarette.”



If you feel tempted to smoke again, notice what your self-talk is saying. Challenge it and then change it!

If you do have a slip, it doesn’t need to be a disaster. It can be just that – a slip. Beware of self-talk that says, “Well, that’s that, I’ve blown it now.” Having one cigarette does not mean that you are once again a full-blown smoker. It simply means that you have had one cigarette. You have done something or said something to yourself that led you to smoke that cigarette. It is a problem that can be solved.



# Slips and Relapse

## Learning from Them and Getting Back on Track

### Slips

A slip is when you have a cigarette or two after you have quit smoking. A slip or two does not mean that you have failed. If you slip, the best thing to do is to keep it minor, and go back to quitting as soon as you can. Look at what led up to the slip and figure out how to handle it differently next time. A slip will not prevent you from quitting successfully – you just have to get back on track.

Tips for preventing slips:

- ✧ Reinforce why you want to quit.
- ✧ Continue positive self-talk; do not get discouraged.
- ✧ Get help and support from friends.
- ✧ Ride out the temptation; the urge passes quickly.
- ✧ Look at what caused you to smoke and how you plan to get back on track.
- ✧ Develop a plan to deal with the situation in the future.

### Relapse

A relapse is when you start smoking again on a regular basis. A relapse will not prevent you from quitting successfully. Quitting smoking is a process and most people make more than one quit attempt before they quit for good. Don't feel discouraged. As long as you learn something positive with each quit attempt, you will be further ahead than before you made the attempt. Relapse only becomes a negative thing if you let it get you down.

How to overcome relapses:

- ✧ Do not beat yourself up.
- ✧ Think of the relapse as a learning experience and one more step in your journey to becoming smoke-free.
- ✧ Be proud of the time you were smoke-free.
- ✧ Start planning a new quit attempt right away, including developing a plan to prevent relapse.

### Plan to Prevent Slips and Relapse

The key to staying smoke-free is to be aware of the people, places, situations, thoughts, and emotions that trigger you to smoke. Then plan ahead what you will do to cope with each trigger. You may have to keep thinking about your triggers for a long time after you quit because some situations, especially unexpected ones such as crises, can catch you by surprise. If you figure out ahead of time how you will deal with difficult situations, you are more likely to stay quit.

*(Source: Adapted from materials from Health Canada's [www.gosmokefree.ca](http://www.gosmokefree.ca) and Capital District Health Authority.)*

# Preventing a Relapse

## Common Causes of a Relapse or Slip:

- ✧ Social celebrations
- ✧ Drinking alcohol
- ✧ Pressure from friends and family
- ✧ No Quit Plan
- ✧ Stressful events
- ✧ Feeling sorry for yourself
- ✧ Negative self-talk
- ✧ Withdrawal symptoms
- ✧ Weight Gain
- ✧ Craving
- ✧ Habit triggers (e.g.- telephone calls, coffee, etc.)
- ✧ Loss of confidence or not focusing on your goal of being a non-smoker

## How to Deal With Slips

You can prevent slips by planning ahead. You can:

Make a list of situations (people, places, things) that might make you want a cigarette.

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For each situation, list ways to prevent yourself from slipping

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- ✧ If you slip, don't give up - try a new way of dealing with the cause of your slip.
- ✧ Give yourself credit for wanting to quit. Don't focus on the slips.
- ✧ Ask your family and friends for help.
- ✧ Visit a drop-in centre for support
- ✧ Call the smokers helpline 1-877-513-5333

**NEVER GIVE UP!**

## Quit Smoking Medications Compared

Quit Smoking Aid	How to use	How long to take it	Possible side effects	Cautions	When not to take it	Advantages
<b>Nicotine gum</b> (Available from pharmacists or drugstore)	<ul style="list-style-type: none"> <li>• Bite and park 1 piece every 1–2 hours</li> <li>• 2 mg if a light smoker (&lt; 20 cigarettes per day)</li> <li>• 4 mg if a heavy smoker (&gt; 20 cigarettes per day)</li> <li>• Stop smoking before starting</li> </ul>	Several weeks to several months or longer if necessary	<ul style="list-style-type: none"> <li>• Burning in throat</li> <li>• Hiccups</li> <li>• Dental problems</li> </ul>	Absorption of acidic beverages (eg. Coffee, juices, soft drinks) interfere with the absorption of nicotine. Avoid eating and drinking anything except water for 15 minutes before and during chewing.	Have irregular heartbeat or palpitations	<ul style="list-style-type: none"> <li>• Can control when to take nicotine and how much</li> <li>• Satisfies oral cravings</li> <li>• Delays weight gain</li> </ul>
<b>Nicotine patch</b> (Available from pharmacists or drugstore)	<ul style="list-style-type: none"> <li>• Light smoker starts at 14 or 7 mg</li> <li>• Heavy smoker starts at 21 mg for 4–8 weeks</li> </ul>	8–12 weeks or longer if necessary	Local skin reaction Disturbed sleep		Have irregular heartbeat or palpitations	<ul style="list-style-type: none"> <li>• Only apply once a day</li> <li>• Can control cravings for 24 hours</li> <li>• Delays weight gain</li> </ul>
<b>Bupropion</b> (Requires prescription)	<ul style="list-style-type: none"> <li>• 150 mg once a day (a.m.) for 3 days</li> <li>• Then twice a day (a.m. and p.m. with at least 8 hours in between)</li> <li>• Start 7–14 days before quit date</li> </ul>	7–12 weeks or longer if necessary	Dry mouth Insomnia	For clients who: <ul style="list-style-type: none"> <li>• Drink &gt; 4 alcoholic beverages / day</li> <li>• Take St. John's wort</li> <li>• Take drugs that reduce seizure threshold*</li> </ul>	<ul style="list-style-type: none"> <li>• Pregnant or breastfeeding*</li> <li>• Have a seizure disorder</li> <li>• Have an eating disorder</li> <li>• Take MO inhibitor*</li> </ul>	<ul style="list-style-type: none"> <li>• Inexpensive</li> <li>• Improves depression</li> <li>• Minimal weight gain</li> </ul>
<b>Nicotine Inhaler</b> (Available from pharmacist or drugstore)	6-16 cartridges a day	Up to 6 months	Local irritation of mouth and throat			May help with the oral and handling aspects of smoking

\* If you are taking any medication, or if you are pregnant or breastfeeding tell your doctor.

(Adapted from information from *Wilson DM. Steps of smoking cessation: steps of change. Patient Care Canada 1999: 10:44-57*)

# Handling Recovery Symptoms

## Recovery Symptom

Craving

## Tips

Wait and let it pass. Initially the craving will last only as long as it would take to have a cigarette. The desire will pass, whether you have a cigarette or not. Pay attention to your self-talk when you're having a craving. Arrange to do things that do not involve smoking, with friends who do not smoke.

Bad Breath

Brush your teeth more often, drink lots of water. This will pass as your lungs clean themselves out and old smoke leaves your lungs.

Coughing, dry mouth, need to spit

This will go on for a while, as your lungs clean themselves out, but will get better with time

Sore Throat

You may experience a sore throat and other cold symptoms. This might go on for a little, but will get better with time.

Trouble sleeping

Try relaxing at bedtime with a glass of warm milk, a hot bath, and deep breathing exercises.

Boredom

Try new things. Get involved in activities that require you to use your hands, e.g., carpentry, knitting, gardening, sewing, etc. Keep yourself busy.

Constipation

Drink lots of water, go for walks and eat high-fibre foods, e.g. bran, fruit, etc.

Hunger

Try some healthy low-calorie snacks, e.g., raw fruit, vegetables, unbuttered popcorn, melba toast, etc.

Down-in-the-dumps, weepy,  
(grieving the loss of smoking)

Deal with your emotions. Call your support buddy. Change your self-talk. It's normal to feel sad or angry in the first few smoke-free weeks. These feelings will pass.

Restlessness, difficulty  
concentrating and sleeping,

Relax. Take some deep breaths; do more physical activity; cut down on coffee and cola drinks.

Wiped out (feeling tired)

Walk or try some other type of physical activity. Make sure you get enough sleep. Drink at least 6 to 8 glasses of water a day to speed up the healing process. Take extra good care of yourself.

Occasional Dizziness

Wait and let it pass. It usually only lasts one or two seconds. It is happening because you are absorbing more oxygen through your lungs.

Nervousness, headaches, irritability

Relax. Use relaxation techniques such as deep breathing or an exercise program.

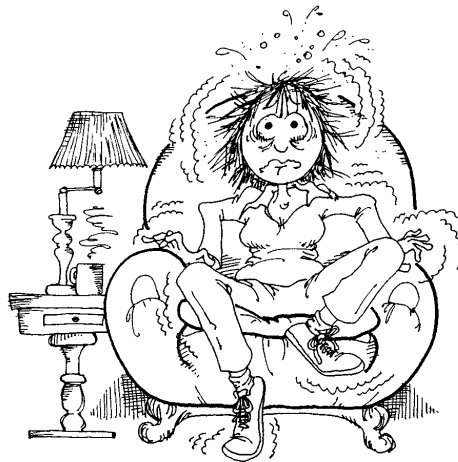
# Handling Craving

Craving is the feeling you get when the urge to have a cigarette is not satisfied in the usual way. This is the most frequent and troublesome side effect reported by smokers who are trying to quit. The most important thing to remember about craving is that even if you do nothing, it will pass. In the beginning, craving lasts about as long as it would take to have a cigarette. As you get further and further from your last cigarette, the craving gets shorter and shorter.

## What to Do When You Get a Craving

- ❖ **Keep your hands occupied.** Doodle when you are talking on the phone; get up right away after supper and do the dishes; take up knitting, carpentry, painting; carry a worry-stone, etc.
- ❖ **Take a deep breath.** Take a few deep breaths! Visualize clean air entering your lungs as you slowly inhale. Let tension flow out of your body as you slowly exhale.
- ❖ **Pay attention to your self-talk.** Are you creating extra tension for yourself by saying things like, “I can’t stand this any more” or “I have to have a cigarette”? Say to yourself, “If I do nothing about it, the craving will pass.”

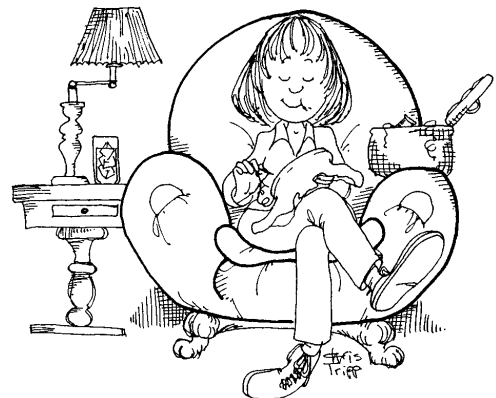
- ❖ **Put something in your mouth.**  
Snack on something that is low in calories and crunchy or chewy, such as vegetable sticks or sugar-free gum. Chew on a toothpick or inhale through a straw the same way you would inhale a cigarette. Drink water.



- ❖ **Get support.** Call a friend you know is sympathetic to your situation. Express your feelings, and then avoid talking about smoking.

- ❖ **Put yourself in a smoke-free environment.** Go to the movies, go to the museum, or visit a friend who doesn’t smoke.

- ❖ **Do something physical.** Go for a walk, stretch, shower.



## How I Would Like to be Supported

Ask me about the ways you can be most helpful,  
then follow through such as\_\_\_\_\_.

Encourage me to remember the benefits –  
extra money, health, freedom, self-confidence (circle the ones that count most).

Don't lecture me. Keep a sense of humour and make me laugh.

Praise my attempts to quit. Never focus on my "slips"; focus only on my successes.

Practice relaxation exercises with me, e.g., deep breathing, visualization.

Go for walks, work out, skate, ski with me.

Help me plan how I will deal with urges. Plan something special for quit day.

Be there when I want to talk – either in person or by telephone.

Prepare healthy snacks for me, such as  
sugarless gum, mints, fruit, vegetables, or diet pop.

Celebrate with me when I become smoke-free,  
perhaps lunch or a new paperback or CD.

Don't smoke in my car, home or around me at all.

Believe in me – I can do this with your support.

And especially\_\_\_\_\_.

# Tips for Dealing with Conflicts with Your Partner

Your partner may not be supporting your efforts to quit smoking, for example he or she may still be smoking themselves in your home or offering you cigarettes. Here are some tips to help you deal with it.

**Stick to the issue at hand.** Keep the conversation about your quitting smoking. Do not talk about other issues or past fights. Do not use sarcasm or insults or give the silent treatment.

**Focus on the positive.** Research shows if you can resolve your differences, your relationship is more likely to be stable in the long term. It's also important that you have more positive interactions than negative.

Here are some ways to start looking for positives:

- ✧ Focus on what is working instead of what isn't working.
- ✧ Look for moments to encourage your partner and offer positive gestures.
- ✧ Be aware of the calm and happy moments.
- ✧ Look at these happy moments and ask yourself, "What are we doing and how is my partner responding?"
- ✧ When you start to notice the positives more, you realize that you have both been doing something right. Build on these positives.

## Other hints

- ✧ Here are some other ways to work through a conflict:
- ✧ Put the problem in its proper place. Think about how all the factors in your lives affect you. These can include:
  - ✦ work
  - ✦ housing
  - ✦ income
  - ✦ children
  - ✦ friendships
  - ✦ extended family.

## Manage how you deal with the conflict

- ✧ Deal with issues as they come up one at a time. Avoid a pile-up of unresolved issues.
- ✧ Set time aside to deal with conflicts when you are rested and calm. Take time to learn effective ways to communicate. For example, take a course, or read a book. Express your feelings openly, but stick to the issues.

## Find solutions together

- ✧ Brainstorm solutions together. Accept that the solutions you find may not be the first choice for either of you. You may need to find a compromise you can both live with.

## Support Is... Support Is Not

### Support is a person who:

- ✧ empathetic
- ✧ cares
- ✧ helps
- ✧ shows respect
- ✧ is reliable
- ✧ is understanding
- ✧ asks questions (what worked, what didn't, what's next?)
- ✧ shows patience
- ✧ stays on topic
- ✧ praises or stays positive
- ✧ shares what worked from their own experience
- ✧ believes in you.



### Support is not a person who:

- ✧ brags about how well she is doing
- ✧ gives advice ("you should" or "you should not")
- ✧ shows impatience
- ✧ pities you
- ✧ criticizes you.





## The Goose Story



Next fall, when you see geese heading south for winter, flying along in a V formation, think about what science has learned about why geese fly that way. As each bird flaps its wings, it creates uplift for the bird immediately following it. By flying in a V formation, the whole flock can fly at least 70 percent farther in a day than if each bird flew on its own. Perhaps people need to find a common direction to go in and to co-operate with each other, so they can get where they're going faster and more easily.

Whenever a goose falls out of formation, it feels how hard it is to try to fly against the wind on its own, and it quickly gets back into formation to fly with the flock. If we have as much sense as a goose, we will work with others who are going the same way we are and encourage them to work with us.

When the lead goose gets tired, it rotates back in the wing and another goose flies in the front of the point. It pays to take turns doing hard jobs for our group. The geese in the back honk in order to encourage those at the front to keep up their speed.

When a goose weakens or is hurt and falls out of formation, two geese follow it down to help and protect it. They stay with the goose until it is able to fly or until it dies. Then they set out again, either on their own or with another formation, until they catch up with the group. If we had the sense of a goose, we would stand by each other this way.

# I Support You Contract

I, \_\_\_\_\_

agree to support \_\_\_\_\_

during her quitting process.

I agree to listen and to be positive and understanding.

I agree to support her because I believe in her and I believe in her  
ability to quit smoking.

I agree to support her by

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Signed \_\_\_\_\_

Date \_\_\_\_\_

# Advice for the Friend of a Quitter

Surveys show that the support of a friend or family is one of the most important things to help smokers stay smoke-free. Before you offer to help, you need to understand her and her reasons for smoking, especially if you have never smoked. Remember that quitting smoking is a process that may take many attempts. You must not expect change to come right away or for quitting smoking to be easy.

Keep in mind that we all have 'habits' and may be addicted to coffee or something else, such as biting our nails or eating high-calorie snacks. We can all relate to tobacco addiction by remembering how difficult it may have been for you to change habits.

Your support is especially important when the person first stops smoking especially in the first few weeks. The following are sure ways of being supportive

## Being Supportive

- ✧ Help the smoker avoid situations where she will be tempted to smoke, especially during the first weeks. Suggest, "Instead of going to that party tonight where everyone will be smoking, let's go to a movie."
- ✧ Turn setbacks into learning experiences. Say, "Okay, so you slipped once. That's not unusual. Let's see why you smoked this time and think of ways to keep it from happening again."
- ✧ Encourage healthy alternatives, especially physical activity. Suggest, "How about a bike ride? It's a great way to get out of the house and away from cigarettes."
- ✧ When temptation strikes, stress the benefits of quitting. Say, "What did you decide you'll buy with all the money you are saving from quitting?" or "Won't it be great to wake up without that morning cough?"
- ✧ Be sympathetic, especially during tough times. Show concern by saying, "I've heard that being edgy is normal, especially at first. Let's take a walk; it may help."
- ✧ Check in daily, especially during the first weeks. Be understanding, not accusing or suspicious. Say, "I know what it must be like. Look how hard it is for me to stay away from fattening food."
- ✧ Take a positive, rather than a negative, approach. The smoker will feel less defensive. Say, "Millions have kicked the addiction. You can too, and I'll see you through."
- ✧ Reward successes and follow through on your promises to be supportive. Say, "Remember that I promised I'd treat you to a movie when you quit smoking for a week? Well, let's go."
- ✧ Believe in her. Say, "I know it's rough sometimes. But if we work together, I bet we can find a way to deal with every smoking urge."

## What Will You Do with the Money You Will Save?

Think of all of the money you will save when you quit smoking. To figure out how much you will save each week, take the number of packs of cigarettes you smoke each week and multiply it by the price of a package. For example if you smoke 6 packages each week and a package costs \$7.00 then do the following:

$$6 \text{ packs} \times \$9.00 = \$54.00$$

Multiply this by 4 and you will know how much you will save each month.

$$\$54.00 \times 4 \text{ weeks} = \$216$$

List everything you would like to do with the money you save.

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# Sample Quit Day Plan

Check off the things you could do.

## Morning

- Get up one-half hour earlier so I have time for a leisurely breakfast.
- Take special care with my appearance and wear something I feel good in.
- Poach an egg on brown toast to eat with orange juice for breakfast.
- Drink a cup of herbal tea instead of coffee, or a glass of hot water with lemon juice.
- Step outside immediately after breakfast and take five slow, deep breaths. Appreciate clean air going into my lungs.
- Make sure I have vegetable munchies in the fridge.
- Take a different route to work and notice the scenery.
- Tell three people that I am quitting smoking.
- Wear an elastic band on my wrist and snap it gently every time I have the urge to smoke.
- Avoid drinking coffee and go for a walk after breakfast.
- Do jumping jacks or stretches every time I have an urge to smoke.
- Use the patch or gum as suggested .

## Afternoon

- Eat lunch in the park and go for a short walk.
- Every time the phone rings, take a deep breath before I answer it.
- Phone a friend who is a former smoker.
- Go to a museum where there's no smoking.
- Keep a bottle of water handy and sip frequently.
- Phone my support partner.
- Get up and get moving.

## Evening

- Re-read my reasons for quitting.
- Congratulate myself on my first day of being smoke-free!
- Evaluate the day and plan tomorrow.
- Drop change into the money jar to equal the amount of money I would have spent on cigarettes.
- Practice breathing exercises until I fall asleep.
- Practice stretching.
- Remove the patch if it is causing sleep disturbances.

## In case of strong urges I will:

- Take three deep breaths, change my self-talk, and phone my support partner.
- Chew a piece of gum (nicotine replacement therapy).

## Remember the 4 D's of dealing with cravings:

Drink lots of water – between six and eight glasses per day.

Delay for five to seven minutes. The urge will pass.

Do something else.

Deep breathing.

## Planning for My Quit Day Checklist

After you have decided what you will do on your quit day, it will be important to make the necessary preparations for your first smoke-free day. Below is a list of suggestions. Tick off the ones that you like and add any others that come to mind.

- List reasons for quitting and put them on the bathroom mirror.
- Buy fresh vegetables and make a good supply of vegetable sticks for snacking.
- Buy two cans of unsweetened fruit juice.
- Get rid of all ashtrays and matches.
- Remind family of the big day and ask them not to mention the word smoking. Also, tell them you want to be treated with tender loving care. (See Advice for the Friend of A Quitter in the Support module.)
- Get money jar ready. (Save change you would normally spend on cigarettes. It sounds great when you drop it in the jar.)
- Buy my supply of patches or gum
- Make an appointment to see your doctor to discuss your medication and quitting smoking.
- Others

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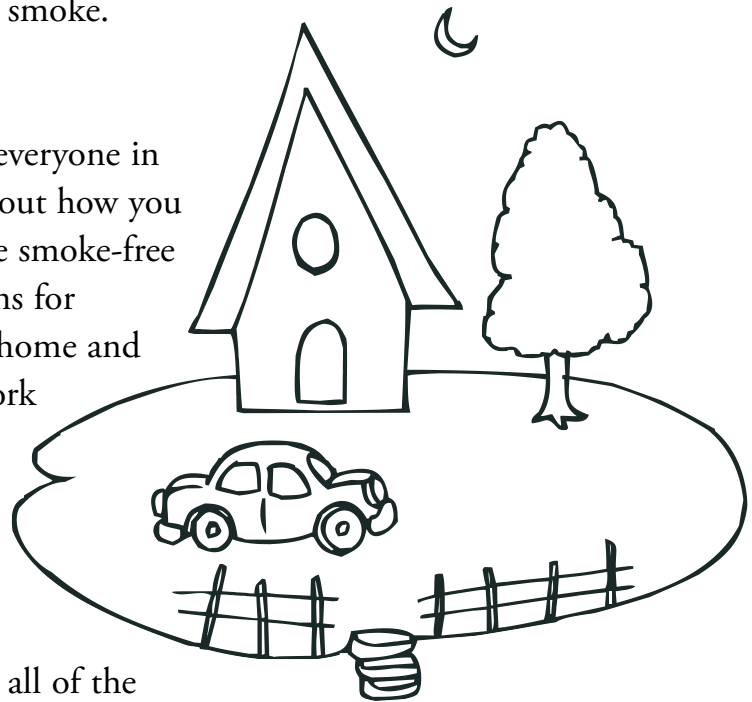
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## Tips for Making your Home and Car Smoke-Free

A smoke-free house means that no one smokes inside the home. One of the easiest and most effective ways to help yourself stay smoke-free is to make your home smoke-free. Having a smoke-free home also protects your family and friends from second-hand smoke.

**Talk about it.** Sit down with everyone in your home and talk openly about how you would like to make your home smoke-free and why. List everyone's reasons for wanting to have a smoke-free home and also discuss the challenges. Work on solutions together.



**Get ready.** Set a date for making the house smoke-free. Make sure you have addressed all of the challenges that may come up. Remove all ashtrays and put a no-smoking sign up on your door or window. Clean out the ashtray in your car and put a no-smoking sticker in the window. Set up an area outside where people can smoke.

**Ask smokers to take it outside.** Be polite but firm. Thank your visiting friends and family members for not smoking in your home.

For more information on how to make your home and car smoke-free get a copy of Health Canada's *Make your home and car smoke-free: A guide to protecting your family from second-hand smoke* at [www.gosmokefree.ca](http://www.gosmokefree.ca) or call 1-800 O-Canada.

*(Adapted from information from the Program Training and Consultation Centre and Health Canada.)*

# Myths and Facts About Stop-Smoking Medications

Speak to a health professional before you start using any medication.

**Myth 1** Nicotine is the harmful substance in cigarettes.

**Fact** It is not just nicotine, but the thousands of chemicals in tobacco and its smoke, which are responsible for most of tobacco-related disease.

**Myth 2** Addiction to nicotine is the same if it comes from nicotine gum, the patch or cigarettes.

**Fact** Cigarettes are far more addictive than nicotine gum or the patch because nicotine reaches the brain much faster through inhaling it.

**Myth 3** Nicotine replacement therapy is dangerous for smokers.

**Fact** Nicotine replacement therapy is typically safe for smokers, but they can have side effects. Check with your doctor if you are concerned.

**Myth 4** Smoking while on the patch increases the risk of a heart attack.

**Fact** Use of the patch while smoking does not increase the smoker's risk for a heart attack.

**Myth 5** Patients with heart disease should not use the nicotine patch or gum.

**Fact** It is more dangerous for patients with heart disease to continue to smoke than to use the nicotine patch or gum. Check with your doctor.

**Myth 6** Pregnant women should not use nicotine gum or the patch.

**Fact** The nicotine patch and gum are thought to be safer than smoking for the pregnant woman and her baby. Pregnant women who cannot quit should be considered for the nicotine patch or gum. \*If you are pregnant or breastfeeding, always check with your doctor before using the nicotine patch or gum.



**Myth 7** Smokers under 18 should not use the nicotine patch or gum.

**Fact** Most daily smokers begin smoking before age 18. The nicotine patch and gum are far safer than smoking. The nicotine patch or gum should be considered for all smokers who need them to quit, including those under 18.

**Myth 8** Stop-smoking medications are not effective in helping people quit.

**Fact** The nicotine patch or gum and Zyban are effective, government-approved medications available to help smokers and have been found to double the quit rate for smokers.

**Myth 9** The nicotine patch and gum should not be used at the same time as Zyban.

**Fact** The nicotine patch and gum may be used at the same time as Zyban.

**Myth 10** Banning smoking during a hospital stay often results in quitting.

**Fact** Banning smoking during a hospital stay is unlikely to result in sustained quitting. Smokers should be encouraged to start stop-smoking medications before or during their hospital stay.

**Myth 11** The nicotine patch or gum should not be used for longer than three months.

**Fact** The nicotine patch and gum should be used as long as needed to stay smoke-free.

*(Source: Helping Smokers Quit: Skills for Future Facilitators, Program Training and Consultation Centre adapted from information from Rethinking Stop-Smoking Medications: myths and facts, Ontario Medical Association.)*

# I Quit Contract

I, .....  
(your name)

agree to stop all cigarettes on

..... at .....  
(day/date) (time)

I have many personal reasons for wanting to quit, including:

.....  
.....  
.....  
.....

I hereby state my personal commitment to work very hard,  
to use new skills and to remain an ex-smoker.

.....  
Your signature Date

.....  
Signature of Witness Date

.....  
Signature of Witness Date

# This Is It – My Quit Day Plan!

My Quit Day is

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Morning Plan

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Afternoon Plan

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Evening Plan

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In case of strong urges I will

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# 8 Things to Do When You Quit Smoking

## 1. Stay positive

Think about all of the positive changes you're creating in your life. Don't look at past quit attempts as failures. Focus on your purpose. Remind yourself:

- ✧ I can stop smoking
- ✧ I will stop smoking
- ✧ I love myself too much to smoke
- ✧ I want to get healthier and live longer
- ✧ I will be so proud of myself
- ✧ Others have quit and I can too
- ✧ This will get easier over time
- ✧ I had to learn to smoke, after all I wasn't born that way, so I have to be patient with myself and learn to be a non-smoker

## 2. Be patient

When you quit smoking, you are letting go of a habit that you've had for many years. It will take time for the cravings and triggers to go away. Be patient with yourself, and the process.

## 3. Keep your mouth and hands busy

It might be helpful to keep your hands and mouth busy. Ideas include:

- ✧ Eating foods that take a long time to chew (like apples, celery, carrots, etc.)
- ✧ Drinking water (or another low calorie beverage)
- ✧ Chewing gum
- ✧ Brushing and flossing
- ✧ Chew on a toothpick, cinnamon stick or pretzel
- ✧ Draw, sew, paint or do needlework

## 4. Change you old triggers

Identify your old triggers and come up with alternative ways of dealing with these triggers instead of smoking. Eventually, these better alternatives will become natural and automatic.

## **5. Remember the reasons you are quitting**

Stay focused on why you are quitting. It can be helpful to write down your reasons. These statements are reminders of what you want to change by quitting smoking. Post this list where you will see it often.

I am quitting smoking because I want to:

- ✧ Be healthier
- ✧ Live longer
- ✧ Save money
- ✧ Be happier
- ✧ Feel good about myself
- ✧ Smell better
- ✧ Have the respect of my family and friends

## **6. Focus on today**

Pay attention to your thoughts, and stay positive. Stay focused on the day in front of you and any challenges you might have to face.

## **7. Focus on yourself**

Eat a well-balanced diet, get plenty of rest, drink lots of water and try to exercise.

## **8. Ask for help**

Spend time with the friends and family who support you in your efforts to quit smoking. Visit local drop-in cessation support groups or call a quit-line for support.

# My Hands Have

A series of horizontal dotted lines for writing.

# My Declaration of Self-Esteem

I am me.

In all the world, there is no one else exactly like me. There are people who have some parts like me, but no one adds up exactly like me. Therefore, everything that comes out of me is mine because I alone chose it.

I own everything about me – my body, including everything it does and all its thoughts and ideas; my eyes and everything they see; my feelings, whatever they are — anger, joy, frustration, love, disappointment, excitement; my mouth, and all the words that come out of it – polite, sweet or rough, correct or incorrect; my voice, loud or soft; and all my actions, whether they be to others or to myself.

I own my dreams, my hopes, my fears.

I own all my triumphs and successes, all my failures and mistakes.

Because I own all of me, I can love and be friendly with me in all parts. I can then make it possible for all of me to work in my best interests.

I know there are things about me that I don't understand. But as long as I am friendly and loving to myself, I can courageously get to know myself better.

However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is me. I can choose to keep what I like about myself and change what I don't like.

I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to give and take, and to make sense out of the world of people and things outside of me.

I own me and, therefore, I am in charge of me.

I am me and I am okay.

*(Adapted from "My Declaration of Self-Esteem" by Virginia Satir.)*

## Positive Self-Talk to Stop Smoking

- ✧ Taking care of my body is important to me. I like to keep fit and feel good.
- ✧ I have more energy than ever before. I enjoy life and I'm glad to be here.
- ✧ I'm able to reach any goal I set for myself. I see, in my mind, a clear picture of myself having already reached that goal. I dream it, I see it often, and I reach it.
- ✧ I exercise regularly. I keep myself fit and healthy. I am enjoying a lifetime of energy.
- ✧ I can relax, feel good, breathe deeply and fully, and enjoy being a healthy non-smoker.
- ✧ People enjoy being around me. I have confidence. I like myself, and it shows!
- ✧ I do not smoke. My lungs can be strong and healthy. I can breathe deeply and fully.
- ✧ I am a non-smoker, and I'm proud of myself.
- ✧ When I see a cigarette, or even think of one, right away I hear the words, "I do not smoke."
- ✧ I am in control of myself and everything I do. I always do what's best for me.
- ✧ I really enjoy breathing clean, fresh air, being healthy and being in complete control of my body and mind.
- ✧ All my senses are clear and alive. My sight, sense of smell, hearing, taste, and even my touch are more alive than ever before.
- ✧ I do not see smoking as strong, smart or sexy. I see it for what it really is, and it has no place in my life.
- ✧ Being a non-smoker is easy for me. After all, I was born that way, and it's the natural way to be.

**Note:** We believe what we tell ourselves. It's important to find self-talk that you believe. Pick out the ideas you most agree with and want to happen. Repeat the statements that you are comfortable with every day. Write them as notes to yourself and post them all over your house.



# Be Yourself

## 10 Steps to a Healthier You

**Do you  
measure your  
happiness only  
by acceptance  
from others?**

It's time to adopt  
**new** measures  
for a happier and  
healthier you.

### **Enjoy being unique**

Like your fingerprint, your body is one of a kind – the result of genetics, lifestyle and experiences. Stop comparing yourself to others and focus on the best possible you. Adopt a healthy attitude for life.

### **Accept yourself**

Recognize that healthy bodies come in different shapes and sizes. Celebrate those unique qualities that set you apart from the rest. Love and appreciate yourself – body and mind.

### **Forgive yourself**

If you stray from your eating or activity goals, forget about it and carry on with your plan. A chocolate bar cannot break your overall spirit! Celebrate your successes.

### **Turn negatives into positives**

Recognize how people or events trigger negative feelings about your body image. Develop coping strategies to deal with these situations. Don't let others control your happiness – only you have that power.

### **Celebrate you**

Remind yourself of all your skills, accomplishments, relationships and interests. What matters most is how you feel on the inside.

### **The fashion world isn't reality**

Advertising, fashion magazines, the entertainment industry and the media promote an unrealistic body shape. Look around you – there are a lot more people like you than like "them". Feel good in your own size.

### **Like yourself**

Make a list of the things you really like about yourself and focus on them. The list can include traits like humour, intelligence, kindness or enthusiasm. Have a healthy attitude and focus on what's on the inside.

### **Make time for yourself**

Strive for balance at home, at work, in relationships and in life. Set aside personal time every day – even if it's only 15 minutes – to care for yourself.

### **Reward yourself**

When you achieve one of your healthy eating or activity goals, reward yourself with flowers, a leisurely bath, a good book or soothing music. Appreciate yourself.

### **Relax**

Sleeping well, managing stress and feeling good about yourself are as important to your health as eating well and being active. Deep breathing, walking or talking to a friend are all good stress relievers. Experience the joy of relaxing your mind and body.



Love and appreciate your body and mind. Commit to taking care of yourself.

## Healthy Measures

Be active • Eat well • Be yourself

# Quitting and Pregnancy

If you are pregnant or planning to get pregnant, there are many great reasons to quit smoking – for you and for your baby.

## The Risks

There are many risks with smoking at any time, but some specific ones if you smoke while you are pregnant. If you smoke while pregnant you are twice as likely as a non-smoker to have a miscarriage. Your baby will get less oxygen and your placenta will not be as healthy as it could be. You will also not be as strong and healthy as you could be during labour and delivery.

It's a myth that quitting smoking while pregnant will cause too much stress for the baby and should be avoided. And both you and your baby will start to enjoy the benefits after just one day of not smoking. If you have concerns or questions, talk to your doctor or public health nurse

## Why Quit?

### Benefits for Your Baby

- ✧ Quitting smoking during your pregnancy:
- ✧ Increases the amount of oxygen your baby will get.
- ✧ Increase the chances that your baby's lungs will work well.
- ✧ Lowers the risk that your baby will be born too early.
- ✧ Increases the chances of having a normal weight, healthy baby.
- ✧ Increases the chances your baby will be healthy enough to come home from the hospital with you.
- ✧ Carbon monoxide and other chemicals from cigarettes get into the baby's blood. They can harm your baby and limit the baby's growth.
- ✧ Once your baby is born he or she will not be exposed to second-hand smoke that is very harmful and can be a factor in sudden infant death syndrome (crib death).

### Benefits for You

- ✧ Quitting smoking during pregnancy:
- ✧ Gives you more energy – energy that you will need with a new baby.
- ✧ It helps you breathe easier and keep up with a running toddler.
- ✧ Saves you money that you can spend on other things, for yourself and your baby.
- ✧ Makes your clothes, hair, and home smell better.
- ✧ Makes your food taste better.
- ✧ Lets you feel good about what you've done for yourself and your baby.

Quitting smoking early in pregnancy is best, but quitting at any time has benefits for you and your baby. It's never too late to quit smoking during your pregnancy.

(Source: Alberta Alcohol and Drug Abuse Commission at <http://tobacco.aadac> and *Asking to Listen*)

# Health Benefits of Quitting Smoking

Quitters immediately begin to reduce the risks of developing heart disease, cancer and breathing problems. Former smokers live longer than those who continue to smoke. For example, those who quit before age 50 have only half the chance of dying from a smoking-related disease in the next 15 years compared with those who continue to smoke.

Your body will start to heal within 24 hours of quitting:

- ✧ **20 minutes after quitting**, your blood pressure drops to your pre-cigarette level.
- ✧ **8 hours after quitting**, the carbon monoxide in your blood drops to normal and the oxygen level in your blood increases to normal.
- ✧ **24 hours after quitting**, you lower your chances of having a heart attack.
- ✧ **48 hours after quitting**, your sense of smell and taste improve and begin to return to normal.

In the **months and years** to come, your body continues to recover ...

- ✧ **2 weeks to 3 months after quitting**, your circulation improves and your lungs work better. (Try taking the stairs now!)
- ✧ **9 months after quitting**, you experience less coughing, sinus congestion, fatigue and shortness of breath.
- ✧ **1 year after quitting**, your risk of heart disease is about half of what it would have been if you had continued to smoke.
- ✧ **5 years after quitting**, your risk of stroke is greatly reduced. Within 5 to 15 years after quitting, it becomes about the same as a non-smoker's risk.
- ✧ **10 years after quitting**, your risk of dying from lung cancer is about half of what it would have been if you had continued to smoke. Your risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas also decreases.
- ✧ **15 years after quitting**, your risk of heart disease is the same as a person who never smoked.

**Over half the people who have ever smoked in Canada have quit.  
You can too!**

*(Adapted from materials from Health Canada's [www.gosmokefree.ca](http://www.gosmokefree.ca), the Program Training and Consultation Centre, and the Alberta Tobacco Reduction Alliance.)*

# Some Reasons to Smile

1. It gives your face something to do.
2. It doesn't hurt.
3. It won't make your lips fall off.
4. It lights up the room.
5. It improves your complexion.
6. It increases your face value.
7. It gives your face a break.
8. It feels better than frowning.
9. It makes people wonder what you've been up to.
10. It's contagious.



## My Reasons to Smile

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## What's in a Smoke?

Cigarettes contain over 4,000 chemical compounds including:

- ✧ carbon monoxide – poisonous gas in car exhaust
- ✧ formaldehyde – used to preserve dead bodies, causes cancer
- ✧ arsenic – ant poison
- ✧ cyanide – poison used in gas chambers
- ✧ acetone – paint stripper
- ✧ mercury
- ✧ lead
- ✧ benzene
- ✧ phenol
- ✧ DDT – insecticide
- ✧ cadmium – used in car batteries
- ✧ benzopyrene – one of the most potent cancer-causing chemicals in the world
- ✧ vinyl chloride
- ✧ toluene – highly toxic industrial solvent.

*It's enough to make you sick.*

*(Adapted from information from the Canadian Cancer Society and the Ontario Tobacco Strategy)*

## Myths and Truths about Second-Hand Smoke

Second-hand smoke is the smoke that comes from the tip of a burning cigarette, and when a smoker exhales. It contains over 4,000 chemical compounds, 60 of which are associated with, or known to cause cancer.

**MYTH #1:** If I smoke in another room, I'm not harming anyone.

**THE TRUTH:** Second-hand smoke spreads from one room to another even if the door of the smoking area is closed. In addition, harmful chemicals can cling to rugs, curtains, clothes and other materials and can usually remain in a room long after someone has smoked there.

**MYTH #2:** If I open a window in my home or car, I can get rid of most of my second-hand smoke.

**THE TRUTH:** You may think that by opening a window you are clearing the smoke from a room or your car, but that is not the case. To effectively remove cigarette smoke, you need to increase the air-exchange rate a thousand times to something equal to a gale force wind! Also, opening a car or room window can result in air flow back into the room or car which may cause the smoke to be blown directly back at non-smokers.

**MYTH #3:** If I smoke when my children aren't home or in the car, it can't hurt them.

**THE TRUTH:** Many parents think that it's alright to smoke when their children aren't around. What they may not know is that second-hand smoke lingers long after they finish a cigarette. In a recent study, researchers found that second-hand smoke can remain in contaminated dust and surfaces, even if smoking took place days, weeks or months earlier.

**MYTH #4:** If I use an air filter or a fan, my second-hand smoke won't hurt anyone.

**THE TRUTH:** The sad truth is that even air filters, air purifiers and ventilation systems are not enough. After a smoker leaves a room, chemicals from the second-hand smoke remain behind in the air, on food, furniture, curtains and skin. Most ventilation systems are designed to limit the build-up of carbon monoxide and keep odour down, not to remove smoke.

*(Source: Make your home and car smoke-free: A guide to protecting your family from second-hand smoke, Health Canada at [www.gosmokefree.ca](http://www.gosmokefree.ca))*

# Health Effects of Second-Hand Smoke

- ✧ Second-hand smoke is the smoke that comes from the tip of a burning cigarette, and when a smoker exhales.
- ✧ Two thirds of smoke from a cigarette is not inhaled by the smoker, but enters the air around the smoker.
- ✧ Second-hand smoke is more dangerous than smoke that is directly inhaled. It has twice the nicotine and tar as the smoke inhaled by the smoker.
- ✧ Second-hand smoke releases over 4,000 chemical compounds, 60 of which are associated with, or known to cause cancer.
- ✧ Second-hand smoke causes disease and death in healthy non-smokers and promotes the formation of blood clots that can lead to heart attacks and strokes.
- ✧ Second-hand smoke increases a non-smokers risk of getting either lung cancer or heart disease by 20%
- ✧ Infants exposed to second-hand smoke are more likely to die from Sudden Infant Death Syndrome (SIDS)
- ✧ Children regularly exposed to second-hand smoke are at least 50% more likely to suffer damage to their lungs and breathing problems such as asthma.

Short-term effects of Second-Hand Smoke include:

- ✧ eye irritation
- ✧ headache
- ✧ nasal discomfort and sneezing
- ✧ cough and sore throat
- ✧ nausea and dizziness
- ✧ increased heart rate and blood pressure
- ✧ increased risk for people with heart disease (angina), asthma, allergies

Exposure to second-hand smoke **CAUSES** the following diseases and conditions:

## **Children:**

- ✧ Sudden Infant Death Syndrome (SIDS)
- ✧ Low birth weight
- ✧ Bronchitis, pneumonia and other respiratory infections
- ✧ Asthma
- ✧ Chronic respiratory symptoms
- ✧ Ear infections

## **Adults:**

- ✧ Heart disease
- ✧ Lung cancer
- ✧ Nasal sinus cancer
- ✧ Asthma

Exposure to second-hand smoke **IS ASSOCIATED** with the following diseases and conditions:

## **Children:**

- ✧ Impacts learning and behavioral development
- ✧ Decreased lung function
- ✧ Exacerbation of cystic fibrosis
- ✧ Brain cancer and lymphomas

## **Adults:**

- ✧ Stroke
- ✧ Breast cancer
- ✧ Cervical cancer
- ✧ Miscarriages
- ✧ Chronic respiratory symptoms

*Stop Smoking  
Graduate Certificate*

*To all who may read these letters, greetings:  
hereby it is conferred upon*

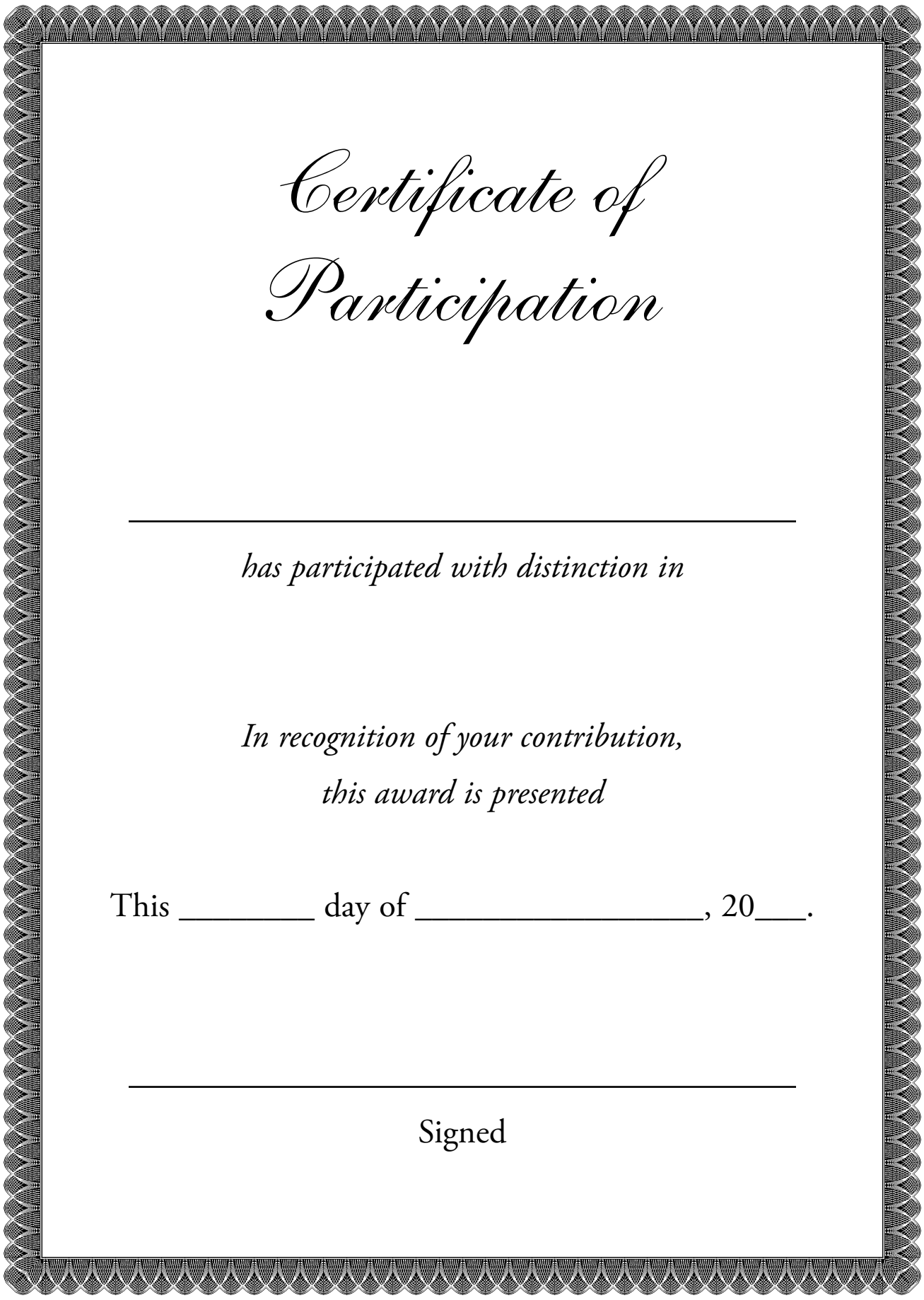
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*in recognition of becoming a non-smoker  
the degree of  
**B.N.S.— Bachelor of Non-Smoking**  
with all the rights, privileges, and honours  
thereto pertaining here and elsewhere*

Dated at: \_\_\_\_\_

This the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.





*Certificate of  
Participation*

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*has participated with distinction in*

*In recognition of your contribution,  
this award is presented*

This \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

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Signed