



Quitting for Good

About This Kit

Congratulations! You are approaching a very important day in your life - the day you quit smoking for good. The first day will be difficult, but each day forward will get easier. Your addiction to nicotine and your urge to smoke will diminish significantly over the next two or three weeks. But, you have to be alert to potential problems that could cause slips. You'll need to be on your guard for the next few months. Most slips occur within the first three months after quitting. The Heart Institute Prevention and Rehabilitation Centre (HIPRC) will help you quit for good. In this kit you will:

- Step 1.** Learn to wait for the urge to pass
- Step 2.** Avoid gaining weight
- Step 3.** Build confidence to stay smoke free

Step 1

Learn to Wait for the Urge to Pass

Research shows the physical urge to smoke only lasts a few minutes at a time. Think of the urge as a wave that builds, crests, and then drops off suddenly. *If you can ride the wave for a few minutes, it will go away.*

Focus on not smoking for five minutes at a time. After three or four five-minute periods, the physical urge will go away. And, the next urge will last even a shorter time period. Tobacco withdrawal symptoms may begin almost immediately after you stop smoking. They may include cravings, anxiety, irritability, restlessness, mood changes, nervousness, drowsiness, sleep disturbances, headaches, or digestive changes. *Withdrawal symptoms are usually worst during the first three or four days. After two weeks, your physical symptoms of nicotine withdrawal should go away.* That doesn't mean, however, that you won't want to smoke. The behavior (habit) of smoking takes longer to break.

Each day for four weeks, record the average number of minutes until the urge to smoke goes away.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

Is the physical urge to smoke diminishing? *Yes* *No*

Step 2

Avoid Gaining Weight

It is true, most people gain a little weight when they quit smoking. You have a definite advantage over others. You can use what you've learned and practiced at HIPRC to help you avoid weight gain. Don't ignore the possibility of gaining weight, but *continue to focus on eating healthy and exercising while you stop smoking.*

- Complete your HIPRC Food Diary and Exercise Diary every day.
- Have plenty of low-fat snacks on hand.
- Watch your portions.
- Drink water often.
- Brush your teeth or use mouthwash when you crave food or cigarettes.

Exercise to Stay Smoke Free

Exercise is an excellent alternative to smoking. Recall that exercise was at the top of the list for ways to avoid smoking (“Preparing to Quit” – Step 2). Exercise helps deal with the withdrawal from nicotine and substitutes a positive behavior for a negative one. Exercise is a core part of HIPRC, so you already know how to be active. Increase your minutes of exercise through lifestyle activities – especially to relieve stress.

Step 3

Build Confidence to Stay Smoke Free

Continue to be aware of your personal triggers to smoke and have a plan in mind to deal with the situation.

Rate your confidence to stay smoke free in these situations.

<i>My Triggers to Smoke</i>	<i>Confidence Level</i>									
	<i>1</i> <i>Low</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i> <i>High</i>
Drinking alcohol	1	2	3	4	5	6	7	8	9	10
Drinking coffee	1	2	3	4	5	6	7	8	9	10
With dessert or after a meal	1	2	3	4	5	6	7	8	9	10
In a bar or restaurant	1	2	3	4	5	6	7	8	9	10
At a party or social function	1	2	3	4	5	6	7	8	9	10
When someone else smokes	1	2	3	4	5	6	7	8	9	10
Watching television	1	2	3	4	5	6	7	8	9	10
Reading the newspaper	1	2	3	4	5	6	7	8	9	10
Playing games	1	2	3	4	5	6	7	8	9	10
Talking on the phone	1	2	3	4	5	6	7	8	9	10
Driving in the car	1	2	3	4	5	6	7	8	9	10
Others: _____	1	2	3	4	5	6	7	8	9	10
_____	1	2	3	4	5	6	7	8	9	10

If You Slip

Remember, when it comes to cigarette smoking there is no such thing as moderation - even a single cigarette is harmful to you. However, if you slip and have a cigarette, don't dwell on it. Re-commit to your goal and start again immediately as an ex-smoker. Don't feel that one slip means you can go back to your old habit. Keep a list of slips and near slips, what caused them, and what you learn from them.

<i>Date</i>	<i>Slip</i>	<i>What Happened</i>	<i>What I Learned</i>
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Plan on attending the HIPRC program as often as possible during the first two weeks after you quit smoking. Your HIPRC mentor will give you support and encouragement. Also try to attend any scheduled HIPRC support group meetings.

Reward Yourself

Decide on your six month reward. Make it a big one. You deserve it! You've probably saved at least \$200. You might want a night on the town, an overnight trip, new clothes, – something to remember and remind you of your accomplishment. Involve those who have supported your efforts in your reward.

My Six Month Reward

I will have been smoke-free for six months on _____.

I will reward myself with _____.

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Before Your Next Visit

In the time between your visits with your mentor, you should read and complete your educational kits. Use this sheet to record your work. Think of this as “homework.” Bring this sheet with you to your next visit.

- Keep a record of the average number of minutes until the urge to smoke goes away.
 - *Week 1* = _____ *minutes*
 - *Week 2* = _____ *minutes*
 - *Week 3* = _____ *minutes*
 - *Week 4* = _____ *minutes*

Is the physical urge to smoke diminishing? Yes No

- Complete the assessment of your confidence to stay smoke free.
List the three triggers to smoke that you feel most confident in dealing with.
 - 1.
 - 2.
 - 3.

List the three triggers to smoke that you feel least confident in dealing with.

- 1.
- 2.
- 3.

What can you do to build confidence in risky situations?

- Decide on your six month reward for being smoke free.
My Six Month Reward
I will have been smoke free for six months on _____.
I will reward myself with _____.

Write any questions for your mentor here.