

My Quit Date and Plan

Step 1: Get Ready

My quit date is _____

My reasons for quitting are _____

_____.

I have removed all smoking/chewing-related things and washed my clothes.

I made a "quit kit" with things to carry with me to remind me of my reasons for quitting, such as photos of my children.

Step 2: Get Support

I have talked to my family and friends about my quit plan.

I have talked to my doctor, primary care nurse, or counsellor about my quit plan.

Supporters to call if I need help:

Family _____

Doctor/Nurse _____

Smokers' Helpline 1-877-513-5333

Step 3: Avoid Triggers

When I feel like smoking (triggers)	Instead I will...

Step 4: Get Medication

I have talked to my doctor or nurse about NRTs.

I understand how to properly use my medication to have a better chance of quitting.

Step 5: Be Prepared for Relapse

I understand that relapse is often part of quitting.

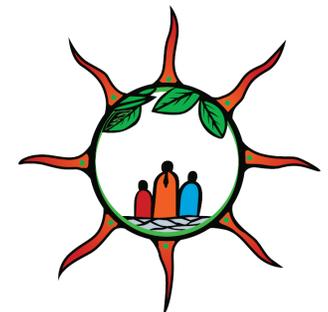
I am prepared for the possibility of relapse and have a plan if it happens.



Adapted with permission from the Saskatoon Health Region

5 Steps for Quitting Tobacco

HEALTHY MOM - HEALTHY BABY - HEALTHY FAMILY



Northern Tobacco Strategy

Step 1: Get Ready

Set a quit date and have a quit plan.

Ideas for a quit plan are:

- Get rid of all cigarettes and ashtrays in your home and vehicle. Let people know that they cannot smoke in your home or vehicle.
- Once you quit, commit to not smoking or chewing at all.
- Write down the reasons why you're quitting.



Step 2: Get Support

Your chance of success increases when you have help.

- Tell your family, friends and co-workers that you are going to quit and want their support. Ask them not to smoke around you or offer commercial tobacco.
- Talk to your doctor, nurse, or other healthcare professional.
- Get individual, group or telephone counselling. The more counselling you have, the better your chances of quitting.

Step 3: Avoid Triggers

Think about the triggers that make you want to smoke or chew. Plan ways to avoid or cope with these triggers.

Common Triggers	Useful Distractions
Boredom	Distract yourself by talking to someone, going for a walk, or eating a healthy snack.
Other smokers	Try spending time with friends who don't smoke.
Routine	If you have a habit of smoking at a certain time in the day, try changing your routine. For example, if you normally smoke during breakfast, try eating breakfast somewhere else.
Bad mood or depression	Go outside for some fresh air or do an activity you enjoy. Visit your doctor if symptoms continue.
Stress	Do something that helps you relax, for example exercising, reading a book, or taking a bath.

Step 4: Get Medication and Use it Correctly

Nicotine Replacement Therapies (NRTs) can help you quit tobacco. These products can help with cravings and withdrawal while your body adjusts to quitting.

Some NRTs, like the nicotine patch, gum, inhaler and lozenges, are available over the counter. To get medication to help you quit, such as ZYBAN or CHAMPIX, you need to talk to your doctor.

It is common to combine different NRTs with medication to increase your chances of success. Talk to your doctor or nurse to see what might work for you.

You should not smoke or chew while using NRTs. Talk to your doctor before using NRTs, especially if you're a pre/post-natal mom or have a chronic health condition.

Smoking cessation medications double your chances of quitting successfully!

Step 5: Be Prepared for Relapse

Relapse is common when attempting to quit tobacco. Do not be discouraged if you slip and start smoking again. You cannot fail until you stop trying!

Most relapses occur within the first three months after quitting. Remember, some people try to quit several times before they finally quit. It is hard to quit, but not impossible.

If you are having problems, or would like more information, talk to your doctor, nurse or counsellor.



REMEMBER

Tobacco cravings last 3-5 minutes ...
less time than it takes
to have a cigarette. The cravings will
occur less often the longer you stay
tobacco-free. Always remember your
4D's: **deep breath, drink water,**
distract, delay.