

TOBACCO QUIT GUIDE



Tobacco

Has No Place Here

NUQUITS.CA | 1.866.368.7848

WELCOME AND CONGRATULATIONS ON TAKING THE FIRST STEP TOWARDS BEING TOBACCO-FREE!



This handbook will guide you through your quit journey. It will help you beat the cravings, cope with the side effects of quitting, and prepare you to stand tall and break free of this addiction once and for all.

TABLE OF CONTENTS

CHAPTER 1	
The benefits of being tobacco-free	7
CHAPTER 2	
Getting Ready: Tips to help you prepare for your quit journey	13
CHAPTER 3	
You're Doing it! Tips to get you through the first weeks	31
CHAPTER 4	
Staying Strong: Becoming tobacco-free for good.....	41
CHAPTER 5	
Helping Others: Tips for helping others with their quit journey.....	51

SOME WORDS ABOUT CHEWING TOBACCO: JUST BECAUSE IT'S SMOKELESS DOESN'T MEAN IT'S SAFE

**TOBACCO IN ANY FORM
HAS NO PLACE HERE!**



Chewing tobacco causes all kinds of cancers, including cancer of the mouth, tongue, and gums, as well as stomach, esophagus, and bladder.

Just like smoking tobacco, chewing tobacco is highly addictive. It has more nicotine than cigarettes and can be even more difficult to quit. Holding an average-size amount of chew in your mouth for 30 minutes gives you as much nicotine as you would get from three cigarettes!



DID YOU KNOW? Many people believe that chewing tobacco is safer or healthier than regular smoking tobacco. They couldn't be more wrong!

**YOU'RE
BETTER
OFF!**

This booklet is intended to help smokers quit, but the content also applies to other tobacco addictions as well. So we hope it helps you!

CHAPTER 1 THE BENEFITS OF BEING TOBACCO-FREE

Even after just a few days, you can start to see and feel the benefits of being tobacco free. Some of these include:



Increased sense of taste and smell.



More money to spend on other things. If you smoke one pack of cigarettes a day that adds up to \$600 a month, \$7,200 a year, and \$72,000 over 10 years!



Fuller breaths and more energy. Your lung capacity begins improving after just two weeks without smoking.

THERE ARE ALSO MANY LONG-TERM BENEFITS TOO!



Your risk of lung cancer is significantly reduced. With time, your risk can be reduced to that of someone who never smoked! When you quit, you also lower your risk of chronic lung problems such as emphysema and bronchitis.



Stronger heart: Your risk of heart disease is cut in half after just one year being smoke-free!



Stronger body: Smoking makes you age faster, and quitting reduces your chances of problems like cataracts, hearing loss, erectile dysfunction, dementia (memory loss) and osteoporosis (weak bones).



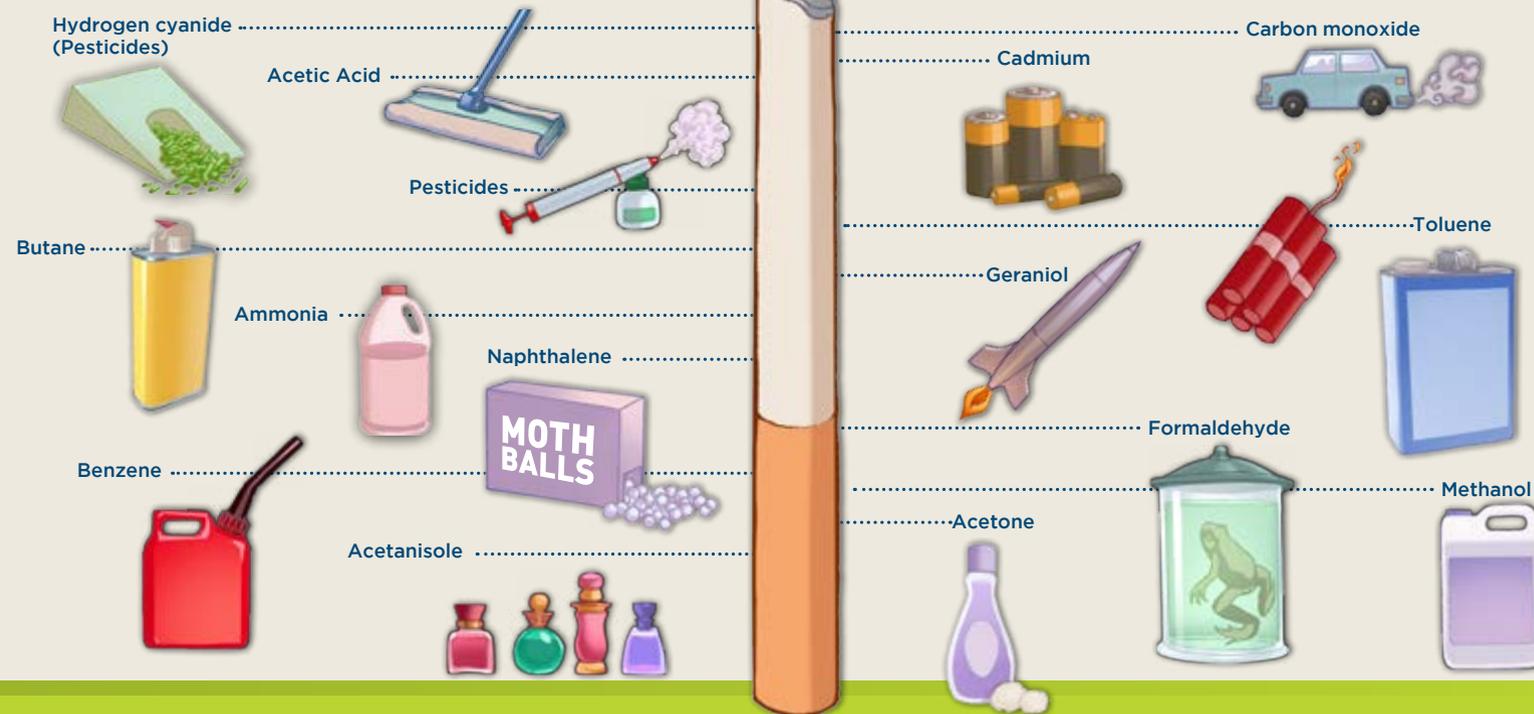
DID YOU KNOW? Smoking causes all kinds of cancers, including lung cancer, mouth, esophagus, larynx, bladder and pancreas. larynx, bladder and pancreas.

IT'S WHAT'S ON THE INSIDE THAT COUNTS

Did you know there are over 4,000 chemicals in cigarette smoke? Over 50 of them cause cancer, and none of them belong in your body!



BEING SMOKE-FREE MEANS BEING POISON-FREE.



TOBACCO AND YOUR BODY

Heavy smoking doesn't just take years off your life, it takes away the quality of the years you have left. It takes away your fitness, your energy, and your dashing good looks. Here are just some of the ways that smoking makes you look older:



EXTRA WRINKLES

Smokers can expect many more wrinkles at an earlier age than non-smokers. The reason for this is that smoking cuts off the blood supply that keeps skin looking rosy and healthy.



DARK BAGS UNDER YOUR EYES

Smokers are four times as likely as non-smokers to say they feel unrested after a night's sleep. Nightly nicotine withdrawal causes you to toss and turn, leaving you looking tired and worn out with dark circles under your eyes.



DULL, THINNING HAIR

Smoking makes hair thinner, duller, and more likely to break. Men who smoke are about twice as likely to lose their hair as men who don't smoke.



YELLOW TEETH AND BAD BREATH

Nicotine stains your teeth yellow, taking away the shine from your natural smile. Smoking and chewing tobacco can also lead to gum disease and bad breath.

THE GOOD NEWS!

Your body begins to heal itself as you free yourself from tobacco and nicotine.

Now that you have quit smoking, you will look and feel way better! Your body begins to heal itself as soon as you quit.



CHAPTER 2: GETTING READY

TIPS TO HELP YOU PREPARE FOR YOUR QUIT JOURNEY

NEED SOME EXTRA SUPPORT WITH THIS?

Call a quit coach toll-free at 1-866-368-7848.



1 MONTH BEFORE QUITTING



PICK YOUR QUIT DATE!

Pick the day that you are going to quit smoking. Pick a day that is two to four weeks from now. This will give you enough time to get ready, but not so much time that you lose your motivation.

CHOOSE AN EASY DAY TO QUIT

Pick a day where you will not be under much stress. If you smoke or chew a lot at work, quit on your day off.





TALK TO YOUR COMMUNITY HEALTH NURSE OR DOCTOR ABOUT USING QUIT AIDS

To help you through the first weeks of quitting (the hard part!) you might want to try a quit aid. Many people pride themselves on quitting tobacco “cold turkey” (without help), but there is no shame in using modern medicine to make this easier for you! When used properly, quitting aids can **DOUBLE** your chances of quitting.

THERE ARE TWO KINDS OF AIDS YOU CAN USE TO MAKE YOUR QUIT EASIER:

1. Nicotine Replacement Therapies (NRTs)
2. Prescription Medications



NICOTINE REPLACEMENT THERAPY (NRTS)

When you crave tobacco, what you are really craving is nicotine, an addictive chemical found in cigarettes. NRTs give your body nicotine and satisfy those cravings, without the thousands of other poisonous chemicals found in tobacco.



TALK TO A DOCTOR FIRST!

Always speak to your community health nurse or doctor before using any kind of quit smoking aids.



PRESCRIPTION MEDICATIONS

Bupropion SR (Zyban®) and Varenicline (Champix®) are medications that do not contain nicotine but work on the brain to reduce withdrawal symptoms and cravings. These medications are only available by prescription.

QUITTING WHILE PREGNANT

**FIND
OUT
MORE**

For more information about these quit aids, visit the “Quit Help” section of the NUQUITS website at www.nuquits.ca.



IF YOU ARE PREGNANT OR BREASTFEEDING

The best thing to do for your baby is to completely stop smoking. You should talk to your health care provider about the best quit aids for you and baby.

QUIT TIP

Plan ahead — some of the prescription quit medications need to be taken two weeks before you quit smoking. If you are interested in using these medications, talk to your nurse or doctor as soon as possible.

NICOTINE PATCHES



HOW IT WORKS

Sticks to your skin just like a bandage and releases nicotine through your skin.

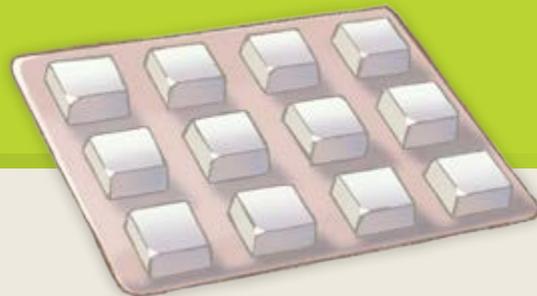
HOW IT IS USED

1. Peel off the backing and press the patch for 10 seconds onto a clean, hair-free area of skin above your waist but below the neck.
2. Now remove the old patch before applying new one. Change the location where you put your patch each time.
3. Wash your hands after application.

PRECAUTIONS

- ◆ If you have trouble sleeping after starting the patch, remove it one to two hours before bedtime. Do not cut the patch in half or alter it in anyway.
- ◆ Side effects include skin sensitivity and irritation (most common), strange dreams, difficulty sleeping, nausea and upset stomach.
- ◆ Advise your community health nurse or doctor: if you are pregnant or breastfeeding, or have known heart conditions.

NICOTINE GUM



HOW IT WORKS

Provides a burst of nicotine as it is chewed. Used whenever experiencing a craving.

HOW IT IS USED

1. Do not chew nicotine gum like normal gum. Instead 'bite' the gum once or twice, then "park" the gum in the corner of your mouth (between your cheek and gums).
2. Wait one minute, bite the gum a few more times, and then "park" the gum again.
3. Repeat the 'bite' and "park" process for 30 minutes.

PRECAUTIONS

- ◆ It takes the gum 15 – 30 minutes to start working, so take it before you think you might need it. Do not chew more than 20 pieces a day.
- ◆ Do not swallow nicotine gum.
- ◆ Do not eat or drink for 15 minutes before or while chewing the gum.
- ◆ Side effects include sore mouth, hiccups, upset stomach and jaw ache.

BEWARE

NICOTINE POISONING

Nicotine poisoning happens when too much nicotine is taken in at once. Nicotine poisoning can occur while using NRTs for the first time and taking too big of a dose, or when people use an NRT like the patch and then smoke or chew at the same time.

KEEPING KIDS SAFE FROM NICOTINE

Nicotine gum can easily be confused with regular gum. Keep your NRTs away from children.

Here are the initial symptoms of nicotine poisoning:

- ◆ Nausea
- ◆ Sweating
- ◆ Drooling
- ◆ Headache
- ◆ Cramps

More severe symptoms include:

- ◆ Vomiting
- ◆ Weakness
- ◆ Difficulty breathing
- ◆ Pale, pasty skin
- ◆ Heart palpitations
- ◆ Fainting
- ◆ Confusion
- ◆ Seizures and coma (in extreme cases)



**GET HELP
IMMEDIATELY**

If nicotine poisoning is suspected, you should stop using all nicotine and call your community health centre or hospital.

NICOTINE LOZENGE



HOW IT WORKS

Sucked like hard candy whenever craving tobacco, the nicotine is delivered and absorbed through the lining in the mouth.

HOW IT IS USED

1. Place one lozenge in your mouth and allow it to dissolve slowly. Do not chew.
2. Slowly suck until there is a strong taste, then rest the lozenge in your cheek.
3. Occasionally move the lozenge from one side of your mouth to the other.
4. The lozenge should take about 20 to 30 minutes to dissolve.

The nicotine lozenge is similar to a cough drop or a sore throat lozenge. Each lozenge has nicotine in it, which is released as the candy melts in your mouth.

PRECAUTIONS

Side effects include nausea, hiccups, heartburn, headache and coughing.

- ◆ Do not eat or drink for 15 minutes before taking the lozenge.

NICOTINE INHALER



HOW IT WORKS

Inhales like a cigarette, but without harmful chemicals or smoke.

HOW IT IS USED

1. Line up the markers and pull each end apart.
2. Insert cartridge into the mouthpiece, and twist to close it up.
3. Inhale deeply to the back of your throat or puff in short breaths.

Each cartridge will last for about 20 minutes of continuous frequent puffing.

PRECAUTIONS

Side effects include mild irritation of mouth and throat, coughing, and runny nose that may get better as you continue to use the inhaler.

PRESCRIPTION MEDICATION

CHAMPIX® (VARENICLINE)

Varenicline is only available by prescription from a community health nurse or doctor. It blocks the effects of nicotine and reduces cravings and withdrawal symptoms. If you start smoking again while taking the medicine, you won't feel as satisfied.

HOW IT IS USED

- ◆ Take daily for three days, then twice a day with food for 12 weeks.
- ◆ You should quit smoking one to two weeks after starting the medication.

PRECAUTIONS

- ◆ Side effects include upset stomach, trouble sleeping and strange dreams.

- ◆ Stop taking the medication and see your health care provider immediately if experiencing unusual feelings of anxiety, aggression, depressed mood, changes in behaviour or if you are having thoughts of self-harm or harm to others.

DRUG INTERACTIONS

This medicine should not be combined with NRT because it increases the risk of side effects.

COMMENTS

- ◆ If you are still smoking four weeks after starting this medicine, see a health care provider.
- ◆ This medicine should always be taken with a meal and a glass of water.

ZYBAN® (BUPROPION SR)

Bupropion is only available by prescription from a community health nurse or doctor. It helps balance chemicals in the brain to reduce withdrawal symptoms.

HOW TO USE IT

- ◆ Take daily for three days, then twice a day in the morning and early evening for seven to 12 weeks
- ◆ Should be taken one to two weeks before quit date.

PRECAUTIONS

- ◆ Side effects can include difficulty sleeping and dry mouth.

- ◆ A doctor should be seen immediately if experiencing unusual feelings of anxiety, aggressions, depressed mood, changes in behaviour or thoughts of self harm or harming others.

DRUG INTERACTIONS

Bupropion interacts with some other drugs. If you are taking other medications, you should speak to your health care provider about possible drug interactions.

COMMENTS

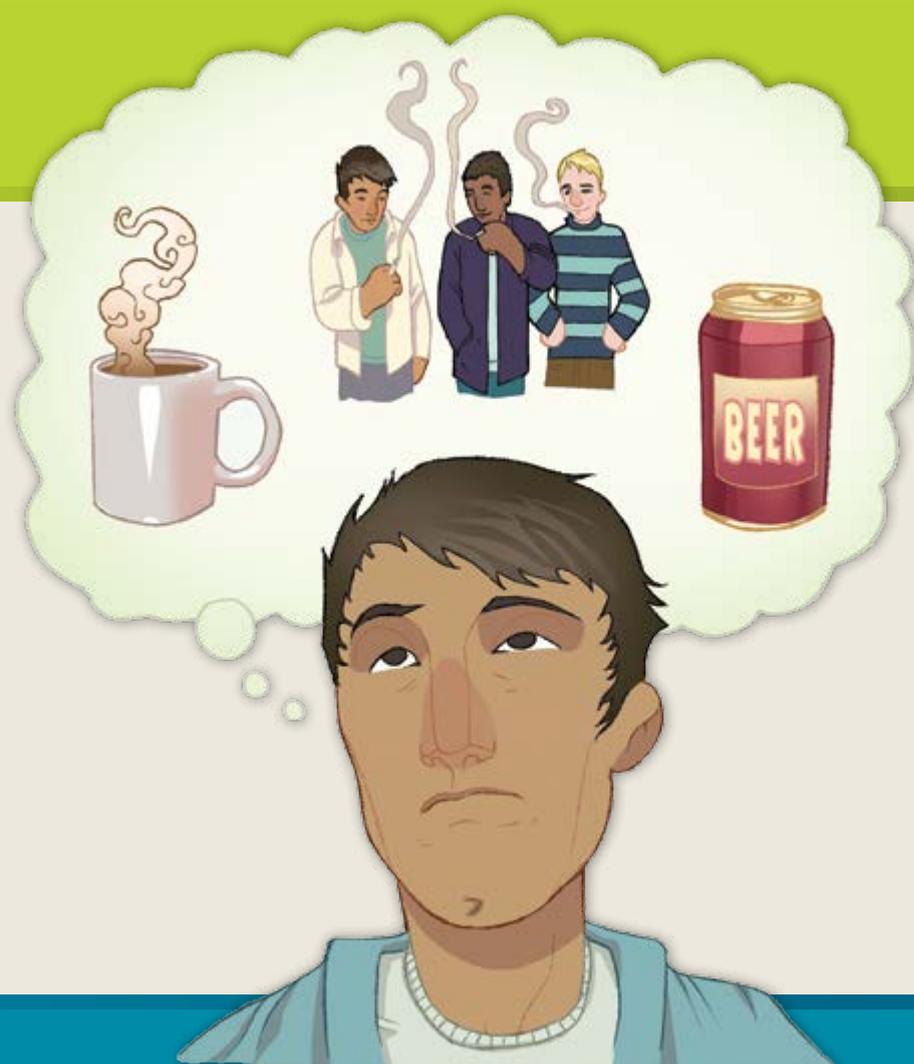
- ◆ May be safely combined with NRT, but a health care provider should monitor for high blood pressure.
- ◆ Not recommended for those who are at risk of seizures or alcohol dependence.

KNOW YOUR “TRIGGERS”

Parts of your routines and everyday situations can “trigger” your urge to smoke or chew without you even thinking about it. To kick the addiction for good you’ll need to figure out what your triggers are and how to beat them.

For the next little while, think about each cigarette you have and the situation you are in when you have it. Remember where you are, who you are with, what you are doing, and how you are feeling (bored, grumpy, stressed, etc.).

The more you think about it, the more patterns you’ll spot. You’ll see the same people and the same places again and again. Once you see these patterns you’ll be able to think of ways to break them.



CHANGE YOUR HABITS, CHANGE YOUR LIFE

Smoking or chewing is probably a big part of your life, and it’s going to take practice living life without it. Start practicing being tobacco-free by changing your daily habits and adjusting to a different rhythm. Now that you have started to see what some of your smoking “triggers” are, you can find ways around them.

- ◆ If you smoke as soon as you get out of bed, delay that first smoke until after breakfast.

- ◆ If you usually have a cigarette on your way to work, leave early and light up once you get there.
- ◆ If you smoke with your friends, start smoking on your own. Separate your social time and your smoking time – stop thinking of them as the same thing.



Start making these changes now and you will be much more prepared for when you quit tobacco altogether.

EVERYONE NEEDS A LITTLE SUPPORT

1 WEEK
BEFORE QUITTING



FIND A QUIT BUDDY

This can be someone who has decided to quit at the same time as you, someone who has already quit, or just someone you can depend on. Having someone to help you through difficult times and keep you motivated makes a huge difference.

SPEAK UP!

Ask your friends and family who smoke to support you by not offering you cigarettes or smoking around you, at least for the first little while. Be firm about your need for a smoke-free space.

3-4 DAYS
BEFORE QUITTING



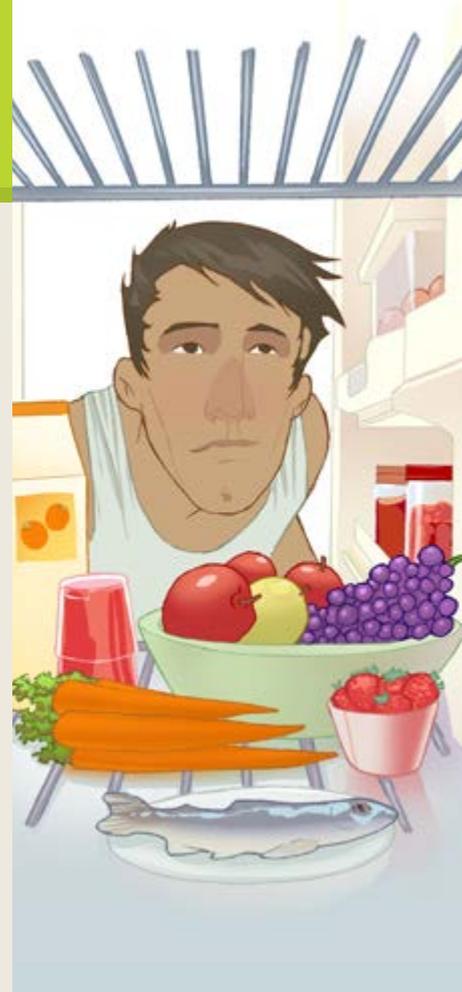
STOCK UP ON HEALTHY SNACKS

Having healthy food on hand will make quitting easier. Snacking keeps your hands and mouth busy. Small snacks throughout the day will satisfy your hunger. Here are some ideas for little things to keep in your fridge and around your house:

- ◆ Sunflower seeds
- ◆ Baby carrots
- ◆ Rice crackers/rice cakes
- ◆ Unbuttered popcorn
- ◆ Fat-free yogurt
- ◆ Mints
- ◆ Hard sugar-free candies
- ◆ Dried jerky
- ◆ Slightly frozen country meats
- ◆ Dried meat or fish
- ◆ Apples, grapes, berries

QUICK TIP

Keep a jug of water in the fridge. A glass of cool, refreshing water helps to beat the cravings.



WHAT ARE YOUR REASONS?

Make a list of all those reasons why you are quitting. Be as specific as you can – the more detailed and personal the list, the stronger it will be.

HERE ARE SOME IDEAS TO GET YOU STARTED

- ◆ I do not want to suffer from heart problems or cancer. I want to be healthy.
- ◆ I want to have fresh breath and a bright smile again.
- ◆ I want my kids to look up to me; I don't want them to start using tobacco because I do.
- ◆ I want to have more energy. I want to be able to walk to the store without feeling out of breath.
- ◆ I want to have more money to spend on myself and my loved ones.
- ◆ I want to live longer to see my kids grow up.



Post this list around your home or work. Keep your list in your pocket or purse and pull it out whenever you have a craving. It will remind you why you are quitting. It will keep you strong when times get tough.

1 DAY
BEFORE QUITTING



START FRESH

- 1. Throw out the reminders.** Get rid of all your ash trays, packs of smokes, and cans of chew. Get rid of anything that reminds you of tobacco and will tempt you.
- 2. Clean house.** Give your whole home and car a good clean. Get rid of that stale smoky smell by sprinkling baking soda on carpets and upholstery, then vacuuming it up in the morning. Use soap or vinegar on the walls.
- 3. Set new house rules.** Ask others in the house who smoke to only smoke outside from now on.
- 4. Let the house breathe.** If the weather allows it, open up all your doors and windows and let the house air out.
- 5. Load up the laundry.** Wash all your clothes, blankets, and furniture covers in the washing machine. In addition to laundry soap, use a cup of white vinegar to get rid of the old tobacco smell.



**2 DAYS
BEFORE QUITTING**



START A REWARD JAR

It's one thing to know you're saving money. It's quite another to actually be able to hold it in your hand and see it. Whatever you usually spend on tobacco, add it to the jar. If you're a pack-day-smoker, add \$20 each day. After just one month that'll be \$600, and after a year \$7,200!



REWARD JAR

To understand just how much you're saving – start a reward jar. Whatever you usually spend on smokes, add to that jar. If it's a half pack a day, put \$10 into the jar. If it's a full pack, put in \$20.

CHAPTER 3: YOU'RE DOING IT! TIPS TO GET YOU THROUGH THE FIRST WEEKS

DAYS 1 - 2

DEALING WITH WITHDRAWAL

Need some extra support with this? Call a quit coach toll-free at 1-866-3368-7848 available 365 x 24 x 7 days a week.

WHAT IS WITHDRAWAL?

Withdrawal is how your body responds to being cut off from an addictive drug. It may be uncomfortable, but don't worry, but it doesn't last long! Withdrawal symptoms are usually worst in the first three to five days after you quit, and will begin to disappear after seven to 10 days.

Withdrawal is actually a sign that your body is healing.

SIGNS OF WITHDRAWAL



FEELING TIRED

Nicotine is a stimulant - a drug that makes you feel more alert. Now that you've cut it out you might be feeling a little more tired than normal. This will pass, but for now make sure you get a good night's sleep, nap when you need to, or do some exercise during the day to wake yourself up.



DRY THROAT

Drink lots of water and herbal tea. Lemon and honey can also help.



TROUBLE SLEEPING

For the first week that you quit, you may be tossing and turning in the night as your body craves the nicotine. Cut down on caffeine (coffee, pop) during the day and avoid TV or computers before going to bed.



COUGHING UP PHLEGM

This is part of the healing process, it's how your body cleans itself of dirt and chemicals. Just spit it out and drink lots of water.



STOMACH PAIN OR CONSTIPATION

Eat lots of high-fiber foods, such as fruits, vegetables and whole grains. You can also talk to your community health nurse about a fiber supplement or stool softener.



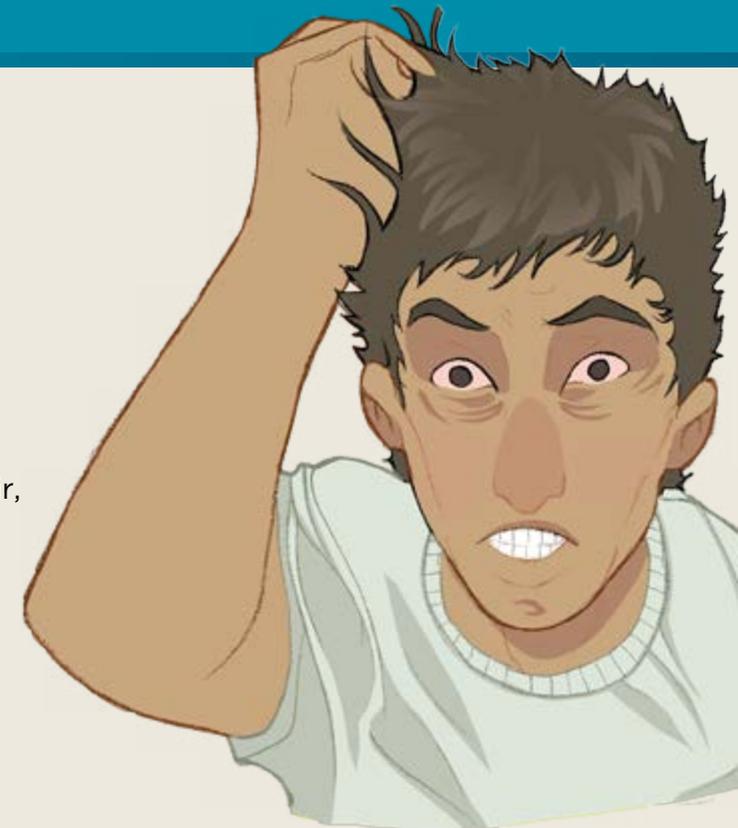
CRANKINESS

Go for a walk, step outside for some fresh air, take a bath, or put on some calming music.



FEELING HUNGRY

Your brain is confusing nicotine craving for food cravings. Eat lots of healthy snacks throughout the day. A cold glass of water can also help.



DAYS 3 - 4



DO THINGS DIFFERENTLY

Without you even thinking about it, all kinds of things can make you want to smoke or chew. Tobacco has been a big part of your day-to-day life and to beat the cravings, you will need to switch up your daily routine.

QUIT TIP

Here are just some of the common triggers to avoid:

- ◆ Drinking coffee
- ◆ Breaks at work
- ◆ Being around other smokers
- ◆ Drinking alcohol



TOBACCO AND ALCOHOL

DAY 5



NEED SOME EXTRA SUPPORT WITH THIS?

Call a quit coach
toll-free at 1-866-368-7848.

If you are serious about kicking this addiction for good, think about giving up alcohol for the first couple weeks or even months, until you are strong enough to resist the urge to smoke.

Alcohol is the single biggest reason many people slip up and go back to smoking. If staying smoke-free means avoiding events where people are drinking and staying clear of the bar for a while, then so be it. There is nothing more important than your health!

WHY DOES ALCOHOL MAKE ME CRAVE CIGARETTES SO MUCH?

Not only is alcohol a trigger like coffee or stress, but it also takes away your self-control. It triggers a craving while also removing your defenses against those cravings.

DAY 6

DON'T GIVE TO THE CRAVINGS!

Cravings are tough, both mentally and physically. There's no doubt about it. But they are temporary. They almost never last more than a few minutes. You just need to wait them out. To help you do this, remember The Four Ds:

- ◆ **DELAY:** Fight the urge and wait a few minutes to see if the craving passes (it always will).
- ◆ **DISTRACT:** Play a game, pick up a guitar, make a cup of tea, or take a shower. Keep your hands busy and your mind occupied.



- ◆ **DEEP BREATHS:** Take a deep breath in through your nose and hold it for five seconds. Slowly breathe out through your mouth to the count of seven. Repeat this exercise three times.
- ◆ **DRINK WATER:** Slowly drink a glass of water. Hold each sip in your mouth for a few seconds and swirl it about. This not only replaces the sensation of having a cigarette in your hand, but also of smoke in your mouth.

DEALING WITH STRESS

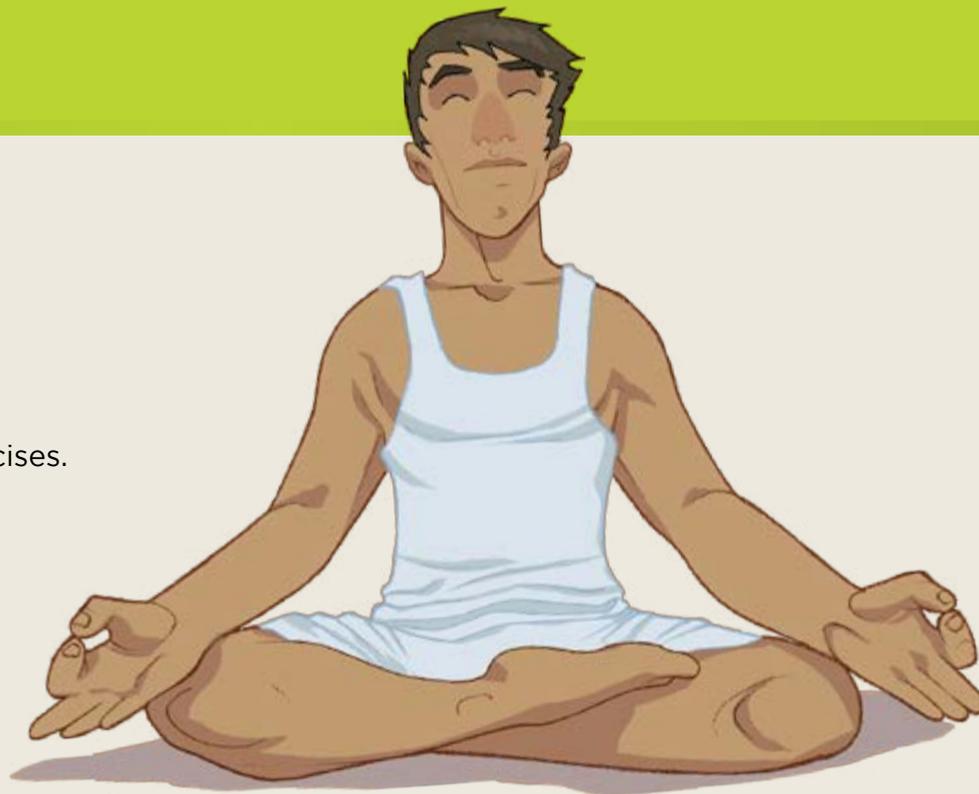
DAY 7

DEALING WITH STRESS

Many people start smoking or continue to smoke because they feel that it helps them cope with stress. Stress is a natural part of life, and it can never be avoided entirely. Quitting tobacco means finding new ways to cope with stressful situations.

HERE ARE SOME SUGGESTIONS

- ◆ Get some fresh air; go for a relaxing walk on the land.
- ◆ Cut out caffeine during the day to get a better sleep each night.
- ◆ Practice relaxation or deep breathing exercises.
- ◆ Try stretching or yoga to help you relax.
- ◆ Play an instrument – it's both soothing and distracting.
- ◆ Talk it out with a friend.
- ◆ Call our quit coaches at 1-866-3NU-QUIT (368-7848). The service is free and available in Inuktitut, Inuinnaqtun, English, and French.



SMOKING ACTUALLY CAUSES MORE STRESS THAN IT RELIEVES.

Nicotine does trigger some relaxation signals in the brain, but it actually increases your overall level of mental and physical stress.

Smoking increases your heart rate, raises your blood pressure, and makes you obsessed with taking smoking breaks. All of these things make you feel stressed!

Because your body links feelings of stress with smoke breaks, your mind actually tricks you into thinking you are more stressed than you are just to get that nicotine fix! Now that you've made it through the first and most challenging phase, it's time to look to the future and think about how to stay tobacco-free for life.

SET A SHINING EXAMPLE

Make your home smoke-free and join the Blue Light Campaign. Put a blue light bulb in your porch light to show your neighbours that you are taking second-hand smoke seriously, and that any smokers in your house only smoke outside now.

BE SOMEONE TO LOOK UP TO

By quitting tobacco and staying quit, you're setting an incredible example. You're being someone that the kids in your life can look up to and respect.

CHILDREN SEE, CHILDREN DO

The example you set really does matter to your kids. Children of smokers are more than twice as likely to grow up smoking themselves than the children of non-smokers.



CHAPTER 4 STAYING STRONG. BECOMING TOBACCO-FREE FOR GOOD.

SECOND-HAND SMOKE

Quitting smoking isn't just good for you and your health. It is also good for your friends and family who share your life.

Second-hand smoke is the smoke that either burns off the end of your cigarette or that you breathe out after smoking. It is very dangerous. Just like the smoke that you inhale when you take a drag, second-hand smoke causes cancer, heart disease, as well as a bunch of different lung diseases and breathing problems. Second-hand smoke is especially dangerous for pregnant women and young children. Here are just some of the risks:

- ◆ Being around second-hand smoke while pregnant increases the chance of miscarriage, still-born birth, or a low birth-weight baby, as well as other pregnancy and delivery problems.
- ◆ Babies and young children who are around smoke have a greater chance of sudden infant death syndrome (SIDS), lung infections, ear infections, and severe asthma attacks.
- ◆ Children who are around smoke can suffer from wheezing, coughing, bronchitis, and pneumonia, and slow lung growth.

IT ONLY GETS BETTER WITH TIME

Healing from Smoking Timeline



QUITTING AND WEIGHT GAIN

KNOW WHAT TO EXPECT

Not everyone puts on weight, but for those who do the average is about six pounds, which is a small price to pay for all the other health benefits you get from quitting.

WHY DOES WEIGHT GAIN HAPPEN?

Your body puts on weight for a few reasons:

- ◆ Food tastes and smells better now that your senses are returning.
- ◆ You are also probably snacking more to keep your hands busy.
- ◆ Your body may be confusing nicotine cravings for hunger.



TIPS TO LOSE THOSE EXTRA POUNDS

PLAN MEALS



Try not to eat fast foods or frozen pre-made meals from the store. They are high in fat and salt. Instead, cook meals yourself. You will lose weight and save money!

SNACK HEALTHY



Eat healthy snacks such as country good, fruits, vegetables, crackers or sugarless gum to help you avoid salty or sugary snacks.



DROP THE POP

Cut out sugary drinks. A can of pop is full of sugar, caffeine, and extra calories. Stay away from sugary drinks and you'll lose weight and sleep better.



CUT OUT BEER AND OTHER ALCOHOL

All alcohol is high in calories, but beer is one of the worst. By cutting down or cutting out your evening drinks, you'll be doing your waistline a big favour!



BE ACTIVE EVERYDAY

Being active for as little as 30 minutes a day will make a big difference. You'll look and feel way better.

SEX & CIGARETTES

BETTER SEX

Quitting smoking improves blood flow and circulation. For men, this means stronger erections, and for women stronger orgasms and easier excitement. In fact, men who smoke are twice as likely to suffer from impotence than men who don't smoke.

STRONGER ATTRACTION

It's also been found that non-smokers are up to three times more sexually appealing. Once you quit, you smell better, look better, feel better - and others take notice!

INCREASED FERTILITY

Non-smokers find it easier to get pregnant and are more likely to give birth to healthy babies. Quitting smoking improves the lining of the womb and can make men's sperm stronger.



PICK EXERCISE THAT FITS YOUR LIFE

A regular exercise routine is not only good for your health, but it is also a great way to make sure you stay quit. You will feel better about yourself, keep busy, and crave tobacco less.



GET FIT WITH A FRIEND

Starting up an exercise routine is way easier when you do it with a friend – someone to get you off the couch on those days where you're feeling lazy.

As little as 30 minutes of exercise a day (one TV show!) will make a huge difference. And that can be split up into two different bursts throughout the day. Some ideas of things you can do to stay in shape:

- ◆ Go for walks on the land.
- ◆ Walk instead of driving or snowmobiling to work or to the store.
- ◆ Play hockey or other sports.
- ◆ Offer to shovel snow for an Elder.
- ◆ Go to a community dance!

CELEBRATE YOUR SUCCESSES

Many people say quitting smoking was one of the hardest things they have ever done. Quitting is a big deal. So celebrate it!

Each month you pass without smoking is a milestone and a big reason to be proud of yourself. So celebrate those successes! And invite your friends and family to join in – this is your hard work but it benefits everyone.

REWARD YOURSELF with a nice meal, some new clothes, or an afternoon of fishing. Do whatever makes you happy. And don't be afraid to spend a little bit of that money you've been saving – you've earned it!

**SHARE
YOUR
STORY**

Your story is a victory. It can inspire others, and our Facebook community loves to hear about the success of its members.

 /tobaccohasnoplacehere





SLIPS AND RELAPSES

Quitting smoking is a process, not an event. On average, it takes about seven serious tries for a daily smoker to quit for good. Slips and relapses happen. They are tough, but they happen to everyone. You can always take back control.

SLIPS VS. RELAPSES?

A slip is just what it sounds like. It's a single mistake, a cigarette or two after you've quit. A relapse is when you go back to smoking like you used to. But it's never too late to get back on track.

PRACTICE MAKES PERFECT

The first thing you need to do is recognize your mistake for what it is: just a mistake.

One slip doesn't make you a failure, but it's important to get back on track right away. Don't waste any time. Throw away any tobacco that you bought and renew your promise to quit.



NEED SOME EXTRA SUPPORT WITH THIS?

Call a quit coach
toll-free at 1-866-368-7848.

LEARN FROM YOUR MISTAKES

Think about what made you want to use tobacco again, and why this craving was different than all the others you've beaten.

Was alcohol involved? Were you going through a difficult time? Were you having a hard day? If you can figure out what happened, you can make a plan to stop it from happening again in the future.

You may need to work on how you handle stress, you might need to reach out to family and friends for support, and you might need to cut out alcohol altogether.

FINDING SUPPORT WHEN YOU NEED IT



One of the best things you can do to stay quit is to use the community for support.

Find other Nunavummiut who have also quit smoking or who are trying to quit, and share your stories and advice. You can also call our quit coaches anytime you like. Whether you need some help getting through a tough time, a reminder about why it's important to never give in, or just want someone to talk to, we're always here for you.

Call us at 1-866-3NU-QUIT (368- 7848)

The service is free, confidential, and available in Inuktitut, Inuinnaqtun, English, and French. The service is available 365x7x24

CHAPTER 5: HELPING OTHERS TIPS FOR HELPING OTHERS WITH THEIR QUIT JOURNEY

BE A QUIT BUDDY

Being a good quit buddy can make all the difference.

Seven out of 10 tobacco users want to quit.

The smokers in your life, likely already want to quit and with the info here you can support them in their journey to becoming tobacco-free.

You don't need to be a nurse or doctor to help people who want to quit using tobacco. Just a few minutes of your time can make a big difference to people trying to quit.

EVEN IF YOU SMOKE, YOU CAN STILL HELP

As a person who smokes, you know what it's like to deal with this addiction. You can relate on a personal level to what other smokers are going through.

They might even be more comfortable talking to you about smoking than talking to someone who doesn't smoke.

How you approach this conversation is very important.

Try to be gentle and non-blaming. This is about helping, not making others feel bad about themselves. If you sound like you are being judgmental, people can easily shut down or feel threatened.



WHAT IF SOMEONE DOESN'T WANT TO QUIT?

Even if someone is not ready to quit smoking, there are other things they can do to be a safer and more responsible smoker. Every step someone takes to reduce their second-hand smoke, support others trying to quit, and cut down their own tobacco use will help them, their family, and their community.

What you can say to help someone be a safer and more responsible smoker:

SMOKE OUTSIDE

The smoke that burns off the end of cigarettes or is breathed out is called second-hand smoke and is just as toxic as the smoke that is breathed in directly. By smoking outside and away from others you will make sure that no one else is harmed by your cigarette smoke.

KEEP YOUR CAR SMOKE-FREE

Cars are very tight spaces and the air doesn't circulate very well – for these reasons they are one of the worst places to smoke. It is especially bad to smoke in a car if there are other people sharing the space, as they will also inhale the toxic second-hand smoke.

DON'T SMOKE AROUND PREGNANT WOMEN AND CHILDREN

Cigarette smoke is very dangerous to unborn babies and children. The chemicals in cigarette smoke are very harmful to young lungs. Give pregnant women and young children lots of room, and smoke away from their space. Never smoke while carrying children in your amauti.

SUPPORT OTHERS WHO ARE TRYING TO QUIT

If your friends or loved ones are trying to quit smoking, support them by not smoking nearby. The smell and sight of smoking can make them want a cigarette, so give them as much space as possible.

TRY CUTTING DOWN

Even if you aren't ready to quit, reducing the number of cigarettes you smoke can help you quit in the long run.

SUPPORT GROUPS: QUITTING AS A COMMUNITY

Smoking is a personal choice and deciding to quit is something people need to do for themselves. But at the same time, support groups can give people who are quitting strength and encouragement.

If there are already groups set up in your community, let the people you are helping know they are there and will be a big help. If there aren't any support groups for quitting tobacco in your area, you can consider starting one up yourself or approaching a community health worker about this need.

STARTING A SUPPORT GROUP YOURSELF

If this is something you are interested in, there are several resources we can give you to help you get started. For a full how-to guide and more information contact the tobacco reduction specialist at tobacco@gov.nu.ca or call toll free at 1-866-877-3845. You can also use the Nunavut Quitline for ongoing support and ideas to help you start-up and build your support group.

