

# Countdown begins today!

Great news—you decided to quit. Use these tools to help make that happen.

14

## Pick a quit day!

Choose a day to start being tobacco-free and stick to it.

13

## Keep a journal

Write your goals and other thoughts along the way.

12

## Visit your nurse or doctor

Before you start, talk to your health care provider and get their advice and help.

11

## Get supplies

Stock up on healthy snacks and nicotine replacement therapy.

10

## Talk about it

Make a pledge to your family or friends.

9

## Stash your savings

Put all the money you usually spend on tobacco in a jar.

8

## Use the four helpers

To deal with cravings:

- drinking water
- deep breathing
- distractions
- delaying

7

## Get a head start

Smoke or chew a little less each day.

6

## Envision success

See yourself as a tobacco-free person.

5

## Help others

Get good feelings from being kind and helpful, instead of from tobacco.

4

## Enjoy food more

Smell and taste food in new ways without tobacco.

3

## Have new adventures

Try new things; find something else to enjoy.

2

## Connect with family

Remember that quitting helps you and everyone around you.

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## Clean house

Throw out everything tobacco: ashtrays, lighters, spit jars, etc.

### Quitline—24/7

1-866-368-7847

quithelp@gov.nu.ca

Live chat: nuquits.ca

## Week 1

Your courage and hard work prepared you for this journey.

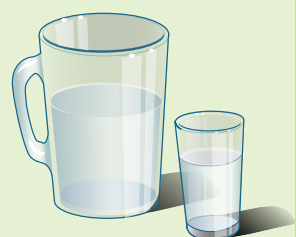
### 1 Start today

Say, "From today on, I am tobacco-free." And believe it.



### 2 Drink water

Use water to flush out nicotine and poisons—gone in just one day.



### 3 Make a new routine

Try new activities; do things in a different order; break old habits that involve tobacco.

### 4 Drink less caffeine

Cut down on the coffee, tea and pop—without them quitting is easier.



### 5 Enjoy smells

Eat favourite foods or try new ones—without tobacco you smell and taste them better.



### 6 Stay away from alcohol

Choose activities that help you quit—drinking makes quitting harder.

### 7 Stay away from tobacco

Hang out with people who don't smoke; as much as possible, avoid people who use tobacco; say "NO" if someone offers you tobacco.



## Week 2

You are ready for week two. Keep saying, "From today on, I am tobacco-free."

### 8 Overcome cravings

Practice the four helpers—drinking water, distractions, deep breathing, delaying.

### 9 Manage stress

Go for a walk, stretch, practice relaxation, be patient with yourself and others.



### 10 Brush your teeth

Remove the nicotine stains and freshen your breath.



### 11 Go out with friends

Take along a quit buddy—someone to help you stay tobacco-free.

### 12 Eat healthy snacks

Try veggies, dry meat, berries and yogurt, or other good things to help beat the cravings.



### 13 Be a role model

Set a good example for others in your life, especially young people.



### 14 Write in your journal

Describe how it feels to make it through two weeks without tobacco.

## Week 3

Things may get hard. Keep saying, "From today on, I am tobacco-free."

### 15 Talk to someone

Share with another friend who is quitting or use the Quitline.



### 16 Do things you enjoy

To help reduce stress, find pleasure—play with your kids, take a warm bath, watch a comedy, read a good book, listen to your favourite music, spend time with a friend.

### 17 Be active

To help reduce stress, get moving—play sports, go for a walk or run, do some other exercise.



### 18 Enjoy your healthy heart

Know that blood flow improves almost right away, and after one year, your risk of heart disease is half what it was.



### 19 Celebrate no second-hand smoke

Enjoy the thanks from friends and family for not smoking; second-hand smoke causes cancer, heart disease, and other breathing problems.

### 20 Keep saving money

Use the money to buy something special.



### 21 Smile

Celebrate three weeks tobacco free; you have lots to smile about; when you smile, you feel happier.

## Week 4

The last full week of your quit month. Keep saying, "From today on, I am tobacco-free."

### 22 Expect coughing

Know that coughing is normal after a few weeks without tobacco—to clean out your lungs. Visit the health centre if coughing lasts longer than a few weeks.

### 23 Keep taking medicine

Even if the cravings fade, keep taking the quit medicine.



### 24 Write about your experience

Describe how you feel so far, how much money you saved, how your cravings and energy change; read your journal when you have a bad day.

### 25 Always be ready

Know that cravings can happen any time, any place; distract yourself, keep your mind and hands busy—play a game, make tea, eat a healthy snack, chew gum, etc.

### 26 Get more active

Feel your increased strength and health; if you walk, try walking farther, longer and faster.



### 27 Enjoy fresh smells

Celebrate how your clothes, breath, and home smell better without tobacco; ask someone to help you wash all the walls and surfaces.

### 28 Keep saving money

Put the money in a bank account and save it for something big; you already saved at least \$300 if you smoked half a pack a day.



## Week 5

This may be the easiest week so far. Keep saying, "From today on, I am tobacco-free."

### 29 Share quitting stories

Listen to other people's stories and share your own story; talk to your friends and neighbours; join the conversation on Facebook—Tobacco Has No Place Here.



### 30 Plan to celebrate

Make a special dinner, buy a gift for yourself or someone else, go on a special walk or trip.

### 31 Celebrate!

Know that if you quit for one month you can quit for longer; keep saying, "From today on, I am tobacco-free."



# CONGRATULATIONS YOU DID IT!

Quitting tobacco one day at a time

# QUITTING? GREAT!

This quit calendar can help you day by day in your quit journey. First work through steps one, two and three. Then turn over to the quit calendar and start two weeks before the day you want to quit. Begin with the circle labelled 14. Mark off each day with an X. Just take it one day at a time!

# QUIT CALENDAR

Quitting tobacco one day at a time



\_\_\_\_\_ 3  
\_\_\_\_\_ 2  
\_\_\_\_\_ 1

If you smoke one pack a day, you are spending \$8,400 (based on \$23 per pack) on tobacco a year. What could you spend that money on instead?

\_\_\_\_\_ 5  
\_\_\_\_\_ 4  
\_\_\_\_\_ 3  
\_\_\_\_\_ 2  
\_\_\_\_\_ 1

What are your top reasons for wanting to quit tobacco?

What is your motivation to quit?

Ask one of these people to be your quit buddy – a person who will support and listen to you through the challenges of quitting.

\_\_\_\_\_ 3  
\_\_\_\_\_ 2  
\_\_\_\_\_ 1

The support of family, friends and your community is important to become tobacco-free. Make a list of the people who will support you:

**Talk to friends and family**

Contact the quit coach through the Quitline for support 24/7 at 1-866-368-7848, email at [quithelp@gov.nu.ca](mailto:quithelp@gov.nu.ca) or by live chat at [nuquits.ca](http://nuquits.ca)

**Counselling and talk support**

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## Stay quit

WOW! You've made it one month tobacco-free. Here are some tips to keep you strong:

- ✓ **Ask for help.** Reach out to family and friends or our quitline coaches.
- ✓ **Never give up.** It can take a few times to quit for good. If you return to tobacco use, try again. Figure out what made you use tobacco, and then work to avoid that next time.

## Talk to a quit coach

Get free, private support from trained quitline counsellors, 24/7



1-866-368-7848

Or email at

[quithelp@gov.nu.ca](mailto:quithelp@gov.nu.ca)

Or live chat at

[nuquits.ca](http://nuquits.ca)



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## Medicine

Products like the nicotine patch, gum, or pills ordered by the doctor are free for most people in Nunavut – and they can triple your chances of quitting for good! Talk to your doctor, nurse or pharmacist to find out more.

