

# CONGRATULATIONS!

ON DECIDING TO REDUCE OR QUIT TOBACCO OR VAPING!



**QUITTING IS THE SINGLE BEST THING YOU CAN DO TO IMPROVE YOUR MENTAL AND PHYSICAL HEALTH.**

This guide can provide you with the information and tools to be successful.

The guide discusses smoking cigarettes most often, but the information still applies if you are a smokeless tobacco user, such as chew, snuff or dip.



## HOW MUCH IS TOBACCO OR VAPING COSTING YOU?



\_\_\_\_\_ # CIGARETTES PER DAY ÷ # \_\_\_\_\_ CIGARETTES PER PACK x \$ \_\_\_\_\_ COST PER PACK x 365 DAYS = \$ \_\_\_\_\_ **COST PER YEAR**

\_\_\_\_\_ # TINS OF CHEW PER WEEK x \$ \_\_\_\_\_ COST PER TIN x 52 WEEKS = \$ \_\_\_\_\_ **COST PER YEAR**

\_\_\_\_\_ # VAPES OR PODS PER WEEK x \$ \_\_\_\_\_ COST PER VAPE OR POD x 52 WEEKS = \$ \_\_\_\_\_ **COST PER YEAR**



Start a reward jar after you quit. Put all the money you would normally spend on tobacco or vapes in a jar. Treat yourself at the end of the week.



My reasons for quitting are:

## THE BENEFITS OF QUITTING ARE IMMEDIATE



- WITHIN 8 HOURS:** Oxygen levels in your body go back to normal.
- WITHIN 48 HOURS:** The chances of having a heart attack go down, and your sense of taste and smell start to get better.
- WITHIN 72 HOURS:** Your lungs relax, making it easier to breathe.
- WITHIN 2 WEEKS TO 3 MONTHS:** The blood flow through your body and air flow through your lungs get better.
- WITHIN 6 MONTHS:** Coughing, tiredness, sinus congestion and shortness of breath all improve.
- WITHIN 1 YEAR:** The risk of a heart attack from smoking drops to half of that of someone who still smokes.
- WITHIN 10 YEARS:** The chances of dying from lung cancer drops to half of that of someone who still smokes.
- WITHIN 15 YEARS:** The risk of dying from a heart attack becomes the same as a person who has never smoked.



## WHY DO YOU WANT TO QUIT?

Knowing your personal reasons for quitting can help you stay motivated and on track in difficult times. Some examples are:

- Health
- To save money
- People who care about me want me to quit
- To reduce second-hand smoke exposure for my family and friends
- To take back control
- To do better at sports
- To set a good example for others
- To have a better future
- For the environment
- To look and smell better
- My health care provider recommended that I quit

## THE FOUR Ds HELP DURING CRAVINGS



**1. DELAY:** Cravings usually pass in 5 minutes.



**2. DRINK:** Cold water to flush out the toxins.



**3. DISTRACT:** Your mind during a craving by doing another task.

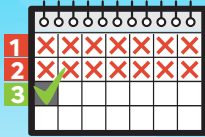


**4. DEEP BREATHE:** Take 10 deep breaths. Breathe in slowly, hold your breath for a few seconds and breathe out slowly. Repeat. Your body will feel more relaxed and the craving will pass.



# My Tobacco and Vaping Quit Plan

## CHOOSE YOUR GOAL



WHEN DO YOU PLAN TO  
**REDUCE OR QUIT  
TOBACCO OR VAPING?**



THE DAY YOU PLAN TO  
QUIT OR START  
REDUCING:

DAY / MONTH / YEAR

THE DAY YOU PLAN TO  
START MEDICATION:

DAY / MONTH / YEAR



## IF YOU ARE REDUCING

SET A GOAL OF THE AMOUNT OF CIGARETTES  
AND VAPES YOU WANT TO REDUCE BY

I would like to cut back the amount I smoke or vape from:



CIGARETTES/VAPES  
PER DAY

CIGARETTES/VAPES  
PER DAY

STARTING ON:

DAY / MONTH / YEAR

ONCE YOU HAVE ACHIEVED YOUR GOAL AND WOULD LIKE TO CUT BACK FURTHER, SET A NEW GOAL.

REPLACE EACH CIGARETTE WITH 1MG OF SHORT AND/OR LONG ACTING NRT

## CHOOSE YOUR MEDICATION

Medications can double or triple your chances of quitting.

Nicotine withdrawal symptoms and cravings are a normal part of quitting tobacco. They are usually worse during the first 2 weeks after quitting and then lessen. They can include: headache, dizziness, feeling anxious, difficulty concentrating and changes to your mood.

The medication options are (see separate medication guide for more details):

**Nicotine Replacement Therapy:** NRT like the patch, gum, lozenge, inhaler and mouth spray help reduce cravings and withdrawal symptoms. It is best to use the patch together with another form of NRT to have the best chance of success.



**Champix/Varenicline:** This is a prescription pill that comes from the pharmacy. It lessens cravings and reduces any rewards you may feel from smoking. It should be started one to two weeks before your quit day.

Your nurse, doctor or pharmacist can help you get these medications.  
All are covered by Non-Insured Health Benefits (NIHB).

## STRATEGIES FOR ACHIEVING YOUR REDUCTION GOALS



Start to eliminate one cigarette  
each day, in order of what would  
be the easiest to give up



Increase the amount of  
time in between each cigarette



Try "practice" quits by picking  
certain days and going half or  
a full day without smoking



Ban smoking in certain places  
(e.g., your house, your car)

## CHOOSE YOUR SUPPORT

Support combined with medications will help you be successful.



Follow up appointment with your health care provider.

Date: \_\_\_\_\_



Call a counsellor at the **Nunavut Quitline** (1-866-368-7848).



Private message a counsellor on Facebook **Tobacco Has No Place Here**.



Other **community resources:** \_\_\_\_\_



## STRATEGIES AND QUIT TIPS

- Tell your friends, family and coworkers that you are becoming smoke-free or reducing your tobacco use.
- Find a quit buddy. You may want to talk to someone for extra support during a strong craving.
- Clean your home and vehicle. Make them smoke-free.
- Keep yourself busy doing times you would normally use tobacco.
- Think of some activities you can do when you feel a craving coming on: going for a walk, sewing, brushing your teeth, dancing, singing, draw, paint or do a puzzle.
- Avoid alcohol, as it can trigger tobacco use.
- You may have used smoking to deal with stress. Think of some new ways to handle stress in your life.
- Make sure to get enough sleep.
- You may cough more after quitting. This is the body's way of cleaning out all the tar and toxins.
- You may have increased appetite after quitting. Make sure you have healthy snacks available and drink lots of water. Limit the amount of sugary drinks and foods you are eating.
- Cut down on caffeine. Limit the amount of coffee, tea and pop you drink to 2 per day or less. Or switch to decaf.
- Exercising for at least 30 minutes a day helps with mood and limits weight gain.
- Mood changes are a normal part of quitting tobacco and usually pass after a few weeks. If you feel anxious or have low mood that persists, contact your health care provider.

