

## Butt Out!

### Stage Four: Quitting

#### Countdown to quit day and beyond – *The 5 steps to success*

**The first task is to set a quit date:**

- ✓ **Do:** select a day within the next 3 weeks
- ✓ **Do:** try to pick a date when your days are relatively routine
- ✓ **Do:** complete a pledge to quit smoking
- ✓ **Don't:** select an unusually stressful day
- ✓ **Don't:** put off your day too long, there is no perfect day

Write the date on your calendar. Your quit day is 0. Days before and after are numbered as follows:

-5	-4	-3	-2	-1	<b>Quit Day</b>	+1	+2	+3	+4	+5
----	----	----	----	----	-----------------	----	----	----	----	----

#### **Step 1: Identify and disarm nicotine triggers**

*(Start at least 4 days before quitting)*

**If anything in the list below triggers your smoking, try to temporarily avoid them:**

- drinking coffee
- watching TV
- playing cards or bingo
- sitting in a certain chair
- socializing with friends who smoke
- long talks on the phone

#### **Activity #1: What are your triggers?**

1. What are the times, places, and situations that trigger your urge to smoke? Take a blank piece of paper and draw a line down the middle from top to bottom. On the left side write down as many triggers as you can. Review your Smoker's Diary for ideas.
2. Look over your list of triggers and write "AVOID" beside those you can avoid

**For example:** *Trigger:* smelling other people's cigarette smoke.

*Solution:* avoid situations where others smoke.

3. Return to your list of triggers. Write "CHANGE" next to triggers that can't be avoided. You are going to change your response to these. Below the trigger, write your new response.

**For example:** *Trigger:* your boss gives you a mountain of work to finish before 5:00 p.m.

*Change:* don't reach for a cigarette, make a work plan instead.

## Step 2: Building Confidence

*(2-3 days before your quit day)*

### Reduce the amount you smoke

**Do one or both of the following:**

- 1) **Delay** your first cigarette of the day by *30 min. – 1 hr.*
- 2) **Reduce** your daily intake of cigarettes by *25%* (E.g., 20 cigarettes/day ÷4 = 5 less/day)

### Carry only your daily intake of cigarettes each day

- **Develop a strict schedule for smoking.** No more than 1 cigarette/hour or every 2 hours.
- **Draw a line in the middle of each cigarette.** Only smoke to the line.

### Learn positive self-talk

"I know I shouldn't smoke, but I don't think I have what it takes to quit." Negative thoughts like this can reduce your confidence to quit. Be aware of your negative thoughts and replace with positive ones.

**Examples of positive self-talk include:**

- "It will be nice to be a non-smoker again."
- "I really don't need a cigarette to have a good time at a party."
- "I will not let anyone stop me from quitting. I can't change what they think or say. I can only change what I think and do."

## Step 3: Tomorrow will be your first day as a non-smoker

*(The day before you quit)*

One of the most difficult things you'll have to overcome during your first days as a non-smoker is your craving to smoke. There are several things you can do if you feel the urge to smoke:

<b>Keep your hands busy</b>	<b>Concentrate on other things</b>	<b>Do something that makes it hard to smoke</b>
doodle, sketch, draw	listen to your favorite music	take a shower
take up handiwork or crafts	do a relaxation exercise	brush your teeth
make a list of rewards	do a word puzzle	eat a carrot or celery stick
play a computer or video game		

## Preparing for withdrawal

Now is the time to start preparing for any withdrawal symptoms you might have after quitting. Look at withdrawal as “*recovery in disguise.*”

**Here are some things you may feel and how to deal with them:**

Symptom	Solution
Headaches, nervousness, irritability	Perform relaxation exercise, listen to your favorite music, and drink lots of water.
Trouble sleeping	Eliminate caffeine (coffee, tea, cola, chocolate) from your diet, and slow down before bedtime (e.g., read, have a warm bath).
Constipation	Eat more fresh fruits and vegetables, eat a high fiber cereal for breakfast, and drink lots of water.
Cough	When you quit your lungs are cleaning themselves out. This is a normal side effect. Try a mild cough suppressant to soothe your throat.
Dizziness	Stop and sit down for a moment. It should pass in a few sec.
Changes in appetite	<p>This can be from the changes occurring in your brain, your increased ability to smell and taste food, the need to have something in your hands and mouth, or a combination of these things.</p> <p>Before you eat, ask yourself whether you really need to eat or if you want to be distracted. Instead of eating, go for a short walk or call a friend. When you do eat, make sure it's healthy, low-fat, high fibre food.</p>

### Step 4: The big day has arrived

*(Quit day)*

If you've decided to use a *Nicotine Replacement Therapy*, apply the patch or chew gum. Continue to use the patch or gum for at least the next 8 weeks unless your doctor tells you otherwise, or it causes severe side effects.

Today your body starts to heal from the damage caused by smoking. You will probably feel both good and bad at different times. But, your body heals quickly if you give it a chance.

Try some of these simple tips to help you get through your first day as a non-smoker:

- Avoid your triggers and change your response to the triggers you can't avoid
- Apply positive self-talk to trigger situations
- Review your schedule for tomorrow and decide how you will cope with triggers
- Reward yourself with a healthy treat
- Practise relaxation techniques
- Put the money you save by not smoking into a glass jar where you can see it
- Call a supportive friend and talk to them about the tactics you are using to remain smoke-free

### **Step 5: Congratulations, most of the hard work is behind you**

*(days +1 to +5)*

The fact that you've gotten this far shows that you have what it takes to be a non-smoker. So, keep it up! You have learned quite a few quitting strategies by now, so take the items one by one and make sure you keep doing them. If you can continue for six weeks without smoking, chances are very high that your smoking days will be in the past forever.

**Resource:** "For smokers who don't want to quit" – The Canadian Cancer Society, "Your Guide to a Smoke Free Future" – Canadian Council for Tobacco Control