

# Butt Out!



## Stage One: Smokers who do not want to quit

This information is for smokers who aren't interested in quitting smoking, and who may be content with that decision. It may prompt smokers to learn about their smoking – why they smoke, and how they feel about it.

### Why do people smoke?

#### Common reasons for smoking:

- ▶ I'm too addicted to quit.
- ▶ Smoking helps me relax when I'm stressed.
- ▶ Smoking keeps me from gaining weight.
- ▶ Smoking gives me a pick-me-up when I'm feeling down.

### The Five Components of Smoking

- Physical addiction** With every puff on a cigarette, a hit of nicotine (addictive substance in cigarettes) reaches your brain in 7 sec. This hit of nicotine makes you feel good (temporarily), making you want more. Cravings are your physical reaction to low levels of nicotine in the body.
- Physical habit** Each puff of a cigarettes helps to create a strong “hand-to-mouth” habit. If you puff each cigarette 10X and you smoke a pack a day, you repeat this habit 250X a day. This behavior becomes a strong physical habit.
- Emotional support** Smokers think of cigarettes like good friends that help them through the bad times and boost their enjoyment of the good times. This “support” creates a bond between the smoker and the cigarette.
- Personal identity** Many smokers see smoking as a big part of who they are. Smoking becomes wrapped up in their identity, beliefs, and values. Smoking can have a strong hold on your life.
- Social habit** Some people always have a cigarette with their morning coffee or during a work break. People train themselves to smoke in certain social situations. This training is very powerful.



## Benefits of Quitting

- You will feel in control
- Your breath, clothes and home won't smell
- You will breathe more easily
- You will be more rested, relaxed and energetic
- You will set a good example for your children and friends
- You will have more money

## Timeline of Quitting

<b>Within 8 hours</b>	The level of carbon monoxide in your body drops.
<b>After 1 day</b>	Your lungs are working better and you don't feel quite so out of breath.
<b>After 3 days</b>	Senses of smell and taste have started to improve.
<b>2 weeks – 3 months</b>	Your blood circulation improves. Lung function increases by up to 30%.
<b>Within 6 months</b>	Coughing, stuffy nose, tiredness and shortness of breath improve.
<b>After 1 year</b>	Your risk of dying from a heart attack is cut in half.

**Exercise #1:** It is time to think about your smoking.

Step 1: Take a few minutes to list the main ways smoking *helps* you.

Step 2: Take a few minutes to list the *bad* things about smoking

## Looking Ahead

- How do I feel about smoking?
- How does my smoking affect me and others?
- Do I want to quit smoking?
- What help is available if I choose to quit?

**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