*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**How I would like to be Supported**

Important things to know about Social Support.

* Quitting smoking is a long process and is more successful if you have support.
* A partner who smokes is the most common reason people relapse or slip; his or her support is crucial.
* One of the easiest and most effective ways to help you stay smoke-free is to make your car and homesmoke-free.
* Helping someone else stop smoking by being a buddy is one of the most powerful things that you can do to help yourself. When you encourage your buddy, you’ll encourage yourself at the same time.
* The quality of personal relationships influences our health and has also been linked to smoking habits.

 Source: [www.cpha.ca](http://www.cpha.ca)

**How I would like to be Supported**

***Ask me about the ways you can be most helpful, then follow through such as …***

Encourage me to remember the benefits – extra money, health, freedom, self-confidence (circle the ones that count most).

Don’t lecture me. Keep a sense of humour and make me laugh.

Praise my attempts to quit. Never focus on my “slips”; focus only on my successes.

Practice relaxation exercises with me, e.g., deep breathing, visualization.

Go for walks, work out, skate, ski with me.

Help me plan how I will deal with urges. Plan something special for quit day.

Be there when I want to talk – either in person or by telephone.

Celebrate with me when I become smoke-free, perhaps lunch or a new paperback or CD.

Don’t smoke in my car, home or around me at all.

Believe in me – I can do this with your support.

And especially\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.