

PRINCE EDWARD ISLAND SMOKING CESSATION PROGRAM

WORKING TOGETHER, QUITTING TOGETHER: **A Workplace Guide for Smoking Cessation**



LIVE WELL PEI
together we can

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INTRODUCTION

Quitting smoking is one of the hardest things you will ever do.

This booklet will walk you through the steps of your quit journey by:

- Helping you explore your reasons for quitting,
- Choosing the right Nicotine Replacement Therapy (NRT) or prescription medication for you,
- Building and maintaining motivation, and
- Dealing with triggers and difficult situations.

HOW TO USE THIS BOOKLET:

Each week, you will be provided with:

1. A brief introduction to the topic
2. An opportunity for self-reflection
3. Questions for group discussion or further individual reflection
4. Additional resources related to each topic (for more information)

The booklet is designed to guide you in self-reflection through your quit journey. Each week of the booklet builds on the ideas and activities of previous weeks. By the end, you should have a better understanding of the role smoking plays in your life, the tools available to help you quit successfully, and the supports you need to stay smoke-free in the future.



WEEK 1: What's Your Why?

INTRODUCTION

People smoke for different reasons throughout their lives.

Understanding the reasons why you smoke is a key first step in your quit journey. It is also important to determine the specific and personal reasons why quitting smoking is important to you. These reasons for wanting to quit smoking – “your why” – will help motivate you throughout your quit journey.



See Appendix A (page 25) for this week's self reflection activity.



QUESTIONS FOR DISCUSSION:



1. Have you tried to quit smoking in the past? Why do you think you were you unsuccessful?
2. What is the main reason why you want to quit smoking now? Be specific.
3. What personal strengths and supports can you draw upon to help in your quit attempt? What and who may be helpful to you at this time?



ADDITIONAL RESOURCES

For more information on deciding to quit smoking and choosing the best time to quit, check out the online resources below:

- [Deciding when it's time to quit smoking](#)
- [Deciding to quit: reasons people smoke, benefits of quitting, doubts about quitting](#)
- [YouTube video: Taking back control by quitting](#) (4:05 minutes)

WEEK 2: Finding the Right Fit: NRTs and Pharmacotherapies

INTRODUCTION

If you are ready, willing, and motivated to quit smoking there are several supportive treatment options available. **Nicotine replacement therapies (NRT)** are safe and effective methods used to help control withdrawal symptoms and cravings. **Smoking cessation prescription medications** are another treatment option that can minimize the addictive effects of nicotine on the body and reduce cravings. Choosing a supportive treatment in addition to counselling can help you be successful in your quit journey.



OVERVIEW OF NRTS*:

NICOTINE REPLACEMENT THERAPY (NRT): gives your body nicotine without exposing you to the harmful chemicals found in cigarettes and/or other tobacco products. All NRTs (the patch, gum, lozenge, inhaler, mouth spray) can be bought over the counter without a prescription. Below is some information on each NRT, to help you determine what might be the best for you.

Product	Description	Consider using if you...	Possible Side Effects
Patch	The patch helps to lower cravings for cigarettes by supplying a continuous dose of nicotine to the blood stream through the skin.	<ul style="list-style-type: none"> - Would prefer to have a consistent level of nicotine in your body. - Would like to conceal use of your smoking cessation treatment. 	<ul style="list-style-type: none"> - Headache - Insomnia - Dizziness - Anxiety - Irritability - Fatigue - Upset stomach - Diarrhea - Itching, burning, and tingling when first applying the patch is normal.
Nicotine Gum	Chewing on nicotine gum will give you an immediate rush of nicotine. The nicotine is released by contact with saliva and absorbed through the lining of the mouth. It comes in 2 mg and 4 mg strengths.	<ul style="list-style-type: none"> - Prefer to have control over how much nicotine you are getting and when you are getting it. - Enjoy chewing gum. - Want to replace the action of taking out a cigarette and putting something in your mouth. If a quick craving comes on, you can reach for a piece of gum instead of reaching for a cigarette. 	<ul style="list-style-type: none"> - Burning throat - Hiccups - Dental problems <p>The above side effects can be eliminated if gum is chewed properly.</p>

Nicotine Lozenge	Like nicotine gum, lozenges are used, as needed, when you have a craving. They dissolve in your mouth and nicotine is quickly absorbed into the bloodstream.	<ul style="list-style-type: none"> - Prefer to have control over how much nicotine you are getting and when you are getting it. You can use it as needed rather than receiving a constant supply. - Want to replace the action of taking out a cigarette and putting something in your mouth. If you have a craving, you reach for a lozenge instead of reaching for a cigarette. 	<ul style="list-style-type: none"> - Mouth, throat, or tongue irritation - Nausea - Upset stomach - Headaches - Hiccups - Taste change
Nicotine Inhaler	The nicotine inhaler looks like a plastic cigarette. When you take a puff from the inhaler, the cartridge inside releases a nicotine vapor that is absorbed into the bloodstream via the mouth.	<ul style="list-style-type: none"> - Prefer to have control over how much nicotine you are getting and when you are getting it. - Want to replace the action of putting something in your mouth. 	<ul style="list-style-type: none"> - Headache - Mouth and/or throat irritation <p>These side effects will go away/lessen as you adjust to the product.</p>
Nicotine Mouth Spray	Spray once or twice into your mouth when you are having a craving. The nicotine is absorbed quickly into your bloodstream.	<ul style="list-style-type: none"> - Prefer to have control over how much nicotine you are getting and when you are getting it. - Want to replace the hand-to-mouth action of smoking. 	<ul style="list-style-type: none"> - Mild burning sensation of your lips if in contact with the spray - Headache - Hiccups - Nausea

*For more information on NRTs, see **Appendix B** (page 41).

OVERVIEW OF CESSATION MEDICATIONS*:

SMOKING CESSATION MEDICATION: prescription medications that do not contain nicotine and can be used in addition to NRTs. You often need to take them in the days leading up to your Quit Date. It is important to talk to your health care provider to determine if cessation medication is the right choice for you.

Product	Description	Consider using if you...	Possible Side Effects
Champix (Varenicline)	Varenicline is a type of medicine that works on the same parts of the brain as nicotine. It can reduce your cravings and withdrawal symptoms. Varenicline also blocks nicotine from reacting with the brain, so if you do inhale nicotine, it won't create any of the pleasurable sensations that you typically associate with smoking.	<ul style="list-style-type: none"> - Feel that taking a medication would be the best option for you. - Prefer to not use a nicotine replacement product. 	<ul style="list-style-type: none"> - Depression - Aggression - Feelings of anger - Suicidal thoughts - Nausea - Abnormal dreams - Constipation - Altered mood - Vomiting

Product	Description	Consider using if you...	Possible Side Effects
Zyban (Bupropion)	Bupropion is believed to mimic the effects of nicotine on the brain and lessen your symptoms of withdrawal.	<ul style="list-style-type: none"> - Feel that taking a medication would be the best option for you. - Prefer to not use a nicotine replacement product. - Would like to use both a prescription medication along with a nicotine replacement product. 	<ul style="list-style-type: none"> - Not recommended for people with history of seizures, bulimia and/or anorexia, if you are taking monoamine oxidase (MAO) inhibitors or are allergic to bupropion hydrochloride. - Avoid if you are alcohol dependent, taking St. John's Wort and/or SSRI antidepressants.

*For more information on Cessation Medications, see **Appendix B** (page 44).



See **Appendix A** (page 28) for this week's self reflection activity.



QUESTIONS FOR DISCUSSION:

Sometimes it can take several tries to find the NRT product or medication that is best for you.

1. If you used a quit smoking aid in the past, did you find it to be an effective support? Why or why not?
2. Did you experience any side effects as a result of using NRT products or medications? If so, what were they and how did you deal with them?
3. Are there different products you might be interested in trying after reviewing the options?



ADDITIONAL RESOURCES

For more information about Nicotine Replacement Therapy, talk to your health care provider or visit the following links:

- [Overview of Nicotine Replacement Therapy](#)
- [Comparing Nicotine Replacement Methods](#)
- [YouTube: All About Nicotine Replacement Therapy \(NRT\)](#) (9:40 minutes)






WEEK 3: Building Motivation

INTRODUCTION

Finding and maintaining motivation is an important step in your quit journey. There are several ways to find, build, and maintain motivation as you work to quit smoking. Review the *“Five R’s of Maintaining Motivation”* below and think about how you might apply these to your life.



THE FIVE R’S OF MAINTAINING MOTIVATION:

-  **RELEVANCE:** Think about how your own life situation is related to your desire to quit. Is quitting important to you because you’re worried about the health of you or a loved one? Does your current living situation make quitting important right now (e.g., having a pregnant partner or a child with asthma in the home)? Or, do you want to set a good example for your grandchildren by living smoke-free?
-  **RISKS:** Identify any negative impacts of your tobacco use (e.g., shortness of breath; worsening asthma symptoms; infertility; increased risk of disease effects of secondhand smoke on family members, etc.) What risks are most relevant to your life and family?
-  **REWARDS:** Identify the benefits of quitting. Some benefits may include improved health and physical performance, improved sense of taste and smell, reduced health risks to others, money savings, and more time for other activities. What benefits are most important to you?
-  **ROADBLOCKS:** Identify any barriers, or challenges, that may prevent you from quitting successfully. Common barriers include nicotine withdrawal symptoms, fear of failure, weight gain, lack of support for quitting, depression, and a sense of loss. What strategies and skills do you have, or want to develop, to help you face your challenges?
-  **REPETITION:** If you are unable to quit, don’t give up! Learn from your relapses by exploring the reasons why you were not able to remain smoke-free and use this knowledge to help you in future quit attempts.

VISUAL REMINDERS

Pick a physical or visual reminder of why you want to quit smoking. For example, if your motivation is to save money, put the amount of money you would typically spend on tobacco in a jar each week. If your motivation is to watch your grandchildren grow up, post pictures of them in areas that might be triggering for you, such as in your car.



See Appendix A (page 29) for this week's self reflection activity.



QUESTIONS FOR DISCUSSION:



1. What is your biggest motivation to quit smoking? Why?
2. What would change in your life if you stopped using tobacco?
3. Have you selected a visual reminder to help you stay motivated? If so, what is it, where did you put it, and why?



ADDITIONAL RESOURCES

For more information on how to find and maintain motivation to help you quit smoking, visit the following links:

- [YouTube: Motivation and Confidence in Quitting Smoking](#)
(3:21 minutes)
- [25 health risks of smoking to help you get motivated](#)
- [When You Believe Quitting Is Possible, It's Easier to See the Path Forward](#)

WEEK 4: Identifying Triggers

INTRODUCTION

Recognizing situations that may trigger your urge to smoke is an important part of your quit journey. Learning how to avoid or control these situations will increase your chance of successfully remaining smoke-free.



Most triggers are associated with emotions, activity patterns, social settings, or withdrawal symptoms. Some common examples include:

EMOTIONS: stress, anxiety, excitement, boredom, and loneliness.

ACTIVITY PATTERNS: talking on the phone, drinking alcohol, driving, drinking coffee, or watching tv.

SOCIAL SETTINGS: situations where other people are smoking (e.g., bars, parties, concerts), or being with family and/or friends who smoke.

WITHDRAWAL SYMPTOMS: craving the taste of a cigarette, needing something to do with your hands, feeling restless, or smelling cigarette smoke.



See Appendix A (page 30) for this week's self reflection activity.



QUESTIONS FOR DISCUSSION:

1. When do you feel the urge to smoke?
2. Are any of your triggers avoidable? If so, how will avoiding them impact your life? If you cannot avoid these triggers, what actions can you take to manage your reaction to them?
3. After thinking about your own tobacco use and/or hearing about that of others, have you recognized any triggers that you had not previously considered? What are they?



ADDITIONAL RESOURCES

For more information about common smoking triggers and how to overcome them during your quit journey, visit the following links:

- [Smoking triggers](#)
- [How to conquer your smoking triggers and finally quit smoking](#)
- [YouTube: How to overcome common smoking triggers](#) (0:26 seconds)





WEEK 5: Preparing Your Environment & Social Support

INTRODUCTION

Your physical environment plays a powerful role in shaping your behaviour. Some settings and situations may trigger your urge to smoke more than others. It is important to identify where you typically smoke and to identify areas in your home or workplace that might remind you of smoking.

PREPARING YOUR PHYSICAL ENVIRONMENT: Reflect on the triggers that you identified last week. Are any of these triggers present in your home? Common triggers might include ashtrays, lighters and matches, storage containers associated with cigarettes, etc. Review the following steps to ensure that your physical environment supports your quit attempt:



-  • Remove anything that may trigger your desire to smoke.
-  • Clean your space: wash any fabrics that smell of smoke, replace your pillow, ensure all surfaces are wiped down, and open all windows to let fresh air circulate.
-  • Refresh your space: paint, add new décor, surround yourself with motivational items and quotes.
-  • Remove any other visual reminders of smoking (e.g., photos of you with cigarettes).
-  • Stock up on items that will help you overcome cravings, such as healthy snacks, sugar-free gum, NRTs such as gum or lozenges, puzzles, games, books or magazines, etc.
-  • Rearrange or re-purpose spaces in your home that were used for smoking.
-  • Turn your home into a “smoke-free zone.” Let your friends and family know so they can support you by maintaining a smoke-free living environment.

In addition to your physical environment, it is important to have a supportive social environment, with people that can help keep you motivated and support you throughout your quit attempt.

PREPARING YOUR SOCIAL ENVIRONMENT: Support and encouragement are key to a successful quit attempt. Help and support from family, friends, and other people in your life can make it easier to quit smoking. Having conversations with your loved ones about your quit attempt, why it is important to you, and how they can help and support you is a key part of your quit journey.



See Appendix A (page 31) for this week's self reflection activity.



QUESTIONS FOR DISCUSSION:



1. What triggers have you removed from your home and/or workplace and what triggers are you unable to remove? How will you deal with these triggers?
2. Who have you discussed your quit attempt with? Is there anything holding you back from discussing your quit attempt?
3. Which conversations were easy to have, and which were more difficult? Why?
4. If you do not feel supported by family, friends, your employer, or other important people in your life, how will this impact your quit attempt?



ADDITIONAL RESOURCES

For more information about removing triggers from your environment and having conversations about your quit attempt with loved ones, visit the following links:

- [How to Support Your Quitter](#)
- [How to Tell Loved Ones About Quitting Smoking](#)
- [Spring Cleaning - 6 Tips to Help You Stop Smoking](#)

WEEK 6: Nicotine Addiction

INTRODUCTION

Nicotine is a highly addictive drug found in tobacco products. The physical and mental (psychological) impacts of nicotine make it very difficult to quit using tobacco. Nicotine works by flooding the brain with a chemical called dopamine that makes you feel good for a short period of time. Anyone who uses tobacco is at risk of developing an addiction to nicotine; however, there are several factors that make some people more likely to get addicted, including:



1. Genetics
2. Family and friends (social environment)
3. Age
4. Co-occurring mental health problems
5. Other substance use

There are many common **physical and psychological symptoms** associated with nicotine addiction. Common symptoms of nicotine addiction include:

- Having the urge to smoke within 30 minutes of waking up
- Feeling that the first cigarette of the day is the most important
- Smoking at regular intervals throughout the day
- Developing conditioned responses or “triggers” for tobacco use (e.g., some people smoke after a meal or when they feel anxious)



See Appendix A (page 32) for this week’s self reflection activity.



QUESTIONS FOR DISCUSSION:

1. What physical and/or psychological symptoms of nicotine addiction have you experienced?
2. Which symptoms of nicotine addiction have been the most difficult to overcome during your past and/or current quit attempt(s)?
3. What strategies have you used, or are you currently using, to deal with these symptoms?



ADDITIONAL RESOURCES

For more information about nicotine addiction, visit the following links:

- [YouTube: How does nicotine work?](#) (3:10 minutes)
- [Nicotine Addiction](#)
- [Nicotine Dependence](#)
- [Nicotine: Its why smoking is so addictive](#)

WEEK 7: Dealing with Cravings

INTRODUCTION

Cravings are a challenging part of any quit attempt and can happen at any time. The good news is that cravings are typically short-lived. It is important to have a plan in place that identifies distractions to help you deal with cravings. Being able to control your cravings is critical to successfully quitting and remaining smoke-free in the future.



When you have the urge to smoke, think of the **4 D's**:

1. **DELAY** smoking
 - Light a candle instead of a cigarette, call a friend, take a brisk walk, or work on a hobby.
2. **DEEP** breathing
 - Taking deep breaths can help you to remain calm and stay strong when cravings hit.
 - Breathe in through your nose and blow out slowly through your mouth ten times.
4. **DISTRACT** yourself
 - Change your surroundings, get some exercise, go on a walk, spend time with family/friends, review your reasons for quitting, read a book, take a nap, have a shower/bath.
5. **DRINK** a glass of water
 - It is important to replace the hand to mouth behavior of smoking with another activity.
 - Drink water, brush your teeth, or keep other oral substitutes handy (e.g., sugar-free gum, toothpicks, etc.)



See Appendix A (page 33) for this week's self reflection activity.



QUESTIONS FOR DISCUSSION:

1. When do you typically experience cravings? Why?
2. How do you deal with your tobacco cravings? Are some methods more effective than others?
3. How have cravings impacted your current quit attempt?



ADDITIONAL RESOURCES

For more information on how to effectively deal with cravings, visit the following links:

- [YouTube: 7 ways to get past nicotine cravings \(1:20 minutes\)](#)
- [Quick Tips: What to do when you crave nicotine](#)
- [Help for cravings and tough situations while you're quitting tobacco](#)




WEEK 8: Dealing with Nicotine Withdrawal

INTRODUCTION

Nicotine withdrawal symptoms are common when trying to quit smoking. Many individuals experience a range of different symptoms including the urge to smoke, feelings of frustration, increased appetite, restlessness, headaches, or insomnia. While symptoms may be unpleasant and distracting, they often do not last longer than four weeks and typically will become less frequent the longer you go without smoking.



COMMON WITHDRAWAL SYMPTOMS*:

Symptom	Typical Duration	Helpful Facts & Tips
Irritability	2-4 weeks	More common in heavy smokers.
Fatigue	2-4 weeks	More common in heavy smokers. <i>Tip: avoid caffeine – have a nap or go for a walk instead.</i>
Insomnia	1-2 weeks	Common in the first few days after quitting, dreaming about smoking is common.
Feeling down	2-3 weeks	It is normal to feel down – try exercising to improve your mood. If symptoms continue or worsen, talk to your healthcare provider.
Tightness in chest	2-3 days	Can be due to soreness from coughing or tension caused by the body's need for nicotine. <i>Tip: try deep breathing</i>  <i>Inhale through your nose and breathe out through your mouth for a count of 5. Repeat a few times until the cravings are gone.</i>
Stomach pains, constipation, gas	2-3 days	Caused by decreased intestinal movement as a result of lowered tobacco use. <i>Tip: eat lots of fiber (e.g., raw fruit, vegetables, bran, cereal), drink lots of water, exercise, avoid caffeine.</i>
Increased appetite	1-4 weeks	Most intense in the first week after quitting, experienced more often in heavy smokers. <i>Fact: nicotine cravings can be confused with hunger.</i> <i>Tip: Eat balanced meals regularly throughout the day, have high fiber and high protein snacks on hand, drink lots of water.</i>
Coughing, dry throat	Cough: 2-4 weeks, Dry throat: 2-3 days	Coughing is the body's way of getting rid of extra mucus. Dry throat occurs because your body isn't producing extra mucus to protect your airways from toxins in tobacco. <i>Tip: Drink cold water, sugar free beverages like sparkling water or tea, chew gum, have cough drops on hand.</i>

Dizziness	2-12 days	After quitting, oxygen levels increase to normal which may cause light-headedness, dizziness, or faintness.
Difficulty concentrating	A few weeks	After quitting you may find concentrating difficult as your body adjusts to not having nicotine. Concentration will improve after the first week. When unfocused try changing up your daily activities, get some fresh air, stay active, deep breathe, and listen to music. <i>Tip: Avoid additional stress during the first few weeks of your quit attempt.</i>

*Some symptoms of withdrawal are like side effects of NRTs and medications



See Appendix A (page 34) for this week's self reflection activity.



QUESTIONS FOR DISCUSSION:

1. Are you still experiencing withdrawal symptoms? If so, what are they?
2. When do you experience the most (or the worst) withdrawal symptoms (i.e., as soon as you wake up, before bed, after a meal, etc.)?
3. What coping mechanisms (if any) do you use in your daily life? What would you recommend to others to cope with withdrawal symptoms?



ADDITIONAL RESOURCES

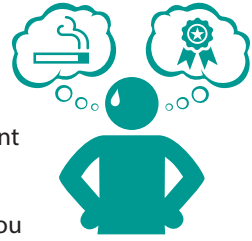
For additional resources about withdrawal symptoms and how to deal with them successfully, visit the following links:

- [How to Handle Withdrawal Symptoms and Triggers When You Decide to Quit Smoking](#)
- [What is nicotine withdrawal?](#)
- [Smoking Withdrawal Symptoms](#)
- [YouTube: Why Former Smokers Relapse](#) (1:44 minutes)

WEEK 9: Managing Stress & Rewards

INTRODUCTION

Stress is a normal part of everyday life. Some people use smoking to cope with stress. If you used smoking to deal with stress in the past, it is important to find new, healthy ways to cope now that you are no longer smoking. Trying to manage the stress in your life can help you to avoid situations in which you might feel the urge to smoke.



THE 3 A'S OF MANAGING STRESS AND PROBLEM-SOLVING: AVOID, ALTER, AND ACCEPT

1. **AVOID** – Sometimes the best way to deal with a stressful situation is to avoid it entirely. For example, if a friend asks for a favor, and you know that you already have a lot on your plate, be honest and tell them that you have too many other commitments at this time. Stress avoided!
2. **ALTER** – Sometimes a stressful situation can be altered or changed, or your perspective on the situation can be changed to make it seem less stressful. For example, if you have a lot of items on your to do list for the day, and you do not feel that you have time to complete them all, complete the most important things and adjust your schedule – ask for an extension, set priorities, and alleviate stress by altering the situation.
3. **ACCEPT** – The reality is that, in many cases, our life stressors cannot be avoided or altered. In this case, it is important to put the situation into perspective and find healthy ways to cope. For example, if you experience loss in your life, whether that be of a job, friend, family member, or any other type of loss, try to put the loss into perspective. If you have lost your job, try to view this as an opportunity for change and growth.

REWARDS:

There are many rewarding aspects of quitting smoking, such as **improving your overall health**, **decreasing your risk of future disease**, and **increasing your lung function**, to name a few.



However, many of the rewards of quitting are more long-term; not all will occur as soon as you quit smoking. It is important to identify some more **immediate rewards** to help keep you motivated during your quit attempt.

IMMEDIATE REWARDS: buying yourself something that you have been wanting, going to a nice dinner, watching a movie, reading a book, or taking some personal time to yourself.



See Appendix A (page 35) for this week's self reflection activity.



QUESTIONS FOR DISCUSSION:

1. What has been your experience with using smoking to cope with stressful situations?
2. How do you deal with the temptation to smoke in stressful situations now? What other ways have you come up with to manage your stress?
3. Have you given yourself any immediate rewards throughout your quit attempt? If so, what were they? If not, what is one thing you would like to do to reward yourself?



ADDITIONAL RESOURCES

For more information on how to manage stress during your quit attempt, visit the following links:

- [Coping with Stress Without Smoking](#)
- [How to deal with stress when you quit](#)
- [Rewarding Yourself When You Quit Smoking: Why You Need to Reward Yourself](#)

WEEK 10: Unlock Your 'Why': The Role of Smoking in Your Life

INTRODUCTION

At this stage in your quit journey, it is important to reflect on the role that smoking plays in your life. People who smoke use tobacco to fill many needs – pleasure, stress relief, and socializing. Think about your own relationship with smoking and try to identify what is “good” about it for you. What needs of yours are being met by smoking? How does smoking make you feel?



Studies show that most people smoke for one or more of the following reasons:

- Energy
- Touching and handling cigarettes
- Pleasure
- Relaxation when tense, upset, or depressed
- A craving or addiction
- A habit or ritual
- Boredom and loneliness
- Managing body weight
- Socializing and fitting in with others
- A sense of control

Understanding your relationship with smoking is an important part of your quit journey. Finding other ways to meet your needs – and finding healthier alternatives to replace the role smoking plays in your life – can make it significantly easier to give up tobacco and remain smoke-free.



See Appendix A (page 36) for this week's self reflection activity.



QUESTIONS FOR DISCUSSION:

1. What reasons for smoking do you most identify with from the list above?
2. Have you tried out any alternatives for meeting these needs in your life? If so, what are they?
3. What barriers have you run into when trying to replace the role of smoking in your life? Do you have any tips that might help others overcome similar barriers?



ADDITIONAL RESOURCES

For more information on how to approach your quit attempt and finding alternatives to smoking in your day-to-day life, visit the following links:

- [Why Do You Smoke? Learning why you smoke can help you quit](#)
- [31 simple things to do instead of smoking](#)
- [85 things to do besides smoking](#)
- [4 foods and drinks that could help smokers quit](#)



WEEK 11: Dealing with Relapse & Difficult Situations

INTRODUCTION

There are many difficult situations, potential problems and life challenges that may occur throughout your quit journey.

Some situations that commonly lead to relapse include weight gain, stress, alcohol use, and nicotine withdrawal symptoms. Often, these situations can be prepared for ahead of time. Other situations are more unexpected and cannot be planned for in advance. Examples of these include sudden death, family illness, school or work stress, and financial strain.

Most relapses occur during the first week of quitting when withdrawal symptoms are the strongest. Later relapses often occur in times of stress or in social situations that are associated with smoking and/or drinking alcohol. Being aware of these high-risk situations may help you plan to avoid them.

If you slip up and use tobacco, remember that setbacks are common in any quit journey! It is normal to feel frustrated, angry, or discouraged when this happens; however, relapse is not failure. Most people make many attempts before they quit completely. Each quit should be considered a success, and the longer it lasts, the better.

What is important is getting back on track and reflecting on the progress that you have made so far.

THREE THINGS YOU CAN DO TO TRY TO GET BACK ON TRACK INCLUDE:

1. Remind yourself that your urge to smoke will pass;
2. Change your routine and eliminate any possible temptations to smoke; and
3. Renew your commitment to quitting by checking in with your social support system.





See Appendix A (page 39) for this week's self reflection activity.



QUESTIONS FOR DISCUSSION:

1. If you have had a slip up, or relapse, over the course of your quit journey, how did you deal with it?
2. How do you deal with any temptations to smoke in certain 'unavoidable' situations, such as during coffee breaks at work or when out with friends?
3. What did you learn from your relapse that you can build on to make your next attempt different than your last?



ADDITIONAL RESOURCES

For more information on dealing with relapse, avoiding difficult situations, and staying smoke-free, visit the following links:

- [Help for Cravings and Tough Situations While You're Quitting Tobacco](#)
- [Quitting Smoking: Preventing Slips or Relapses](#)
- [How can relapse be prevented?](#)
- [Recommitting to Staying Smoke-Free](#)



WEEK 12: Staying Smoke-Free

INTRODUCTION

When you first started this journey, the focus was quitting. Now, it is time to shift your focus to staying smoke-free! Staying smoke-free is a long-term commitment; it is always going to be a part of you and something you are constantly working on. However, now you are equipped with many of the skills and resources needed to quit and stay smoke free for life!



It's important to be positive, but realistic, about the road ahead. Withdrawal symptoms may still be present, and cravings may still pop up. New life stresses may arise and prove challenging even with your best coping strategies in place. It is totally normal to find yourself struggling to stay smoke-free, even if you quit a long time ago.

KEEP THESE TIPS IN MIND TO STAY ON TRACK, CONTROL YOUR TRIGGERS, AND MANAGE CRAVINGS:

1. Reward yourself
2. Count on friends and family for support
3. Be prepared for cravings and temptations
4. Rely on the skills you have developed

Most importantly, be proud of yourself! Whether you have quit smoking entirely, reduced the number of cigarettes you smoke daily, or are preparing yourself to begin another quit attempt – quitting smoking (or beginning your quit journey) is the single best thing that you can do to improve your health.



See Appendix A (page 40) for this week's self reflection activity.



QUESTIONS FOR DISCUSSION:

1. What was the most difficult part of the past 12 weeks?
2. What are you most proud of?
3. What advice would you offer someone who is just starting their quit attempt?
4. What additional resources would have been helpful throughout your quit attempt that were not provided?



ADDITIONAL RESOURCES

- [Staying Tobacco-Free After You Quit](#)
- [Staying Smoke-Free](#)
- [YouTube: Words from a Former Smoker - Determination to Stay Smoke-Free \(5:14 minutes\)](#)



See Appendix C for additional resources to help you maintain your quit attempt.



APPENDIX A: Weekly Activities & Self-Reflection

WEEK 1:



SELF-REFLECTION

THE 'WHY' TEST

Answer the following statements with your own experience
(5 = Always, 4 = Most of the time, 3 = Once in a while, 2 = Rarely, 1 = Never)

1. _____ I smoke to keep myself from slowing down.
2. _____ Handling a cigarette is part of the enjoyment of smoking it.
3. _____ Smoking is pleasant and relaxing.
4. _____ I light up a cigarette when I feel angry about something.
5. _____ When I am out of cigarettes, it's unbearable until I can get more.
6. _____ I smoke to help calm me down when I am stressed.
7. _____ I smoke automatically, without even being aware of it.
8. _____ I smoke when people around me are smoking.
9. _____ I smoke to perk myself up.
10. _____ Part of my enjoyment from smoking is preparing to light up.
11. _____ I get pleasure from smoking.
12. _____ I light a cigarette when I feel uncomfortable or upset.
13. _____ When I'm not smoking a cigarette, I'm very much aware of the fact.
14. _____ I often light a cigarette when one is still burning in the ashtray.
15. _____ I smoke cigarettes with friends when I am having a good time.

16. _____ When I smoke, part of the enjoyment is watching the smoke as I exhale.
17. _____ I want a cigarette most often when I am comfortable and relaxed.
18. _____ I smoke when I am “blue” and want to take my mind off what’s bothering me.
19. _____ I get a craving for a cigarette when I haven’t had one in a while.
20. _____ I’ve found a cigarette in my mouth and haven’t remembered it was there.
21. _____ I always smoke when I am out with friends at a party, bar, etc.
22. _____ I always smoke cigarettes to get a lift.

SCORECARD:

- Take the numbers from the test (for each statement) and enter it under the associated line below. Then add each set of 3 scores to get the totals for each different category.
- For example, to find your score for the “stimulation” category, add together the scores for statements 1, 8, and 21.
- The score from each category can range from a low of 3 to a high of 15. A score of 11 or above in any category is high. A high score means that your smoking is probably influenced by that category. A score of 7 or below is considered low. A low score means that the category is not a primary source of satisfaction to you when you smoke.

WHY DO YOU SMOKE?

STIMULATION: you feel that smoking gives you energy and keeps you going. Think about alternative ways to boost your energy, such as brisk walking or jogging.

_____ 1 _____ 8 _____ 21 _____ "Stimulation" Total

HANDLING: there are a lot of things you can do with your hands without lighting up a cigarette. Try doodling with a pencil or playing with putty or a fake cigarette.

_____ 2 _____ 9 _____ 15 _____ "Handling" Total

PLEASURE/RELAXATION: you get a lot of physical pleasure from smoking. Various forms of exercise or other activities can be effective alternatives.

_____ 3 _____ 10 _____ 16 _____ "Pleasure/Relaxation" Total

CRUTCH/TENSION: it can be tough to stop smoking if you find cigarettes comforting in times of stress, but there are many better ways to deal with stress.

_____ 4 _____ 11 _____ 17 _____ "Crutch/Tension" Total

CRAVING/ADDICTION: in addition to having a psychological addiction to smoking, you may also be physically addicted to nicotine. It's a hard addiction to break, but it can be done. Talk with your doctor about using nicotine replacement therapy (gum, patch, inhaler or nasal spray) to control your withdrawal symptoms.

_____ 5 _____ 12 _____ 18 _____ "Craving/Addiction" Total

HABIT: if cigarettes are merely a part of your routine, stopping should be relatively easy. One key to success is being aware of every cigarette you smoke. Keeping a smoking diary is a good way to do this.

_____ 6 _____ 13 _____ 19 _____ "Habit" Total

SOCIAL SMOKER: you smoke when people around you are smoking and when you are offered cigarettes. It is important for you to avoid these situations until you are confident about being a nonsmoker. If you cannot avoid a situation in which others are smoking, remind them that you are a nonsmoker.

_____ 7 _____ 14 _____ 20 _____ "Social Smoker" Total

WEEK 2:



SELF-REFLECTION

If you have previously used any form of nicotine replacement therapy or medication, fill in the log below. This may help you identify what has or hasn't worked in the past, and why.

Therapy/ Medication	Duration	Side Effects Experienced	Additional Comments

WEEK 3:



SELF-REFLECTION

List your top three reasons why quitting is important for you:

What are some good things about smoking?

What are some “not so good” things about smoking?

Identify one thing that might prevent you from being successful in your quit attempt. What skills or strategies might you use to deal with that?

WEEK 4:



SELF-REFLECTION

Your results from the “Find Your Why Test” (Week 1) should give you some idea of what may act as triggers or increase your urge to smoke.

Make a list of your potential triggers, and actions that you could take to control them. If you have made previous quit attempts, reflect on what may have worked in the past, and what did not. How could you handle the situation differently? Some examples of ‘triggers’ include driving and parties. ‘Actions’ to control them could include turning up the radio and singing in the car and asking a nonsmoking friend to stay with you at a party.

1. Trigger: _____

Action: _____

2. Trigger: _____

Action: _____

3. Trigger: _____

Action: _____

4. Trigger: _____

Action: _____

5. Trigger: _____

Action: _____

WEEK 5:



SELF-REFLECTION

Some identified triggers in my physical environment:

1. _____
2. _____
3. _____

How I dealt with them:

1. _____
2. _____
3. _____

Write down the social supports that you have in place for your quit attempt.

If you do not have any, think about who you might be able to engage in conversation about your quit attempt. Do you have someone who can help support you in your quit attempt? Do you have any friends, family, or co-workers who have previously quit smoking? Individuals with lived experience of the quit journey can act as valuable supports.

WEEK 6:



SELF-REFLECTION

Consider what physical and psychological symptoms associated with nicotine addiction you have experienced in the past. Write them below.

1. _____
2. _____
3. _____
4. _____
5. _____

Which symptoms of nicotine addiction have been the most difficult to overcome during your quit attempt?

WEEK 7:



SELF-REFLECTION

Use the **4 D's** to make a **"RELAPSE PREVENTION CARD"** to keep in your phone or wallet.

What to include:

1. The 4 D's
2. 4 - 10 distraction ideas (for when a craving hits)
3. 3 - 4 of your most important reasons for wanting to be smoke-free
4. 1 - 2 negative outcomes that will occur if you give in and smoke

Draft your "Relapse Prevention Card" below.

"Relapse Prevention Card"

DELAY smoking | **DEEP** breathing | **DISTRACT** yourself | **DRINK** a glass of water

Distraction Ideas _____

Important Reasons _____

Negative Outcomes _____

WEEK 8:



SELF-REFLECTION

What withdrawal symptoms have you experienced throughout your quit attempt thus far? List them below.

1. _____

2. _____

3. _____

4. _____

5. _____

What are your favorite coping mechanisms to deal with these withdrawal symptoms?

WEEK 9:



SELF-REFLECTION

Think of a recent stressful situation where you have been tempted to smoke a cigarette. How did you manage your stress? Would you have managed the situation differently using the 3 A's approach?

Think of three examples where you could have used the Avoid, Alter, and Accept methods of problem solving and dealing with stress. Outline them below.

1. Avoid _____
2. Alter _____
3. Accept _____

Have you been rewarding yourself throughout your quit attempt? Identify some major milestones (e.g., one-month smoke-free, six weeks smoke-free, etc.) throughout your quit journey when you may have rewarded yourself. Whether you rewarded yourself or not, write down some other immediate reward ideas below that will continue to motivate you through your quit attempt.

1. _____
2. _____
3. _____
4. _____
5. _____

WEEK 10:



SELF-REFLECTION

Finding Substitutions for Smoking:

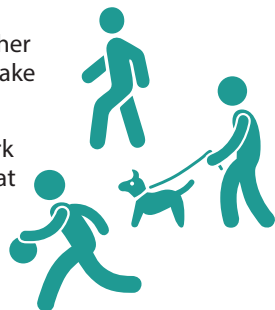
Read each statement and check which statement aligns with your feelings toward smoking.

1. Smoking gives me energy. It keeps me alert. I'll miss the pick-me-up feeling that goes with smoking.
2. When I smoke, I enjoy having the cigarette in my hand. I'll miss having something to do with my hands.
3. Smoking is enjoyable. I'll miss the physical pleasures of smoking – inhaling the tobacco smoke.
4. I smoke when I feel too much stress. I'll miss slowing down and taking a break with a cigarette.
5. I'm so addicted to nicotine; I'll miss the effects that nicotine has on my body.
6. Smoking is part of my daily routine. I always smoke at the same time of day and place. I'll miss smoking at my usual times.
7. Smoking is a social thing. I smoke when I'm with my friends. I'll miss that part of smoking.

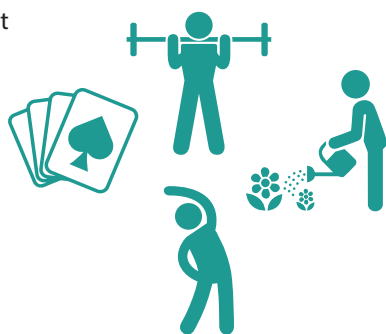
Substitute options for 1, 3, 6, 7: PHYSICAL ACTIVITY

If you selected statements 1, 3, 6 or 7, smoking has given you energy, has been enjoyable to you, is a part of your daily routine, and is often a social activity. These are all common characteristics of physical activity. Physical activity may help you quit smoking and help your body recover from the negative effects of smoking. Here are some activities you could add to your daily routine:

- Increase your daily steps by parking further away from door when you go places or take the stairs instead of the elevator.
- Try adding a short walk each day- to work or to visit a neighbor or with your dog/cat
- Try out a local indoor walking track through the colder months
- Participate in a recreational sport



- Join a local gym or start a light workout routine at home
- Join a community card/ cribbage club
- Take up gardening
- Spend your breaks outside by taking a short walk
- Practice yoga or gentle stretching



Substitute options for 2, 3, 7: EATING HEALTHY FOOD

These options indicate that you might substitute eating for smoking as eating can be a social activity and may elicit physical pleasure. Eating well and making healthy food choices will help to maintain your quit attempt. Here are some tips to maintain a healthy diet and to avoid weight gain after quitting:



- Eat healthy, tasty, well-balanced meals at least three times a day. Use Canada's Food Guide for healthy meal ideas and recipes.



- Aim to have protein (example: meat, chicken, fish, beef, tofu, Greek yogurt, eggs) and high fiber foods (example: vegetables, nuts, seeds and whole grains) at each meal to help manage your appetite now that food might start tasting better.



- Aim to have high fiber, high protein snacks between meals if you are feeling hungry. Combinations like fruit and cheese or veggies with pita and hummus can help make you feel full for longer.



- Eating snacks such as sunflower seeds or peanuts that are still in the shells can help keep your hands busy and your mind distracted when feeling a craving.



- Drink lots of fluids – your body can often confuse thirst with hunger! Aim for sugar free beverages as often as possible such as water or sparkling water, tea, diet juice/pop, or coffee.



- Nicotine withdrawal can cause constipation, so you must ensure that your body is well hydrated and receiving lots of fiber.



- It is normal to be craving sweets and treats sometimes too. Try not to let them replace a meal so your body gets the nutrition it needs, and your stomach feels satisfied. Instead, have it as a dessert after you eat.

Substitute options for 4, 5, 6:
RELAXATION TECHNIQUES

These options indicate that you use smoking as a way to relax or deal with your stress. You need to learn how to relax without cigarettes. Relaxing will help you deal with stress and nicotine withdrawal symptoms. Here are some ways to relax and reduce stress:

- Join a support group
- Talking more often with a supportive friend or family member
- Listen to calming music
- Have a hot bath
- Go for a brisk walk
- Read a book
- Practice deep breathing or meditation
- Journaling



Do you feel that any of these substitutions are feasible and could be implemented in your life? Why or why not? List some reasonable substitutions that you could implement or are implementing in your life.

WEEK 11:



SELF-REFLECTION

Think about your routine, your environment, and the things currently happening in your life. Write down 5 situations that might tempt you to smoke, and how you would deal with them.

1. _____
2. _____
3. _____
4. _____
5. _____

If you have had a slip since starting your quit journey, here are some questions you can ask yourself to get back on track.

What triggered you to have a cigarette or take a puff?

Where were you? Who were you with?

What can you do to avoid a slip the next time you are in this situation?

WEEK 12:



SELF-REFLECTION

Reflect on any changes you have noticed in your physical and/or mental health since quitting smoking. How do you feel now that you have been smoke-free for 12 weeks?

Reflect on the lifestyle changes that you have made throughout the last 12 weeks. What changes will you maintain in your everyday life to help you stay smoke-free?

APPENDIX B:

Overview of NRTs & Medications

PATCH:

The patch helps to lower cravings for cigarettes by supplying a continuous dose of nicotine to the blood stream through the skin.

CONSIDER USING THIS PRODUCT IF YOU:

- Are a moderate to heavy smoker.
- Would prefer to have a consistent level of nicotine in your body.
- Don't want to use a nicotine product throughout the day.
- Would like to conceal use of your smoking cessation treatment.

USE & DURATION:

- Apply the patch onto a clean, dry, non-hairy spot of skin (i.e., upper body or arm).
- Some patches are meant to be worn for 24 hours and some can be worn for 16 hours.
- Typically used for 3 months.
- Do not cut the patch in half or stop sooner than recommended.

POSSIBLE SIDE EFFECTS:

- Possible side effects may include headache, insomnia, dizziness, anxiety, irritability, fatigue, stomach upset and diarrhea.
 - Some of these effects may be nicotine withdrawal symptoms or may be caused by the nicotine in the patch. **Talk to your pharmacist or primary care provider if this occurs.** Your dose may need to be adjusted.
- It is normal to experience mild itching, burning, or tingling within the first hour of applying the patch. If the skin under the patch becomes swollen or red, or you develop a rash, remove the patch and call your health care provider.

DID YOU KNOW?

The patch is considered the #1 form of NRT. Other treatment options (like gum or spray) and typically used in combination with the patch or prescription cessation medication to help user manage breakthrough cravings.

NICOTINE GUM:

Chewing nicotine gum will give you an immediate rush of nicotine that is released upon contact with saliva and absorbed in the mouth.

CONSIDER USING THIS PRODUCT IF YOU:

- Prefer to have control over how much nicotine you are getting and when you are getting it.
- Enjoy chewing gum.
- Want to replace the action of taking out a cigarette and putting something in your mouth

USE AND DURATION:

- Chew slowly a few times; stop chewing when you taste the nicotine or feel tingling. Park the gum between your cheek and gums. This will allow the nicotine to be absorbed. When the tingling is almost gone (about 1 minute), start chewing again. This “chew, chew, park” process should be repeated for about 30 minutes.
- Do not drink coffee, soft drinks or other beverages while chewing (prevents absorption).
- Most people use the gum for approximately 3 months. Heavy smokers may need to use it longer.

POSSIBLE SIDE EFFECTS:

- The most common side effects are burning throat, hiccups, or dental problems. These symptoms can often be eliminated if the gum is chewed properly.

NICOTINE LOZENGE

Like nicotine gum, lozenges are used as needed, when you have a craving. They dissolve in your mouth, releasing nicotine that gets quickly absorbed into the bloodstream.

CONSIDER USING THIS PRODUCT IF YOU:

- Prefer to have control over how much nicotine you are getting and when you are getting it.
- Want to replace the action of taking out a cigarette and putting something in your mouth.

USE & DURATION:

- Put the lozenge in your mouth and allow it to dissolve slowly; do not chew or swallow. A warm or tingling sensation may be felt as the nicotine is absorbed in the mouth.
- Occasionally shift the lozenge from one side of the mouth to the other.
- Each lozenge lasts about 20-30 minutes before it is dissolved completely.
- Avoid eating or drinking 15 minutes before using the product or while it is in the mouth.
- Generally used for 12 weeks.

POSSIBLE SIDE EFFECTS:

- Mouth/throat/tongue irritation; nausea; stomach upset; headaches; hiccups; and taste change.

NICOTINE INHALER

The nicotine inhaler looks like a plastic cigarette. When you take a puff from the inhaler, the cartridge inside releases a nicotine vapor; the nicotine is then absorbed into the bloodstream via the mouth.

CONSIDER USING THIS PRODUCT IF YOU:

- Prefer to have control over how much nicotine you are getting and when you are getting it.
- Want to replace the action of putting something in your mouth. .

USE & DURATION:

- Do not inhale - take small puffs into your mouth and hold for a few seconds. Each nicotine cartridge lasts for approximately 20 minutes of active puffing.
- Puff as needed until your cravings are gone. Try different puffing 'schedules' to help control cravings (i.e., puffing on the inhaler for 5 minutes at a time means that it will last for 4 uses).
- Avoid drinking acidic beverages while using this product such as coffee, tea, soft drinks, alcohol or citrus juices as they can prevent the nicotine from being absorbed.
- Use for up to 6 months if needed

POSSIBLE SIDE EFFECTS:

- Mouth/throat/tongue irritation from the nicotine. This usually goes away or lessens as people adjust to the timing and frequency of using the product.

NICOTINE MOUTH SPRAY

Spray once or twice into your mouth when you are having a craving. The nicotine is absorbed quickly into your bloodstream.

**Product currently not available through the PEI Smoking Cessation Program.*

CONSIDER USING THIS PRODUCT IF YOU:

- Prefer to have control over how much nicotine you are getting and when you are getting it.
- Want to replace the hand-to-mouth action of smoking.

USE & DURATION:

- Point the dispenser as close as you can to your open mouth. Spray under your tongue, avoiding your lips, and press down firmly on the dispenser to release a spray into your mouth.
- Avoid inhaling or swallowing for a few seconds after you spray.
- Wait a few minutes; if you are still having a craving, you can spray again.
- Generally used for 12 weeks.

POSSIBLE SIDE EFFECTS:

- Mild burning sensation of your lips if they come into contact with the spray; headache; hiccups; and nausea.

SMOKING CESSATION MEDICATIONS:

CHAMPIX (VARENICLINE)

Varenicline is a type of medicine that works on the same parts of the brain as nicotine and can relieve your cravings and withdrawal symptoms. Varenicline also blocks nicotine from reacting with the brain, so if you do inhale nicotine, it won't create any of the pleasurable sensations that you typically associate with smoking.

CONSIDER USING THIS PRODUCT IF YOU:

- Feel that taking a medication would be the best option for you.
- Prefer to not use a nicotine product.

USE & DURATION:

- Taken as a pill. Follow instructions provided by your doctor or pharmacist.
- Typical treatment period is 12 weeks. An additional course of 12 weeks may be considered for people who do not stop smoking at the end of the initial 12 weeks.

POSSIBLE SIDE EFFECTS:

- Potential adverse reactions or side effects include depression, aggression, feelings of anger and suicidal thoughts. Speak to your physician immediately if experiencing any of these symptoms. Personality changes should also be noted.
- Nausea; abnormal dreams; constipation; altered mood; and vomiting.

ZYBAN (BUPROPION)

Bupropion was first used as an anti-depressant; however, it is also an effective smoking cessation aid. It mimics the effects of nicotine on the brain and lessens withdrawal symptoms.

CONSIDER USING THIS PRODUCT IF YOU:

- Feel that taking a medication would be the best option for you.
- Prefer to not use a nicotine product.
- Would like to use both a prescription medication along with a nicotine replacement product.

USE & DURATION:

- Taken as a pill. Follow instructions provided by your doctor or pharmacist.
- Treatment should be continued for 7 to 12 weeks.

POSSIBLE SIDE EFFECTS:

- Dry mouth and difficulty sleeping.
- May not be a good choice for people having a history of seizures, bulimia and/or anorexia, taking monoamine oxidase (MAO) inhibitors, or those who are allergic to bupropion hydrochloride.
- Avoid use if you are alcohol dependent, taking St. John's Wort and/or SSRI (selective reuptake inhibitor) antidepressants.

APPENDIX C:

Additional Smoking Cessation Resources

PRINCE EDWARD ISLAND SMOKING CESSATION PROGRAM

The PEI Smoking Cessation Program supports PEI residents who wish to stop smoking or using other tobacco products by covering 100% of the cost of Nicotine Replacement Therapy products or specific smoking cessation prescription medications.

To find out more information and how to enroll, visit:
princeedwardisland.ca/quitsmoking or call your nearest Primary Care Network office to make an appointment.

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- C Tips to Quit Smoking
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SMOKERS' HELPLINE

Smokers' Helpline is a free, confidential service operated by the Canadian Cancer Society offering support and information about quitting smoking, vaping and tobacco use.

Online Quit Program: www.smokershelpline.ca

Support by Phone: 1-877-513-5333

Text Message Support: text iQuit to 123456 to register

Facebook.com/SmokersHelpline



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**Quitting Smoking is one of
the hardest things you will
ever do. Don't let that stop
you from trying.**

*"Giving up smoking is the easiest
thing in the world. I know because
I've done it thousands of times."*

- Mark Twain[®]

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LIVE WELL PEI
together we can