

A photograph of a family walking away from the camera on a dirt path in a forest during autumn. The path is covered in fallen yellow and orange leaves. A woman in a red vest and blue jeans walks on the left, holding the hand of a man in a brown sweater and blue jeans who is carrying a young child on his back. The background is filled with trees with yellowing leaves.

You can
QUIT SMOKING

Your path to a smoke-free life

Government of
Northwest Territories



Want to Quit Smoking?

Quitting takes hard work and a lot of effort, **but you can do it.**
People quit every day.

This book is full of tips that will give you the best chance of quitting forever.

The information in this book comes from medical research and from the experience of people who have already quit.

We hope it is helpful. Talk about this information with your doctor, nurse or Community Health Representative.

The **Bad** News

Nicotine is a powerful addiction.

Smoking can be a hard habit to break because...

- You get addicted to nicotine.
Nicotine is a drug in tobacco.
- Smoking takes control of your life.
The need to smoke becomes part of normal life.

The **Good** News

You can quit smoking if you really want to!

Keep reading to find out how.



How to Quit?

These 6 steps will help you quit forever...

1 Get Ready

- **Get help!** Talk to someone who will help you quit.
- You could talk to your doctor, community health nurse, the CHR, to family and to friends.
- Call the **NWT Quitline at 1-866-286-5099** for quitting support by cessation counsellors.
- Make a list of your reasons for quitting. Make copies of your list and put them where you will see them a lot.

2 Set a **Quit Date** to Stop Smoking

- Choose a day when you do not have much stress.
- Make it as soon as possible.
- Stick to it!
- Tell your family and friends what the quit date is and ask them for support. Let them know what would help you quit.

3 Some Products **May Help You Quit**

- There are medications that can help you stop smoking and lessen the urge to smoke.

Nicotine replacement therapy releases small amounts of nicotine into your body. This can make your physical urges to smoke weaker.



Nicotine replacement is available in these forms:

- The nicotine patch
- Nicotine gum
- Nicotine lozenge or inhaler
- A nicotine-free pill to help you quit is also available with a doctor's prescription.
- Your health care plan may help you pay for these products. Check this with your nurse or doctor.



Important

These products may have side effects. If you want to use one of these products, ask your nurse or doctor for advice and talk to them about the risks and benefits.

4 Tips to Stay Smoke Free

- On your quit day, wet and throw away **ALL** cigarettes and ashtrays in your home, car, and place of work.
- Do not let people smoke in your home.
- Do not tempt yourself by going to places that make you feel like smoking.
- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or do something with your hands so you don't reach for a smoke.
- When you first try to quit, change your routine. For example, if you are used to having a cigarette with your coffee, drink tea instead.
- Drink a lot of water.

Once you quit, don't smoke.

Not even a puff!

5 Deal with **Stress**

- Physical activity helps you feel less tense and tired. Play with the kids or go out on the land.
- Breathe deeply – in through your mouth and out through your nose – when you feel a craving coming on.
- Talking with others helps to improve your mood and boost your confidence.

6 Be Prepared for **Withdrawal Symptoms**

- Some people experience withdrawal symptoms such as cravings, headaches, coughing, and feeling grumpy, depressed or tired.
- These symptoms are the strongest in the first few days.
- Cravings go away after a few minutes. They may stop completely after 2-4 weeks. Some people continue to have cravings for a longer time.

The more support you get, the better your chances of quitting.

Ask your family and friends to help you!



What about **Weight Gain?**

Some people who quit smoking may gain a little weight – **usually less than ten pounds**. The health benefits of quitting smoking are much more important.

To reduce weight gain, eat healthy snacks such as popcorn with no butter, yogurt, sugarless gum, and fruits and vegetables. Eat healthy meals from the four food groups every day.

Exercise also helps to control weight.

Try to walk and do other physical activities every day.

Deal with one problem at a time.

Quit smoking first!



What to do if you start **Smoking Again?**

Even if you slip up, don't let one slip up stop you from quitting again right away. Think about why you gave in and smoked, and decide what to do instead of smoking the next time.

Many people try several times before they finally quit. Here are some difficult situations to watch for:

- **Alcohol**
Avoid drinking alcohol. Drinking lowers your chances of success.
- **Other Smokers**
Being around smoking can make you want to smoke.

It is **Possible to Quit**

- **DECIDE** that you want to quit.
- **SET A QUIT DATE** and stick to it.
- **GET HELP** from your friends, family and health workers.

Above all, be proud of yourself!

Celebrate the anniversary of your quitting date with the money that you will save from not smoking.

***You will be healthier and happier
without the habit.***

Help is **Just a Call Away**

Highlights of the line include:

- Trained cessation counsellors
- Personalized call-back programs
- Quit smoking reading materials
- Translation services for all NWT languages
- Service 24/7



For more information on quitting visit these websites:

www.gosmokefree.gc.ca

www.quitnet.com

www.becomeanex.org

www.lung.ca

My Reasons **for Quitting**

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If you would like this information in another official language, contact us at 1-866-846-8601.
Si vous voulez ces renseignements dans une autre langue officielle, communiquez avec nous au 1-866-846-8601.