

1

What is Your Motivation to Quit?

What are your top reasons for wanting to quit tobacco?

1. _____
2. _____
3. _____

Calculate how much you will save.

If you smoke one pack a day you are spending about \$6,200 on tobacco a year (based on \$17 per pack).

What could you spend that money on instead?

1. _____
2. _____
3. _____



2

Counselling and Talk Support

The NWT Quitline can link you with a Care Coach to help support you through your quitting journey.

NWTQuitline.ca
1-866-286-5099

Talk to friends and family.

The support of family, friends and your community is important as you become tobacco free. Make a list of the key people who will support you:

1. _____
2. _____
3. _____

Ask one of these people to be your quit buddy – a person who will be there for you through the challenges of quitting.

My quit buddy is:

3

Quit Aids

Prescription medications or products that contain nicotine like the patch or gum, can double your chance of quitting for good. Talk to your nurse or doctor to find out more.



clear the air

Quitting tobacco one day at a time



Quit Calendar

This quit calendar can help you day by day in your quit journey. First, work through steps 1, 2 and 3 on the back side of this resource. Then, open out the page to see the full quit calendar.

- ◆ Start two weeks before the day you want to quit.
- ◆ Begin with the circle labeled 14.
- ◆ Mark off each day with an X.
- ◆ Just take it one day at a time!



Countdown begins today!

Great news – you decided to quit. Take a few weeks to prepare yourself.

NWTQuitline.ca 1-866-286-5099

Call the Quitline. A Care Coach can help to make a quit plan that’s right for you.

- 14

Pick a quit day!
Choose a day to start being tobacco-free and stick to it.
- 13

Keep a journal
Write your goals and other thoughts along the way.
- 12

Visit your nurse or doctor
Before you start, talk to your health care provider and get their advice and help.
- 11

Get supplies
Stock up on healthy snacks and tobacco quit aids.
- 10

Talk about it
Make a pledge to your family or friends and get their support.
- 9

Stash your savings
Instead of spending money on tobacco, you can put it in a jar and watch your savings grow.
- 8

Make a quit plan
Write down what quit aids you may try, the supports you will use, and how you plan to handle your cravings and trigger times.
- 7

Get a head start
Smoke or chew a little less each day.
- 6

Envision success
See yourself as a tobacco-free person. What will your new life look like?
- 5

Help others
Get good feelings from being kind and helpful, instead of from tobacco.
- 4

What are your reasons to quit?
Write down your top 3 to 4 reasons and post them on your fridge as a reminder.
- 3

Have new adventures
Try new things, find something else to enjoy.
- 2

Connect with friends and family
Remember that quitting helps you and everyone around you.
- 1

Clean house
Throw out everything tobacco: ashtrays, lighters, spit jars, etc.

WEEK 1

Your courage and hard work prepared you for this journey.

1 Start today

Say, “From today on, I am tobacco-free.” And believe it!



2 Drink water

Use water to flush out nicotine and poisons from your body.



3 Make a new routine

Try new activities. Do things in a different order. Break old habits that involve tobacco.



4 Drink less caffeine

Cut caffeine by half. Drink less coffee, tea and pop. Your body is now more sensitive to caffeine.



5 Enjoy smells

Eat your favourite foods or try new ones – without tobacco you smell and taste them better.



6 Stay away from alcohol

Choose activities that help you quit – drinking lowers your resolve.



7 Stay away from tobacco

Hang out with people who don’t smoke. As much as possible, avoid people who use tobacco. Don’t be tempted, say “no” if someone offers you tobacco.



WEEK 2

You are ready for week two. Review your quit plan and take steps to stay on track!

8 Overcome cravings

Practice the four Ds. Drink water, take Deep breaths, Distract yourself with other activities and Delay the craving.



9 Manage stress

Go for a walk, stretch, practice relaxation, be patient with yourself and others.



10 Brush your teeth

Remove the nicotine stains and freshen your breath.



11 Go out with friends

Take along a quit buddy – someone to help you stay tobacco-free.



12 Eat healthy snacks

Try veggies, dry meat, berries and yogurt, or other good things to help beat the cravings.



13 Be a role model

Set a good example for others in your life, especially young people.



14 Write in your journal

Describe how it feels to make it through two weeks without tobacco.



WEEK 3

Things may get hard. Reach out to others or call the Quitline if you need more support.

15 Talk to someone

Share with another friend who is quitting or call the Quitline.



16 Do things you enjoy

To help reduce stress, find pleasure – play with your kids, take a warm bath, watch a comedy, read a good book, listen to your favourite music, spend time with a friend.



17 Be active

To help reduce stress, get moving – play sports, go for a walk or run, do some other exercise.



18 Enjoy your healthy heart

Blood flow improves almost right away, and after one year, your risk of heart disease is half what it was.



19 Celebrate no second-hand smoke

Enjoy the thanks from friends and family for not smoking. Second-hand smoke causes cancer, heart disease, and other breathing problems.



20 Keep saving money

Use the money to buy something special.



21 Smile

Celebrate three weeks tobacco-free. You have lots to smile about, and when you smile, you feel happier.



WEEK 4

The last full week of your quit month. Keep saying, “From today on, I am tobacco-free.”

22 Expect coughing

Coughing is normal after a few weeks without tobacco – it helps to clean out your lungs. Visit the health centre if coughing lasts longer than a few weeks.



23 Keep using your quit aids

Even if the cravings fade, keep using the NRT or medication that you started.



24 Write about your experience

Describe how you feel so far, how much money you saved, how your cravings and energy change. Read your journal when you have a bad day.



25 Always be ready

Cravings can happen any time, any place. Distract yourself, keep your mind and hands busy – play a game, make tea, eat a healthy snack, chew gum, etc.



26 Get more active

Feel your increased strength and health; if you walk, try walking farther, longer and faster.



27 Enjoy fresh smells

Celebrate how your clothes, breath, and home smell better without tobacco. Ask someone to help you wash all the walls and surfaces.



28 Keep saving money

Put the money in a bank account and save it for something big. You probably have saved at least \$250 by now if you smoked half a pack a day.



WEEK 5

This may be the easiest week so far. Your cravings will lessen, but be on guard against slips.

29 Share quitting stories

Listen to other people’s stories and share your own. Talk to your friends and neighbours. Share your success on social media.



30 Plan to celebrate

Take the time to do something special just for you. Make a nice dinner, buy a gift for yourself or go on a trip.



31 Celebrate!

If you quit for one month you can quit for longer. Keep saying, “From today on, I am tobacco-free.”



Congratulations, you did it! Quitting tobacco one day at a time.