



Quitting smoking can be difficult but not impossible. There are supports in the community to help you stop.



How to Stop Smoking

Do you want to stop smoking? The nicotine in cigarettes is very addictive. Stopping smoking can be hard, but not impossible. Many people will try 3 or 4 times before they quit for good. Each time you try to stop, the more likely you will be able to succeed.

If you stop smoking you will be healthier and live longer. The people around you, especially children, will be healthier without second hand smoke. You will have more energy and breathe easier. You will lower your risk of heart attack, stroke and cancer.

Things You Can Do

Steps For Stopping:

Step #1 – Find Your Reason To Stop

- Examples are: health benefits, fitness and appearance, avoiding diseases, saving money, and fertility
- Make a decision
- Set a stop date

Step #2 – Make A Plan

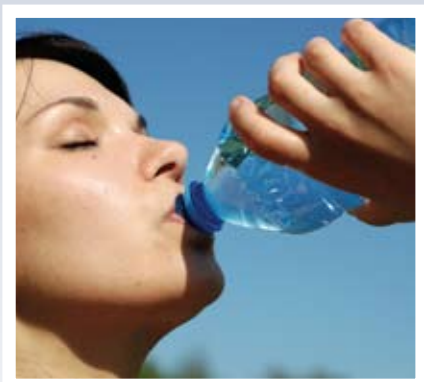
- Know why you smoke and track your smoking habits while you prepare to stop
- Plan ways to help you stop smoking
- Get support and encouragement from family and friends, and find 'a stop partner'
- Consult your doctor for cessation aids
- Find a different activity to deal with stress such as relaxation techniques
- Eat healthy and drink plenty of water
- Get daily exercise and use positive self talk, "I can do it"

Step #3 – Put Your Plan Into Action

- Get rid of ALL cigarettes and ashtrays in your home/car/ workplace
- Understand withdrawal symptoms, such as: cravings, feelings of frustration, irritability, depression or anxiety, change in sleep patterns, difficulty concentrating, and increased weight gain
- Write your main reason for stopping on a card and carry it with you



How to Stop Smoking



- Tell others your stop date
- Stay in non-smoking areas, keep busy, chew gum, carry fruits or cut up celery or carrot sticks
- Use the 4 D's: Delay, Deep Breathe, Do something else, Drink water

Step #4 – Stay on Track

- It is normal to have cravings in situations in which you used to smoke
- Find new habits to take the place of smoking
- Limit coffee, tea, and cola drinks with caffeine
- Limit alcohol
- Reward yourself
- Review your plan, is it working?

Where to Find Help

Smokers Helpline <i>www.smokerhelpline.ca</i>	(toll free) 1-877-513-5333
NorWest Community Health Centres <i>525 Simpson St. Smoking Cessation Packages Available</i>	622-8235
Tobacco Resource Action Centre Thunder Bay District Health Unit <i>999 Balmoral St.</i>	625-5982
Quit Coach: Nicotine Dependence Centre <i>Fee for service; unless covered</i>	684-7311
Regional Health Sciences Cancer Centre <i>980 Oliver Rd.</i>	684-7200 (toll free) 1-877-696-7223
Canadian Cancer Society <i>920 Tungsten St.</i>	344-5433



www.norwestchc.org • 1-866-357-5454 (toll free)