

Stop Smoking
Start Living



Quick Review

Last Class Challenge:

Until our next class, only smoke half of every cigarette you have.

> If you were unsuccessful in doing this, don't give up on the idea. Try it again, starting today.

Last Class we learnt:

1. The importance of working your schedule for these classes
2. The value of being open, and discussing your smoking
3. The difference between Habit and Addiction

What is my story?

Every person who smokes has a story of how they started or why. People don't start smoking with the intent of becoming addicted; that comes as a repercussion of the smoking. But regardless of your intent, think back to the first time you were ever offered a cigarette. Did you smoke it? Or did you pass it off?

Discussion Question:

When was the first time you ever smoked? Explain in short, what that looked like. Who was there, what was going through your mind?

How has your timeline changed....

Activity: Self Bettering

Taking a piece of paper and a pencil, draw a timeline like the one below:



1. Using your memory, start your timeline with the year you started smoking, and end it with 2017, the year you intend to quit.
2. Moving through your timeline, explain what has changed over the years in your smoking habits. (Ex. where you smoked, when, how much, with who)
3. What has changed the most since you started?
4. What has stayed the most consistent?

What does this tell you about your smoking habits?

What Now?

If you are here today, you have a desire to quit. Today we have looked at our own timelines, and asked ourselves some the defining questions of our habits. Now what?

Now we start to form a plan. After spending some time reflecting on our own habits and tendencies, we have thought deeper about why we initially made some of the choices we did, and how they brought us here today.

Introduction to Coping Mechanisms

As we progress in our journey to successfully quit smoking, we will focus more so on the importance of having healthy coping mechanisms. But before we do this, focusing on small acts that will keep you motivated to continue is one of the most important steps to successfully quitting.

 **Two of the best ways to stay motivated to quit are:**

1

Write your reasons for quitting down, carry them with you, and look at them often (pictures work just as well as words).

2

Create as many small successes as you can – when one or more of your plans to stay smoke-free work in a difficult situation, you will feel more confident and more motivated to try again in more situations. It feels amazing!

Thinking about Withdrawal

Discomfort and craving is a prominent reality of quitting something that you have become addicted too. No matter what the substance, side effects of withdrawal are almost certain to take place. However, very simple exercises to practice, can help with this transition.

<https://www.youtube.com/watch?v=cdW-vbKB2-I>

Have you experienced the effects of withdrawal before?

Was it Physical or Emotional?

Creating a plan for Withdrawal

What's your plan for withdrawal?

- Drink lots of water – think of it as flushing all the chemicals out of your body.
- Hang out in places where smoking isn't allowed, like the mall or at the movies.
- Take a hot bath or shower.
- Sleep, lots.
- Do things to relax – listen to music, try relaxation exercises, watch movies or your favourite TV shows, read a book.
- Do something that distracts you – sports, painting, video games, go somewhere new, hang out with non-smoking friends.
- Stay busy to avoid boredom.
- Move your body – exercise, sports.
- Eat lots of fruits and vegetables to make your hair, skin and nails look healthier.
- Try mild cough syrup or drops to make your throat feel better if you cough a lot.



Based on the video we just watched, and the list beside us...

Choose three *plans of withdrawal* to help you with your journey.

Discussion

**If you could go back to the time you had your first cigarette,
knowing where you are today and wanting to quit,
would you still smoke it?**

Next Class: Moving Forward

Next Class we will focus on developing coping mechanisms, that are unique to each of us and our own lifestyles. We will look at how these coping skills can help us work toward defeating the cravings when they set in.

Daily Take Away

Each class, we will devote the last ten minutes to a "Daily Take Away". This is an opportunity for everyone to take one piece of advice or information, from the day's class, and determine how it is going to impact you, until the next time we meet.

Example: Hanging out with people in places where smoking is not allowed (i.e the mall), gives less opportunity to smoke.

Outcome: I will have less opportunity to smoke casually.

Take a moment to think about your take away for the week. If desired, share it with the class; help others hold you accountable.

Class Challenge: Until our next class, write down every cigarette you have between now and then. Beside each tally, put a (G) or (B), depending on if you were in a Good mood or a Bad mood, when you smoked that cigarette. Keep it in your cigarette pack.