

Stop Smoking
Start Living



Quick Review

Last 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.

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

Last Class we learnt:

1. How to create a plan for withdrawal
2. Why we need to develop healthy coping mechanisms

WITHDRAWAL

The worst part of withdrawal happens in the first 2 or 3 days after you quit smoking – so get ready for it!

Get your mind ready to deal with feeling a bit bad for a couple of days. Think of it like having a cold or flu that has to run its course – you'll start to feel better soon.

Withdrawal is what happens when nicotine is leaving your brain – and you're not giving it some more.

Withdrawal usually takes about 2 weeks. You'll still get cravings, but the physical part of withdrawal will end.

Mood and Habit

Last class we encouraged everyone to keep a written log of every cigarette they have, and to mark down (G) or (B) beside it, to indicate if they were in a “good” mood or a “bad” mood, when they had their cigarette.

Discussion Question: What results did this show for you?

If you haven't kept a log, what do you think the result would be if you did?

Your mood has a huge impact on the number of cigarettes you will smoke in a day or in a week. People who are under higher levels of stress and anxiety, are more likely to smoke as a 'filler', than to smoke because of a craving.

Determining what your stresses and anxieties are, and engaging in ways to help you manage them in a healthy way, is key for success in quitting some of your unnecessary smoking habits.

After the period (about two weeks) of physical withdrawal, your decision to quit will substantially better your mood.

Nobody really knows exactly why some smokers use cigarettes to deal with their moods. But here are a few ideas:

- Nicotine causes the brain to release certain chemicals (beta-endorphin and norepinephrine) that can make people temporarily feel better and improve their mood.
- Smoking can be a quick pick me up when you're stressed or depressed.
- Smoking can be time out from thinking about or dealing with stress and other moods.
- Smoking can be a distraction from something that is bothering you.
- Smoking often is a social activity, so smoking in a group can bring feelings of support and comfort.
- Smoking helps with nicotine withdrawal symptoms that can happen between cigarettes for people with a strong addiction.

Using cigarettes in any of these ways helps for only a short time. After all, what's causing your mood hasn't gone away. So now you might just be left wanting another cigarette.

Cigarettes don't have to control your moods. **YOU** can take control by finding healthier ways to handle your moods.

“American researchers have found that quitting smoking makes people happier, and the effect lasts for as long as they manage to kick the habit.”

<http://www.dailymail.co.uk/health/article-1335271/Quitting-smoking-IMPROVES-mood-say-scientists.html#ixzz4YvQVA9Dp>

Having stress or certain moods (some negative, some positive) can make it harder to quit smoking and stay smoke-free. Maybe because you’ve learned how to cope with cigarettes. Problem is, using cigarettes to deal with stress or other feelings isn’t really helpful after all:

- Smoking actually causes more stress than it relieves. Research shows that stress levels go down after quitting.
- Relief lasts only a short time. Your stress or mood may return. Then you might want to smoke another cigarette.
- Smoking doesn’t solve what might be troubling you. The issues and what’s causing them remain.
- Smoking isn’t a healthy way to cope. No matter how stressed out you might feel, the effects of stress on your overall health are not as harmful as the effects of smoking.

Facts into Action

Coming to terms with your smoking addiction can be frustrating and discouraging. Now that we have read up on some of the information and facts surrounding the correlation between your mood and smoking, what can we do to get ourselves to that point of success?

Copping Mechanisms are a key part to successful quitting. We reviewed some of these in the last class. Here is a summarized list to remind everyone:

- Drink lots of water
- Hang out in places where smokers aren't
- Get lots of sleep
- Take a hot bath or shower
- Do things that relax you: reading, TV, music
- Stay Busy
- Move around: Exercise
- Eat fruits and vegetables

Stay Accountable

As we have discussed in previous classes, keeping accountable to someone (people in this class) can be a major asset to you and your journey to quit for good.

Discussion Question:

Who is someone in your life, that you know will hold you accountable to quitting once and for all, and why do you know that they will help you? What do you need to do to ask them, and when are you going to do it?

Activity: Making known my challenge



Now that you have thought about your accountability partner, what are you going to tell them your biggest challenges are? What are your easiest and your hardest steps, and how can they help you.

If it helps, write these down for them and give them the piece of paper next time you see them.

Next Class: Moving Forward

In our next class, we will be looking at budgeting and discussing the financial benefits of what quitting smoking will do for you in the short and long haul.

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: Smoking actually causes more stress.

Outcome: By smoking, I am actually adding more stress and anxiety to my life.

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: If you haven't already, come up with a date that you declare to quit smoking on, for good.