

Stop Smoking  
Start Living

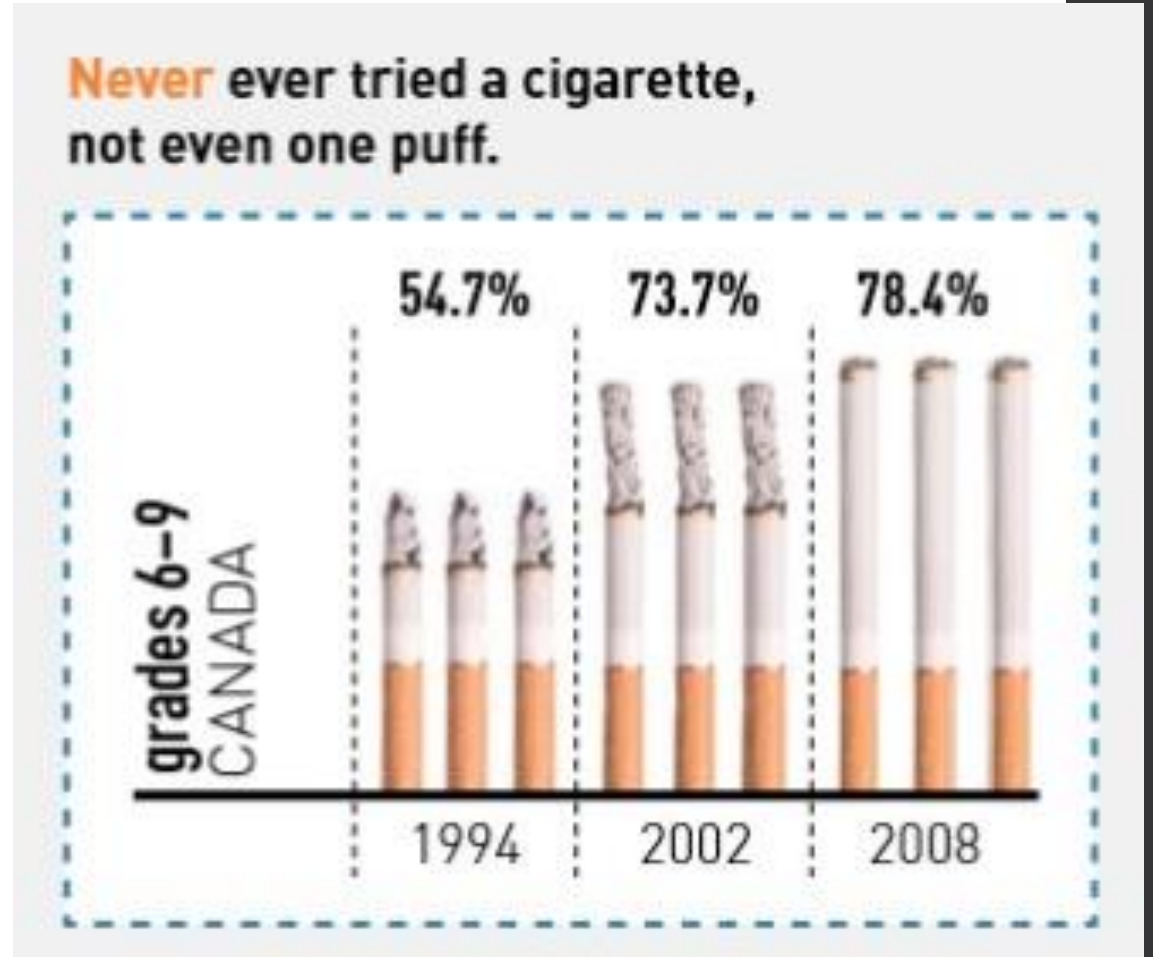


# Course Review

In this class today we will highlight and summarize everything we have covered in this course over the last month.

# How popular is smoking?

- Smoking is becoming less popular among youth in Canada!
- The graph compares the percentages from 2008–2009 to the percentages in 1994. The majority of youth in grades 6 to 9 (78.4%) have never tried smoking. overall, there are now more never smokers than current smokers in Canada.



# Budget your money

- 20% of smokers aged 20–24 have their first cigarette by the time they're 13.
- Another 57% have their first cigarette by the time they are 15.
- If you start smoking at age 15 and smoke until you're in your 50s, you'll spend about \$198,421 on cigarettes.

# Addiction or Habit

## What's the difference between addiction and habit?

### ADDICTION

Addiction is when you have lost control over using a drug – like nicotine in cigarettes – and you keep using it even though you know it's bad for you.

When you're addicted to cigarettes, you can go into withdrawal if you haven't had a cigarette in a while. That's part of addiction.

When you're in withdrawal, you might feel:

- Restless
- Anxious
- Irritable or grumpy
- Can't concentrate
- Angry
- Depressed

Nobody wants to feel that way, right?  
That's why addiction is another roadblock to quitting.

# Habit

Habit is part of addiction. Your brain learns to link smoking with other things you do when you smoke, like:

- Hanging out with your friends
- Having fun
- Feeling stressed out
- Eating
- Drinking pop, coffee or an energy drink

When you do things that your brain links to smoking, you will usually have a smoke without even really thinking about it.

What are your smoking Addictions?

*Example:* “I need a smoke as soon as I wake up in the morning, I feel really edgy when I’m in 3<sup>rd</sup> period because it’s been so long since my last cigarette...”

What are your Habits?

*Example:* On the walk to school, after lunch with my friends, when I’m studying for a big test or exam...

# Roadblocks to quitting: What's stopping you?

## Dealing with roadblocks

- Figure out ways to avoid smoking in situations that usually trigger you to smoke.
- Deal with one cigarette at a time, which means dealing with one situation at a time.

## POTENTIAL ROADBLOCKS

### Social pressure

It feels too hard not to smoke when you're around other people who are smoking. Try to focus on why you want to quit and practise saying "no thanks."

### Fear of losing friends

But 96% of teens say they would support a friend who wanted to quit smoking.

**Need help dealing with people who don't support you in quitting smoking? See page 51 for ideas.**

### Fear of gaining weight

But lots of people don't gain weight after they quit smoking – even if they do, it's usually only 2 or 3 kg (4 to 6 lb).

### Belief that smoking doesn't hurt anyone under 30

Did you read Step 1 about how smoking harms your health?

Cigarettes don't know how old you are.

# Withdrawal and Coping Mechanisms

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.

## 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!

## 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.



## 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.



# Health and Wellness

- **What will make quitting easier? Look for support**
- Tell your family and friends that you are going to quit.
- Ask for their assistance and support. Drink gallons of water every day.
- Have non-fattening snack foods around: Carrots, celery sticks, gum, apples.
- *Join a local sports league*
- *Yoga classes or meditation to relieve stress*
- *Participate in a 5K run or start training for one*
- *Turn meetings with friends or colleagues into walking meetings*
- *Keep a coloring book around you*
- *Hold a fitness challenge with friends, and encourage one another*
- *Pray or engage in prayer or meditation*
- *Develop a motivational journal, writing down your successes*

# Post smoking timeline

## Time after quitting      Benefit

- 20 mins - Blood pressure and pulse return to normal
- 8 hours - Oxygen levels return to normal
  - Nicotine and carbon monoxide levels in blood reduce by half
- 12 hours - Carbon monoxide levels in blood drop to normal
- 24 hours - Carbon monoxide will be eliminated from the body
  - Lungs start to clear out mucous and other smoking debris
- 48 hours - There is no nicotine left in the body
  - Ability to taste and smell is greatly improved
- 72 hours - Breathing becomes easier & Bronchial tubes begin to relax

# After quitting.....

- Your blood circulation improves
- You might gain a little weight
- Your heart will love you again
- Your stroke risk drops dramatically
- You'll breathe a lot better
- You'll cough a bit more
- You'll have a brighter smile
- Your skin will glow – and you'll slow the aging process
- You'll smell better
- Food tastes better
- Your immune system improves

Tobacco smoke is enormously harmful to your health. There's no safe way to smoke. Replacing your cigarette with a cigar, pipe, or hookah won't help you avoid the health risks associated with tobacco products.

Cigarettes contain about 600 ingredients. When they burn, they generate more than 7,000 chemicals, according to the American Lung Association. Many of those chemicals are poisonous and at least 69 of them can cause cancer. Many of the same ingredients are found in cigars and in tobacco used in pipes and hookahs. According to the National Cancer Institute, cigars have a higher level of carcinogens, toxins, and tar than cigarettes.

# Course Take Away: Discussion

- What has been the most surprising piece of information for you?
- How has this course material changed your perspective on smoking?
- How will your life be different without this addiction?
- What day are you going to quit for good?