

# Don't Quit QUITTING!

Your journey to a smoke-free life.



**Learn about the many strategies, supports  
and tools available to help you quit!**

# In this resource you will find:

A Timeline To Better Health . . . . .	2
Quick Facts About NRT . . . . .	4
The 2 Types of NRT . . . . .	6
Quick Facts About Quit-Smoking Medications . . . . .	8
Healthy Ways To Deal With Cravings . . . . .	10
Quit Tips . . . . .	12
My Quit Plan . . . . .	14
Relapse Prevention Journal . . . . .	16
Additional Supports . . . . .	18



# Congratulations on your decision to quit smoking ... again!

If you're like a lot of people, you've tried quitting before. Whether you were smoke-free for a year or a day, every try brings you one step closer to quitting for good!

This booklet has tips, tricks, and facts to guide you through your quit journey. Quitting is hard, but you don't have to do it alone. The more support you get, the better your chances of success.

If you do have a slip, keep that chin up! Learn from your mistakes, find out what works best for you, and most of all . . .

## Don't Quit Quitting!



# A TIMELINE TO BETTER HEALTH



**20 MINUTES**

## **GREAT START**

20 minutes after quitting, blood pressure improves and pulse rate returns to normal.



**1 YEAR**

## **HAPPY HEART**

After 1 year of not smoking, risk of heart attack decreases by 50%.



**72 HOURS**

## **GETTING EASIER**

After 72 hours, breathing gets easier and cravings start to lessen.



**5 YEARS**

## **MEGA MILESTONE**

After 5 years smoke-free, risk of stroke is cut in half!



**2 WEEKS**

## **FEELING BETTER**

Within a few weeks, your energy levels increase and circulation begins to improve.



**10 YEARS**

## **CONGRATULATIONS!**

After 10 years, your risk of some serious health conditions is the same as someone who has never smoked.



**3 MONTHS**

## **STAYING STRONG**

Within months, coughing and wheezing disappear as the lungs start to self-clean.

*Quitting smoking can increase your life expectancy up to 10 years and make it easier to enjoy life!*

# Quick Facts

## *about Nicotine Replacement Therapy (NRT)*

It's normal to have cravings and withdrawal symptoms when you stop smoking. When used properly, NRT can help reduce these symptoms to double your chance of quitting successfully!

### **What is Nicotine?**

Nicotine is the addictive chemical in cigarettes but it is not the cause of illness or disease that comes from smoking.

### **What is NRT?**

NRT is a safe way to get nicotine without all the other harmful chemicals found in cigarettes.

### **Does NRT work?**

NRT has been approved by Health Canada and can help you quit by reducing withdrawal symptoms.

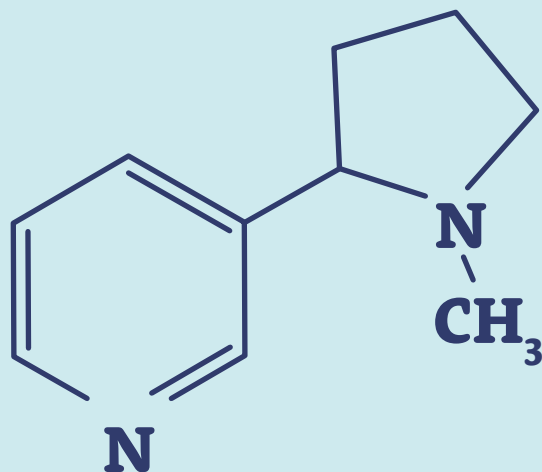
By using NRT with other stop smoking medications and counseling, you can significantly increase your chances of quitting for good.

### **What types of NRT are there?**

There is long-acting and short-acting NRT, which can be used together to help manage cravings.

### **How can NRT help me quit if nicotine is addictive?**

By using NRT, you can slowly reduce the amount of nicotine in your body. Even if you use NRT for a long time, it is still a much safer way to get nicotine than smoking.



# The 2 Types of NRT

There are different kinds of NRT so you have options to choose the ones that work best for you. If used incorrectly, NRT may not seem to work. It could also cause increased side effects. Instructions for use may change a little for different brands, so read the package carefully and talk to a pharmacist or health care provider if you have any questions or issues.

## Long-acting NRT

Long-acting NRT makes you more comfortable while you quit by providing a slow, steady delivery of nicotine. Long-acting NRT can be used with short-acting NRT to help manage cravings.



### Patch

- Put patch on a clean, dry, hair-free area
- Replace patch every 24 hours in a new location
- Full effect of nicotine is felt within 1 to 2 hours
- If you experience trouble sleeping, remove patch about one hour before bedtime

## Short-acting NRT

Short-acting NRT delivers a quick dose of nicotine to help get through cravings and withdrawal symptoms without smoking. For best results, avoid eating and drinking 15 minutes before and after use with all short-acting NRTs.



### Inhaler

- Puff into mouth and throat for a few seconds (not your lungs)



### Lozenge

- Suck lozenge until there is a strong taste
- Rest in cheek for 1 minute or until taste has faded, then repeat
- Do not chew



### Gum

- Chew slowly a few times, then park in cheek
- Let it sit for 1 minute and repeat
- Use for up to 30 minutes or until craving passes



Make sure to read all packaging for instructions and potential side effects.



### Mouth Spray

- Prime canister by pointing nozzle away from you, press the top until a mist appears
- Hold close to mouth and avoid spraying lips
- Do not inhale

# Quick Facts about Quit-Smoking Medications

There are prescription medications that have been approved by Health Canada that can help you quit smoking. These medications work best if you take them as prescribed and get extra support along the way.

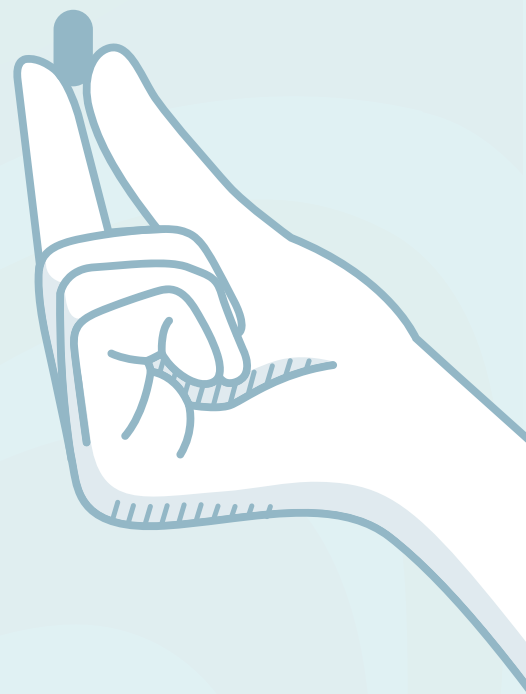
**Varenicline and bupropion are two medications covered by the Ontario Drug Benefit (ODB) program for individuals who qualify.**

## Varenicline

Taking varenicline with other quit-smoking supports can almost triple your chances of quitting smoking! Varenicline blocks the effect of nicotine on the brain so smoking becomes less enjoyable. It is the most effective medication for quitting smoking.

## Bupropion

Using bupropion alone can double your chances of quitting smoking! Bupropion reduces cravings and withdrawal symptoms. It is another effective option for quitting smoking if varenicline isn't right for you. It can also help if you are depressed or have signs of depression.



**Ask your health care provider or a pharmacist to learn if these medications are right for you.**

# Healthy Ways To Deal With **CRAVINGS**



## Be Prepared for Snack Attacks

Healthy snacks give you energy, prevent overeating and reduce cravings. Prep snacks like fruits, vegetables, and sunflower seeds and keep them on hand for the day.



## Distract Yourself

Instead of focusing on your cravings, find activities you enjoy. Walking, journaling or another hobby will help distract you from thinking about smoking.



## Be Active Every Day

Regular exercise helps to improve overall physical and mental health. It can distract you from cravings, lower stress, and improve energy and sleep.



## Drink Water

Drink water to help with cravings, control your appetite, flush chemicals from your body, and to keep your mouth and hands busy.



## Cut Back on Caffeine

Caffeinated drinks can trigger cravings. Nicotine decreases the effects of caffeine, so when you quit, a coffee will hit you harder than usual. Drink less caffeine, drink more water, and get yourself a good night's sleep!



## Delay

Most cravings only last a few minutes. If you delay having a cigarette, they will go away on their own. For more intense cravings, consider short-acting NRT such as the gum, lozenge, inhaler or mouth spray.



## A Slip Isn't a Fall

If you have a smoke after quitting, don't get discouraged. Each quit attempt teaches you to better prepare for the next one. Learn from mistakes and don't quit quitting!



## Deep Breathe

Help your body and mind relax by taking slow, deep, calming breaths. Take a break, breathe, and feel the stress (and cravings) fade away.

**FACT**

## Smoking does not reduce stress!

It may make you feel better for a short time by making your craving go away, but smoking actually increases feelings of stress, anxiety and depression. To tackle stress, try deep breathing without the smoke.



# Quit Tips!



**Don't Quit Quitting!**  
If at first you don't succeed,  
try again! Every attempt gets  
you one step closer to  
quitting for good!



## **Make a List**

Write down all the reasons you want to quit.



## **Understand Why You Smoke**

Think about when, where, and with whom you smoke.



## **Make a Plan**

Choose to do other things when you usually smoke. Change your routine and avoid situations that make you want to smoke.



## **Get Support**

Build a network of support. Tell friends, family, and coworkers that you're quitting and let them know how to help. See the back cover of this booklet for more quit supports.



## **Change Your Environment**

Make your home and car smoke-free. Get rid of cigarettes, lighters, and ashtrays.



## **Learn From Past Quit Attempts**

What worked, what didn't, and what will you do differently this time?



## **Set A Quit Date**

Pick a date within the next 30 days, mark it on the calendar and stick to it.



## **Motivate Yourself**

Quitting is hard. Positive thoughts and rewards will help!

# My Quit Plan

Quit date \_\_\_\_\_

## Why do I want to quit?

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## My plan includes

- Reducing to quit
- Nicotine replacement therapy (NRT)
- A quit counselor
- Quitting with a friend
- Starting a new hobby
- Rewarding my successes

## My support network



## How will I manage my triggers?

Triggers are people, places, feelings and situations that make you want to smoke.

My Triggers	How I Will Cope
Example: Boredom	Go for a Walk

## When I quit I will save

\$\_\_\_\_/day \$\_\_\_\_/month \$\_\_\_\_/year

Learn how much you'll save with the quit calculator at [dontquitquitting.ca](http://dontquitquitting.ca).

# Relapse Prevention Journal

Relapses are a common part of the quit journey.  
Stay smoke-free by thinking back to your past quit attempts.

**Why did I smoke?**

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**What can I do to avoid smoking in this situation again?**

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**What worked for me the other times I tried to quit?**

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**Even one week smoke-free is an achievement.  
What can I learn from my smoke-free time?**

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# Additional Supports

## **Smokers' Helpline**

Free online or text support  
smokershelpline.ca  
Text iQuit to 123456

## **Health811**

Dial 811 for free phone support  
Toll free TTY line:  
1-866-797-0007

## **Talk Tobacco**

Indigenous quit smoking and  
vaping support  
Live Chat:  
smokershelpline.ca/talktobacco  
1-833-998-TALK (8255)  
Text CHANGE to 123456

## **Ottawa Model for Smoking Cessation Community Program**

1-888-645-5405  
6 weeks of free NRT, if eligible

## **STOP on the Net**

8 weeks of free NRT, if eligible  
stoponthenet.com