

Northwestern Health Unit



Series 4 – TOBACCO-FREE LIVING Part C

Title: How to Quit Smoking

(For use by individual smokers wanting to make quit attempt)

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Introductions



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Audio and PPT

This presentation is part C of a series about Tobacco-Free Living by the Northwestern Health Unit.

Unlike other presentations in the series this one is intended for individual use and can be recommended to smokers who would like some advise about quitting

An audio presentation accompanies these slides and should be followed along.



Tobacco – How to Quit



- ◆ The overall purpose of this presentation is to offer strategies and tips to assist a person wishing to quit smoking.



Discussion Topics

- ◆ Quitting Smoking
- ◆ Ready and Want to Quit
- ◆ Understanding When and Why you smoke
- ◆ Develop your own quitting strategy
- ◆ Coping with cravings
- ◆ Ready... Set... QUIT

Quitting Smoking

- ◆ You've made the decision to Quit...now what?
- ◆ Habit or addiction?
- ◆ Is there help out there? ...YES!

Smokers' Helpline 1-877-513-5333



Ready and Want To Quit

- ◆ Your Reasons.....Your decision

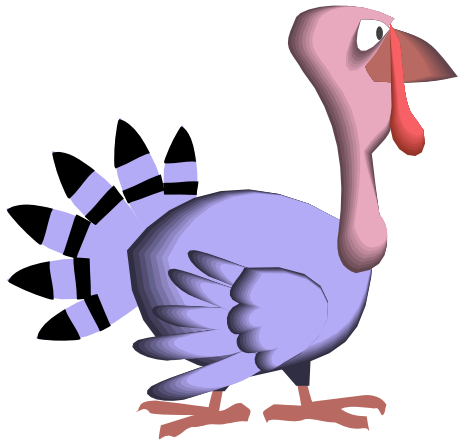


Understanding ‘When’ and ‘Why’ You Smoke!

- ◆ Keeping track of you current smoking – an important step in quitting.



Develop Your Own Quitting Strategy



- Cold Turkey?
 - NRT?
 - Taper down?
-
- ◆ Ask your doctor or pharmacist
 - ◆ Call Smokers' Helpline



Coping With Withdrawal and Cravings

- ◆ Withdrawal symptoms appear within hours of the last use of tobacco
- ◆ Generally they are most severe within the first two weeks, and may recur in the form of cravings for months
- ◆ Some symptoms include: Depressed mood, insomnia, irritability, frustration, anxiety, restlessness, increased appetite, decreased concentration..



Coping With Withdrawal and Cravings

Be ready to counteract the symptoms.

- ◆ Physical Activity
- ◆ Healthy Eating
- ◆ Manage the Stress
- ◆ Replace smoking with a new habit

Ready...Set...QUIT

Make the Commitment to QUIT!





References

Sources used to complete this presentation include:

- Thinking about quitting? Smoker's Helpline can help (Canadian Cancer Society)
- For Smokers Who Want to Quit. One Step at a Time (Canadian Cancer Society)
- Quit Kit (Northwestern Health Unit)
- TEACH (Centre for Addiction and Mental Health)