PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Shift Your Perspective

Shift your perspective and face your concerns …

It's normal to have concerns and fears about quitting. Each one may be a challenge, but each one has a solution. For example:

If you are worried about how hard it might be quit …

- Remember that quitting is not just a challenge, it's an opportunity.
- Quitting is a series of small challenges that you can deal with, one by one.
- Everyone experiences quitting differently, and it may not be as hard as you think.
- All habits can be changed, and small changes can lead to big, positive transformations.
- There are many positive ways to respond to stress.
- There are people who want you to get through this.

If you are worried about not being able to quit …

- Remember that quitting is a journey, and every journey is a series of small steps.
- You learned to smoke over time, and you can also learn to live smoke-free.
- You are never too old or addicted to quite.
- No one is going to judge you or criticize you if you slip, especially if you keep trying.

If you are worried about coping with withdrawal …

- Remember that withdrawal symptoms are normal and won't last long – they are positive signs that your body is starting to heal.

- Cravings rarely last more than a few minutes – and you can get past every one by using the 4 D's: Do something else, Delay, Deep Breathing, Drink Water.

If you are worried about gaining weight …

- Remember that many smokers who quit don't gain weight, and those who do usually game no more than a few kilograms.
- Modest exercise and small lifestyle changes will control your weight much better than smoking ever can.
- Smoking hurts you far more than a little extra weight.

If you are worried about giving up the time you enjoyed with a cigarette …

- Remember that smoking is something you got used to doing while taking a break and there are many other ways to take that pause in your day.
- You don't need smoke to enjoy being with your friends.
- Cigarettes are not your "friends" – they are false friends who will betray you and hurt you.

If you are worried about becoming depressed …

- Remember that it's normal to feel a bit "down" after you stop smoking.
- Mild depression usually goes away a few days after you quit.
- Staying focused on all you have to gain by quitting will help you quote.
- Your self-confidence will probably be much improved as soon as you quit for good.

http://www.hc-sc.g.ca/hl-vs/tobac-tabac/quit-cesser/now-maintenant/guide/index-e.html.