PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Why Test Strategies

Stimulation

- If you scored in this category, your brain prefers the stimulating effects of Nicotine.
- Then you quit, you need to find substitutes that stimulate. & Or Example: Take a brief walk, ride a bike, do calisthenics, or simply make yourself busy around the house.
- Plan ahead. Organize your day ahead of times so you won't need a cigarette to get going.
- Chew sugar-free gum, or carrots sticks, rinse with mouthwash, or brush your teeth to give your tongue and mouth some stimulation.
- Avoid fatigue. Get plenty of sleep; you won't need a stimulant to get you going.

Pleasure

- If you scored high in this category, you just have to find other pleasures. Here are some alternatives:
- Keep a list of the pleasures of being a non-smoker (smell great, extra money, taste food, etc.).
- Substitute another pleasure such as mix with friends, going to the movies, or reading.
- Get involved in a sport or another hobby – You'll be surprised how good you feel.
- Treat yourself to something special.
- Contemplate the harmful effects of smoking. You may find that's enough to help you quit.

Handling

- High score here means you like to handle a cigarette or watch the smoke. There may be other parts of the ritual of smoking that are also habit forming for you. Luckily there are many ways to keep your hands busy.
- Doodle with a pen or pencil when you're on the phone, in meetings, etc.
- Handle a coin or polished rock or play with a paper clip.
- Do a crossword or jigsaw puzzle.
- Squeeze a small ball (also great for your wrist muscles).
- Clean or polish your fingernails.

- Knit, sew, or crochet (you'll be way ahead on birthday and holiday presents).

Relaxation/ Tension Reduction

- Any smokers use their habit as a crutch in moments of discomfort.) If you're this type, you may find it easy to quit when things are good but tough when things go wrong.
- Activity is a great tension reducer and distraction. Exercise clear stress chemicals from the body. Get out there and find an exercise you could love.
- Consider learning meditation, yoga and other stress relieving hobbies.
- Try some deep breathing exercises. (Believe it or not, they do work for many people). Feel free to talk to your health care professional about other relaxation techniques.
- Think about what you really need when you're upset. Talk with a friend.

Craving

- If you scored high in this category, you're not unusual. Your craving for another cigarette begins to build the moment you put one out. Is the craving psychological, physical, or both? If you crave nicotine, your nicotine receptors in the brain make you uncomfortable and irritable when the level of nicotine in your blood drops. Strongly consider using nicotine replacement therapy (patch, gum, or lozenge). If cravings keep you from stopping tobacco.
- In addition, reorder your day to avoid situations that trigger your smoking urge. For example, change your morning routine and your work habits; alter your driving route, etc.
- Stay busy! Don't allow yourself to have gaps of un-programmed time.

Habit

- Once smoking becomes habitual, you smoke automatically. Chances are you enjoy only a few of the cigarettes you smoke but you have established triggers to smoking in your brain like when you drive, drink coffee or talk on the phone.
- Disconnect these triggers from your smoking. Declare the house smoke-free! Throw away your cigarettes, ashtrays, etc.
- If your spouse or friends smoke, designate a portion of your home as smoke-free.
- Chew sugar-free gum.
- Choose places where smoking is prohibited, public buildings, movies, theatres, libraries, etc.

- Substitute a different behaviour when you are bored. Make a soothing bath or shower or listen to music.
- Have your care cleaned.
- Have the inside of your house – drapes, carpets, furniture thoroughly cleaned.