PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Label Me

What Type of Tobacco User are You?

Not all tobacco users fit in to the same category. Everyone has their own reasons for using tobacco. What are reasons? Challenge yourself to do something else.

What's Your Type?	Your Challenge:
"I'm a social smoker" ☐ Smoking looks cool. ☐ It opens doors, it helps me make friends. ☐ It's what I do to party-smoking and drinking go together. ☐ It's something I can share with my buddies.	Many of your friends will likely smoke or use tobacco, but they would like you whether you smoke with them or not. Ask them to support your decision. **Challenge:** Create new friendships or rekindle an old one without tobacco.
"I smoke for pleasure" ☐ It's a treat. ☐ I like the taste of tobacco. ☐ I love the feeling of holding smoke in my lungs, then bowing it out.	Life is full of new and fun experiences. **Challenge:** Try learning kickboxing, karate, or yoga. Learn how to play guitar or listen to a new kind of music.
"I smoke to feel empowered" ☐ It's my life and I can do what I want. ☐ Smoking makes me look and feel more mature. ☐ I like being able to decide who to give a cig to and who to not. ☐ My parents wouldn't approve, but I like being my own person.	It can be hard when you don't feel in control of your own life. **Challenge:** Feel strong in other ways. Work out at the gym, get a part-time job so you can have your own money, and/or write down your future goals and make
"I smoke when I'm upset or stressed out" ☐ It's better than yelling or screaming. ☐ It's a stress breaker, especially after a big test or something hard. ☐ I smoke if I'm mad. It makes me feel better.	Share your problems with friends and family and find healthier ways to manage stress. **Challenge:** Do yoga, meditate, take a bubble bath, find ways to chill and calm down.

☐ It keeps my hands busy.	
“I’m addicted” ☐ I couldn’t handle it if I needed a cig and didn’t have one. ☐ My body asks for it. Smoking makes me feel normal. ☐ It’s a part of my daily routine. ☐ I need the hand-to-mouth action.	Read about nicotine addiction and withdrawal so you understand more about your addiction. **Challenge:** Learn as much as you can about tobacco use so you can make smart decisions about your health. Consider partnering with a PACT professional, when you are ready to quit. **(www.makeapact.ca)**