MAKING QUITTING EASIER

WHAT TYPE OF SMOKER ARE YOU?

One of the best things you can do to make quitting easier is to find out what your smoking pattern is. Everyone's smoking pattern is different and knowing what yours is will help make quitting easier. You will be able to choose quitting strategies that are most helpful.

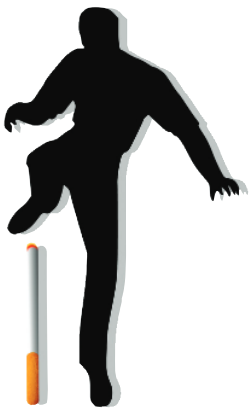
How to find out what type of smoker you are:

First, read and answer the questions to the right. For each question circle the number that corresponds to:

- Always
- Frequently
- Occasionally
- Seldom
- Never

See 'How To Score' and record your score for each question. Add the total for each category. For example Stimulation, Handling and so on.

Next, look at your scores and circle the ones that are 11 or above. These are your most important categories and you can read about them on the next page.



Here are some statements made by people to describe what they get from smoking cigarettes. How often do you feel this way when smoking? Circle one number for each statement. IMPORTANT - answer every question!

	Always	Frequently	Occasionally	Seldom	Never
A I smoke cigarettes to keep myself from slowing down.	5	4	3	2	1
B Handling a cigarette is part of the enjoyment of smoking it.	5	4	3	2	1
C Smoking cigarettes is pleasant and relaxing.	5	4	3	2	1
D I light up a cigarette when I feel angry about something.	5	4	3	2	1
E When I'm out of cigarettes, it's near torture until I can get them.	5	4	3	2	1
F I smoke automatically, without even being aware of it.	5	4	3	2	1
G I smoke cigarettes to stimulate me, to perk myself up.	5	4	3	2	1
H Part of enjoying smoking is preparing to light up.	5	4	3	2	1
I I find cigarettes pleasurable.	5	4	3	2	1
J When I feel uncomfortable or upset, I light up a cigarette.	5	4	3	2	1
K I'm very much aware of the fact when I'm not smoking a cigarette.	5	4	3	2	1
L I often light up a cigarette while one's still burning in the ashtray.	5	4	3	2	1
M I smoke cigarettes to get a lift.	5	4	3	2	1
N When I smoke, part of my enjoyment is watching the smoke I exhale.	5	4	3	2	1
O I want a cigarette most often when I'm comfortable and relaxed.	5	4	3	2	1
P When I'm blue and want to take my mind off what's bothering me, I smoke.	5	4	3	2	1
Q I get a real hunger for a cigarette when I haven't had one in a while.	5	4	3	2	1
R I've found a cigarette in my mouth and haven't remembered it was there.	5	4	3	2	1

How To Score

1. Put the numbers you have circled in the spaces below. For example, put the number you circled to question A over line A. Put the number you circled to question B over line B and so on.
2. Total the 3 scores in each column to get your total for that factor. For example, the sum of your scores for lines A, G & M gives you your score for Stimulation.

Stimulation	Handling	Pleasurable Relaxation	Tension Reduction	Psychological Addiction	Habit
A _____	B _____	C _____	D _____	E _____	F _____
+G _____	+H _____	+I _____	+J _____	+K _____	+L _____
+M _____	+N _____	+O _____	+P _____	+Q _____	+R _____
TOTALS _____	_____	_____	_____	_____	_____

WHAT DO YOUR SCORES MEAN?

Stimulation

A high score here means you use cigarettes to give you energy and keep you going. When you are quitting you could plan a less dangerous substitute. A brisk walk or exercise will wake you up and keep you energized.

Handling

A high score means you find pleasure in the handling aspect of smoking. Some smokers have found it helpful to substitute a pen, jewelry or other objects.

Pleasurable Relaxation

A high score here means you use cigarettes to 'feel good' and enhance pleasurable feelings. You smoke in pleasant relaxing situations. When you are quitting, it will help to substitute other activities you enjoy such as a sport or an enjoyable social activity.

Tension Reduction

This common high score means you use cigarettes in time of stress. It will make quitting easier if you adopt some other ways of dealing with stress. Some stress reducers are exercise, rest, sleep, relaxation exercises and meditation.

Psychological Addiction

A high score here means that a craving for another cigarette begins after you put one out. Here, especially, tapering off does not work. Cold turkey is the best way to overcome the psychological craving you may experience.

Habit

A high score means you likely don't get much satisfaction out of smoking. You may frequently smoke without even realizing you are doing so. It will be easier to quit if you break the habit patterns built up. When you are going to have a cigarette you may want to ask yourself why you want it and if, in fact, you do.

WHAT IS THE BEST METHOD OF QUITTING?

Most people who successfully quit use cold turkey as a method. It may sound more difficult but it is really easier. The first three days are the most challenging. The third day is sometimes the worst with the fourth day being much better! After that there is an ongoing reduction in withdrawal symptoms. Tapering off sounds easier but is really more difficult since giving and taking away nicotine causes ongoing withdrawal symptoms. If you are going to use nicotine replacement therapy or other pharmaceutical aids, consult your doctor or pharmacist about the quitting method to use.

WHAT TRIGGERS YOUR SMOKING?

Smoking triggers are people, places and situations that trigger you to smoke. Some common ones are with coffee, after a meal, and with friends who smoke.

What are your triggers?

1. _____
2. _____
3. _____
4. _____

To make quitting easier, change or avoid your smoking triggers. For example, a person who always smokes in a certain chair after a meal will find the chair is a trigger to smoke. Avoid the chair and do something else enjoyable such as going for a walk. If you smoke with coffee, you might want to consider not drinking coffee while quitting.

WHICH GROUP ARE YOU IN?

Some smokers cannot have cigarettes in their home or near them while they're quitting as they find it too difficult to avoid them. If you are in this group it is better not to have cigarettes in the home. Other smokers find not having cigarettes nearby causes great anxiety sometimes leading to going to purchase them. If you're in this category you may find it helpful to have cigarettes in the home but relatively inaccessible, for example, in the freezer or on top of a cupboard.

REDUCING STRESS & AVOIDING PITTFALLS

There are a number of ways to reduce stress. Find ones that work for you. Find out what makes you happy and do it more often. Also take care of yourself by talking to friends and relatives who are supportive of what you are doing. Exercise is a natural stress reliever and can be used to lower stress levels.

Avoiding these pitfalls will also reduce stress and make quitting easier:

- **Lack of sleep and rest** - If possible, get an extra half hour of sleep each night.
- **Overeating** - Avoid this as it can cause drowsiness that leads to reduced willpower.
- **Coffee** - The coffee-cigarette combination can be difficult to break. If this is a strong link for you, try not drinking coffee while you quit, or reduce the amount you drink.
- **Alcoho**l - Drinking alcohol can reduce your willpower.
- **Overwork** - Being tired can also reduce your willpower.
- **3:30 – 4 pm** - For some reason, this time can be difficult for some people quitting smoking.
- **Parties and social gatherings** - Be careful these aren't a pitfall especially if they involve alcohol and friends who smoke.
- **A crisis** can sometimes draw you back to smoking but once you deal with the crisis you will be left with quitting smoking again.

WITHDRAWAL SYMPTOMS... THEY DON'T LAST LONG!

Withdrawal symptoms are caused by the body adjusting to a decrease in nicotine and carbon monoxide levels. They are a signal the body is adjusting to new, healthier conditions. Some smokers have no withdrawal symptoms while others have a few symptoms and some smokers experience several.

Physical withdrawal symptoms usually decrease after a week.

- **Coughing** is caused by the lungs cleaning themselves out. Tiny hairs recover and start moving material up and out of the lungs.
- **Dizziness** usually lasts for only a few seconds. Sitting down helps. Be careful if driving or operating machinery. This is usually caused by the nervous system adjusting to being free of nicotine.
- **Can't Sleep** This can be due to the nervous system adjusting. You may have more energy and need less sleep. You may want to use up energy by exercising or going to bed later.
- **Feeling Sleepy** Lots of early-to-bed nights usually will help.
- **Itchy Hands and Feet** Nicotine causes blood vessels in the hands and feet to get smaller. When you quit, there is more blood flowing to them and they may feel itchy.
- **Sore Throat and Cold Symptoms** Smoke can take away feeling which can come back when you quit. If the throat doesn't heal, see your doctor.
- **Spaced Out** Don't drive a car or use machinery.
- **Mouth sores, blisters, inflamed gums, tongue or throat** These will go away as your body adjusts. If not, see your doctor.
- **Tremor** is a signal the nervous system is adjusting to being free of nicotine. It usually goes away as your body adjusts.
- **Sweating** Frequent warm baths or showers and exercise help.
- **Sore scalp** is caused by improved circulation to the scalp. It usually lasts only two to three days.
- **Cramps, nausea and vomiting** are not common. They can be due to nicotine withdrawal.

Psychological withdrawal symptoms These can range from irritability and anger to feeling sad and grieving. These get less in time and are replaced with feelings of freedom and a sense of achievement and well-being.

Many good things happen immediately when you quit smoking.

- In the first six hours your heart rate drops towards a normal level. This means your heart doesn't have to work as hard.
- You have more energy! Your body is now getting oxygen rather than the carbon monoxide from smoke.
- Your breathing is slower. Your lungs don't have to work as hard to get oxygen.
- Your risk of having a heart attack decreases.
- Taste and smell improve.

And...

- Within two weeks, nicotine is removed from your body.
- Within three months, circulation improves and lung functioning increases up to 30%.
- Within six months, coughing, sinus congestion, tiredness and shortness of breath improves.
- Within one year, your added risk of coronary heart disease is half that of a smoker's.
- Within ten years, risk of dying from lung cancer is cut in half.

DEALING WITH CRAVINGS

If you have a craving to smoke, here are some steps that have helped others:

1. **Delay -** Promise yourself you won't smoke for two minutes.
2. **Deep Breathe -** Immediately take several deep breaths.
3. **Drink -** Follow this up with a drink of cold water or unsweetened juice, for example, grapefruit juice, or crunch a small piece of ice.
4. **Do something else -** Get completely away from the situation that may be prompting you to smoke.
5. **Dial-a-Buddy -** Phone a friend for support.

What if you gave in and smoked?

Don't be discouraged. Remember the old saying about "losing the battle but not the war". Just pick up where you left off. Don't let discouragement reduce your willpower.

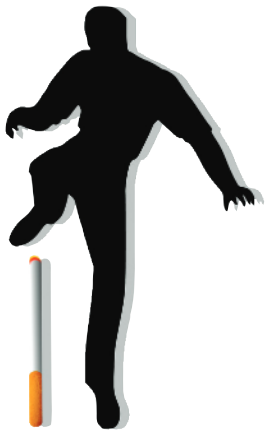
SUPPORT FOR QUITTING

SMOKERS' HELPLINE 1 877 513-5333

This confidential and free helpline provides one-on-one counseling and uses a proven method of quitting.

The Helpline encourages you to call if you are:

- a smoker who wants to quit smoking
- a smoker who is thinking of quitting
- a smoker who has quit and would like support
- a smoker who doesn't want to quit
- someone who wants information to help others



The Helpline Is Open:
Monday to Thursday - 7am to 8pm
Friday - 7am to 5pm
Weekends - 8am to 4pm

ONLINE HELP
Free confidential help is only a click away.
www.smokershelpline.ca
www.breakitoff.ca

PACT PROGRAM

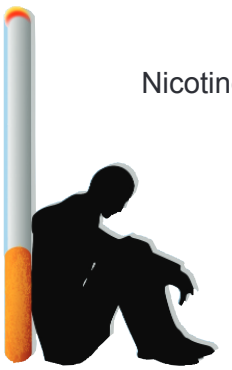
(Partnership to Assist with Cessation of Tobacco)
Your Pharmacist can help you quit tobacco!
To find a PACT pharmacist near you, visit **www.makeapact.ca** or call (306) 586-1700.

TAR PROGRAM

(Tobacco Addiction Recovery)
The TAR Program recognizes Sacred Tobacco as an important part of First Nations spirituality. The "Journey of the White Ribbon" supports people on their journey to quit. For more information about the TAR program or to order copies of the TAR pamphlet and White Ribbon Cards please visit www.makeapact.ca or call Janice at (306)586-1700.

QUIT SMOKING INFORMATION

The Lung Association of Saskatchewan
Call 1-888-566-LUNG (5864). Visit **www.sk.lung.ca** and **www.gotlungs.ca**



PHARMACEUTICAL AIDS

Nicotine patches, gum, lozenges, mouth spray and inhalers provide small amounts of nicotine that may ease withdrawal symptoms. See your pharmacist.
Other aids such as Zyban® and Champix® can be prescribed by your doctor.

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