



Canadian
Cancer
Society

You Can Quit

One Step at a Time



1 888 939-3333 | cancer.ca

You Can Quit One Step at a Time



Booklet 1 (this booklet) You Can Quit

This booklet is for people who smoke and may or may not be ready to quit.



Booklet 2 Help Someone Quit

This booklet is for friends and family who want to help someone quit smoking.

One Step at a Time booklets can be ordered by phone or downloaded from the Canadian Cancer Society's website at **cancer.ca/OneStepAtATime**.

For more information, contact the Canadian Cancer Society.

1-888-939-3333 | info@cis.cancer.ca | cancer.ca

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Acknowledgments

Based on a booklet written by Paul McDonald, PhD,
Thelma Maxwell, RN, BN, and Kelli-an Lawrance, PhD.

Reviewed by Bruce Baskerville, MHA, PhD, Kelli-an Lawrance, PhD,
and Dr Peter Selby.

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Introduction

Welcome! You've just taken a big step.

You probably already know that quitting smoking can be one of the hardest things you'll ever do. Even cutting down can be really tough. Commercial tobacco products contain nicotine, which is highly addictive.

By picking up this booklet, you've taken a big step. Quitting smoking is the single best thing you can do for your health. It's a long journey and it may not be easy. But you **can** quit.

Get ready to write.

Writing down your goals makes you more likely to succeed. So whether you want to quit smoking completely or cut down gradually, take the time to complete the activities throughout this booklet. Work at your own pace as you learn to adopt healthy new habits.

Remember that you're not alone. You can beat the addiction – one step at a time.

Your journey to quit smoking is unique, but there are people who can help. Call the national quitline at 1-866-366-3667 from anywhere in Canada to talk with a trained quit coach for free. And there's support available online at SmokersHelpline.ca.

Another vital step is to build a support group. Choose supportive, non-judgmental people who will listen and help you stay on track. They may be friends and family – or they may be people you work with or supportive people you meet online.

New habits are formed over time. Be patient with yourself. Step by step, one small success leads to another. Every smoke-free minute, hour, day, week or month is another milestone to celebrate.

If you have questions as you work through this booklet, call us at 1-888-939-3333 or visit SmokersHelpline.ca.

We respectfully acknowledge that many First Nations and Métis communities have a sacred relationship with traditional tobacco. The information in this booklet refers to commercial tobacco products, such as packaged cigarettes, unless otherwise stated.

Your booklet includes

Part A – List your reasons

Part B – Prepare to quit

Part C – Quit

Part D – Stay smoke-free

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Part A

Part B

Part C

Part D

Part A – List your reasons

In this section:

- Step 1: Ask yourself why you smoke
- Step 2: Count the costs of smoking
- Step 3: Consider the benefits of quitting
- Step 4: Put it all together

Step 1:

Ask yourself why you smoke

Smoking must do something for you or you wouldn't keep doing it. Here are some reasons people give for smoking, plus the facts behind those reasons. If any of these reasons sound familiar to you, add them to your list on the next page.

“It relaxes me.”

Smoking releases dopamine (the pleasure chemical) in your brain. As you give your body the nicotine that it craves, you feel relaxed. And smoking often gives you a break from something stressful, like work, so it can seem calming. But nicotine actually increases your heart rate and raises your blood pressure.

“Smoking curbs my appetite.”

Nicotine can make you feel less hungry. It may also slightly increase your body's ability to burn calories. But smoking puts a lot of stress on your heart and lungs. Smoking a pack of cigarettes a day is like having about 40 kilograms (90 pounds) of extra weight.

“It helps me stay focused.”

Nicotine is a stimulant, so people who smoke often say that it helps them concentrate. But it also blocks your blood vessels, arteries and veins. It starves your brain of oxygen. You'll think more clearly if you quit.

“It's a social thing.”

Do you and the people you work with share laughs during smoke breaks? Do you feel more connected to your friends who smoke because you can catch up with them over a cigarette? Some people say that smoking gives them something to do with their hands in social situations, like when they're talking to people at a party. But quitting or cutting down can be social too. You may find that your friends who smoke support your decision to quit.

Step 2: Count the costs of smoking

Financial costs

The price of cigarettes varies by province and territory. In 2018, the cost of a carton (200 cigarettes) ranged from \$96 in Quebec to \$140 in Manitoba. To keep it simple, we'll use \$118 – the cost of a carton in Alberta and New Brunswick – as an example. If you smoke a carton every 2 weeks, that means you're spending more than \$3,000 on cigarettes each year.

How much would you save per year?

Cigarettes per day	
×	
Price per pack	\$
÷	
Cigarettes per pack	
×	
365 days	
=	
Cost per year	\$

This is how much money you spend on cigarettes in one year. Think about what else you could do with that money! You can also do the above calculations online at cancer.ca/quitcalculator.

Costs to the environment and future generations

Deforestation

Every year, 600 million trees are destroyed worldwide to provide fuel to dry tobacco leaves. Trees are also chopped down to produce paper to wrap cigarettes. For every 300 cigarettes produced, 1 tree is destroyed.

Toxic litter

Cigarette butts are the earth's most common source of litter. Over 4.5 trillion (that's 4,500,000,000,000!) non-biodegradable, filter-tipped cigarette butts are littered each year. And it can take up to 10 years for 1 cigarette to decompose.

Children and animals can pick up littered butts and eat them. Butts in and near waterways leak poisons and hurt plants and wildlife.

Pollution and pesticides

Tobacco affects the quality of the soil around it and steals nutrients from other crops, like healthy foods. Harmful pesticides used to grow tobacco affect the health of farmers and can leak into waterways, spoiling the community water supply.

Second-hand smoke

Chemicals in cigarette smoke harm children and pets. Second-hand smoke is linked to asthma, bronchitis and ear infections in children. Pets can develop cancer from second-hand smoke. And the poisons can linger for years in carpets, curtains and fabrics (called third-hand smoke).

Costs to your health

You know that smoking causes health problems. But blocked blood vessels, stressed lungs and an increased heart rate are just the beginning. Smoking greatly increases your risk of heart disease, lung disease and many types of cancer.

Commercial tobacco contains about 600 ingredients. A burning cigarette creates more than 7,000 chemicals – and at least 60 of them are known to cause cancer.

Here are some of the chemicals you're breathing in when you smoke.

- acetone – found in nail polish remover
- ammonia – used to clean floors and toilets
- arsenic – used in rat poison
- butane – used in lighter fluid
- cadmium – an active part of battery acid
- carbon monoxide – released in exhaust fumes from your car
- formaldehyde – also called embalming fluid
- lead – a chemical banned from gasoline because of its poisonous effects
- methanol – a major part of rocket fuel
- tar – used to pave roads

Step 3: Consider the benefits of quitting

The good news is that it's never too late to quit. No matter how long you have smoked, your health begins to improve the moment you stop. You'll see and feel some benefits of quitting right away and others as more time passes.

In the short term after your last cigarette:

20 minutes	Your blood pressure and pulse rate will return to normal.
8 hours	You can breathe easier. Your oxygen levels are back to normal and your risk of having a heart attack drops.
24 hours	Your lungs start clearing out the mucus. All that coughing is actually a good sign.
48 hours	You're nicotine-free! Your senses of taste and smell improve and food becomes more satisfying.
72 hours	You have more energy and you can breathe deeper. The tubes in your lungs relax, so it's easier to breathe and be active.

In the long term after your last cigarette:

1 year	Your risk of having a heart attack drops by 50%.
10 years	Your risk of dying from lung cancer drops by 50%.
10–15 years	Your risk of heart disease is the same as the risk of someone who has never smoked.

Part B – Prepare to quit

In this section:

- Step 1: Find out how addicted you are
- Step 2: Log your smoke breaks
- Step 3: Understand your options
- Step 4: Try defensive exercises
- Step 5: Choose your top 5 reasons for quitting
- Step 6: Set your quit date
- Step 7: Prepare for your quit date
- Step 8: Personalize your quit plan

Step 1: Find out how addicted you are

When you inhale nicotine, it hits the brain fast – in under 7 seconds! The more you do it, the more your brain craves it. It becomes an addiction. You may not remember just when you got addicted because there's often no warning. But you can find out how addicted you are with this quick quiz.

I usually smoke more than 15 cigarettes a day.

Yes No

I usually smoke within 30 minutes of waking up in the morning.

Yes No

I have trouble lasting more than 4 hours without a cigarette.

Yes No

I tried quitting (or cutting back), but I got irritated, dizzy or frustrated. I had trouble eating, sleeping or concentrating.

Yes No

If you answered **No** all 4 times, you likely have a low level of addiction. This should make it less difficult for you to quit smoking. Why not try it now? Even if you don't succeed for the long haul, you'll learn more about what works and what doesn't and what you need to quit for good.

If you answered **Yes** 1 or 2 times, you may be moderately addicted to nicotine. This booklet will help you understand how counselling or quit-smoking aids can help you quit. You can also get more information from your doctor or pharmacist.

If you answered **Yes** 3 or 4 times, you are probably highly addicted. Your best bet for quitting will likely be both counselling and quit-smoking aids – a combination that can triple your chances of quitting for good. Keep working through this booklet, and ask your doctor or pharmacist for support.

Step 2: Log your smoke breaks

Keeping track of each cigarette will help you notice patterns in when, where and why you smoke. You may feel like you're ready to start planning for your quit date. But for now, you don't even have to cut down. Just complete one line in this chart for each of your next 15 cigarettes.

Date	Time	Where	Who with	Reason

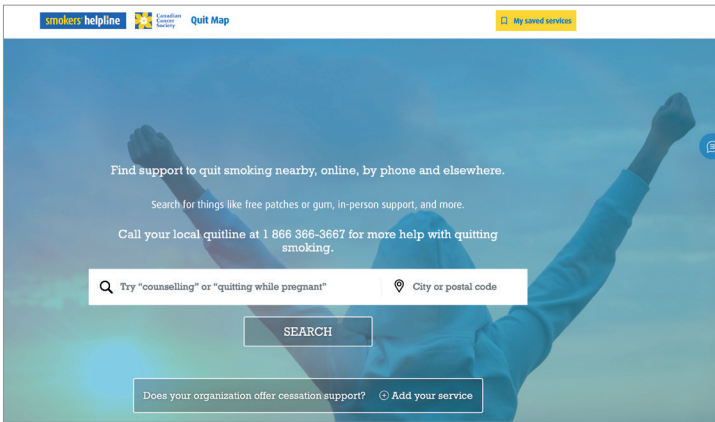
Step 3: Understand your options

There are many paths to quitting smoking and yours is unique. Here are some resources, support services and medicines to explore as you figure out what works best for you.

Canada's quitline

You're not alone in your journey. You can call Canada's national quitline to get information and support from a non-judgmental quit coach. Quitline services are free and using them increases your chances of quitting successfully. Sometimes there are contests or other offers that might help motivate you. The national quitline number is on every other page in this booklet.

QuitMap.ca



Created by experts at Smokers' Helpline and the Canadian Cancer Society, QuitMap.ca is an online tool to help people quit. It can help you find local, regional and national quitting support services. Wherever you are in Canada – and wherever you are in your quitting journey – you'll find help on the map. QuitMap.ca includes listings for everything from where to get quit aids like nicotine replacement therapy to support programs near you. Visit QuitMap.ca.

Self-help resources

Booklets like this one can help you create a plan. Other great forms of self-help include online resources like SmokersHelpline.ca and GoSmokeFree.gc.ca/quit. Many quitline websites have active online communities where you can find support and get inspired by other people who are quitting.

Cold turkey

You may have heard the expression “cold turkey,” which means to stop smoking abruptly. Cold turkey is a popular way to quit, but it’s not easy. It’s more likely to work if you are physically and mentally ready to deal with the urge to smoke. Use this booklet and call the toll-free national quitline to improve your chances of success. Why fight the addiction alone when you can get support for free?

The buddy system

If you know someone who also wants to quit smoking, you could “buddy up” and support each other. Encourage them to read this booklet too. Or if you have a friend or family member who wants to help, enlist them as a buddy and share your journey with them. You’re more likely to stay on track with help from your support network.

Quit aids

Quit aids (also called quit meds) are medicines that can reduce your cravings for nicotine as you quit smoking. Some quit aids require a prescription and others don’t. When quit aids are used properly, they can greatly increase your chances of quitting successfully.

Nicotine replacement therapy (NRT)

Nicotine replacement therapy (NRT) helps you stop smoking by gradually decreasing the amount of nicotine your body receives. NRT contains nicotine, but it is not addictive like cigarettes and it does not cause cancer. It currently comes in 5 forms: a patch, an inhaler, an oral spray, gum and lozenges. NRT can deliver a controlled amount of nicotine to your body over time (for example, through a patch on your skin). It can also deliver a controlled burst of nicotine for more difficult cravings (for example, by chewing a piece of NRT gum).

Some health insurance plans, such as your benefits plan through work, may cover some or all of the cost of NRT. And some provinces and territories may offer free or discounted NRT. Visit QuitMap.ca or call the national quitline to find out what is available where you live.

The patch

What is it?	The patch is like a medicated bandage. You stick it to your skin and it delivers a continuous and controlled amount of nicotine.
How does it work?	Nicotine slowly passes through your skin and into your bloodstream, reducing your cravings and easing your withdrawal symptoms.
Tips for use	Stick the patch on a clean, dry area above your waist. You can use the patch together with gum or lozenges to increase your chances of quitting successfully. The patch and gum or the patch and lozenges may cost less per day than a pack of cigarettes.

Inhaler

What is it?	An inhaler is a plastic cylinder that looks like a cigarette. It contains a cartridge with nicotine.
How does it work?	Puff on the inhaler to release a nicotine vapour into your mouth. The vapour gets absorbed through the lining of your mouth.
Tips for use	The vapour is not designed to be inhaled into your lungs like cigarette smoke. Puff lightly instead so that it stays in your mouth. Avoid acidic drinks like coffee, tea, pop, alcohol and juice for 15 minutes before and after puffing. They can reduce the amount of nicotine your body absorbs from the inhaler. Clean your inhaler regularly with soap and water. Using an inhaler together with the patch can help get you through difficult cravings.

Oral spray

What is it?	An oral spray is a spray that goes into the mouth.
How does it work?	The spray releases nicotine that is absorbed very quickly through the lining of your mouth.
Tips for use	Do not spray directly on your lips or down your throat. To avoid spraying down your throat, spray on the inside of your cheek and do not inhale when you spray. Using the spray together with the patch can help get you through difficult cravings.

Gum

What is it?	Gum for quitting smoking is a special gum that contains nicotine. It comes in several flavours.
How does it work?	Nicotine from the gum gets absorbed slowly through the inside of your cheek.
Tips for use	Chew only one piece of gum at a time. Chew hard a few times, then place the gum against your cheek for 20 to 30 minutes (called “chew and park”). Gum can be used together with the patch to help you get through difficult cravings. For the best results, follow the instructions on the package.

Lozenges

What are they?	Lozenges are quit aids that come in the form of small pieces of hard candy.
How do they work?	They slowly release nicotine as they dissolve in your mouth.
Tips for use	Put one lozenge in your mouth and slowly suck on it until you notice a strong flavour. Then place it between your cheek and your gums. When the flavour fades, move the lozenge back to your tongue and suck on it again until the strong flavour returns. Repeat these steps until it dissolves completely. Do not chew or swallow the lozenges. Lozenges can be used together with the patch to help you get through difficult cravings. For the best results, follow the instructions on the package.

Over-the-counter quit aid

The following quit aid is available at most drugstores without a prescription. But it's a good idea to talk to your doctor or pharmacist before buying. They can help you choose the best quit aid for you or recommend a combination of quit aids.

Cravv

What is it?	Cravv (cytisine) is a pill that is made from a plant. It is available over the counter in Canada.
How does it work?	To the brain, Cravv looks like nicotine, so it reduces your urge to smoke and eases your withdrawal symptoms.
Tips for use	The schedule for taking the pills can seem complicated at first. Talk to your doctor or pharmacist before trying Cravv. Follow the instructions on the package closely.

Prescription quit aids

There are 2 quit-smoking medicines that require a prescription from your doctor: Champix and Zyban. Both medicines change the way your brain processes nicotine. In some parts of Canada, a pharmacist can prescribe quit-smoking medicines and they may be covered by some health insurance plans.

It may be possible to use NRT and prescription medicines at the same time to help you quit smoking. Talk to your doctor or pharmacist.

Champix

What is it?	Champix (varenicline) is a pill that reduces your nicotine cravings by decreasing the pleasurable effects of smoking.
How does it work?	It stops your brain from enjoying nicotine. People usually start taking Champix one week before their quit date, then keep taking the pills to help them stay smoke-free.
Tips for use	Your doctor or pharmacist will explain how to use Champix. Follow their instructions carefully.

Zyban

What is it?	Zyban (bupropion) is a pill that reduces your nicotine cravings and eases your withdrawal symptoms. Doctors also prescribe it to treat depression, in which case it's called Wellbutrin.
How does it work?	It stimulates the same areas of the brain that nicotine does. People usually start taking Zyban 7 to 10 days before their quit date, then keep taking the pills to help them stay smoke-free.
Tips for use	Your doctor or pharmacist will explain how to use Zyban. Follow their instructions carefully. You can also consider using Zyban plus counselling or support from a quit coach to increase your chances of success. Call the national quitline to find out more.

Common questions about quit aids

Is it true that nicotine replacement therapy (NRT) can cause cancer?

Nicotine replacement therapy (NRT) does not cause cancer. It's the tar and other chemicals in cigarettes that can cause cancer. NRT helps get nicotine into your body without those added dangers.

Can I get addicted to NRT? Will I just be trading in one addiction for another?

No. NRT gives your body nicotine but at a much lower level than smoking. It enters your body less quickly and by a safer route. And you avoid inhaling the cancer-causing chemicals and carbon monoxide found in cigarette smoke. As your cravings become more manageable, you can reduce the amount of NRT that you use. Talk to your doctor or pharmacist if you have any concerns about the products you are using.

Can I use quit aids if I'm pregnant?

If you're pregnant, it's a great time to quit! Most prescription medicines are not recommended during pregnancy, but talk to your doctor or midwife about NRT or other options.

My friend told me that Champix will make me depressed or even suicidal. Is this true?

When you quit smoking, it's normal to feel frustrated, irritable, angry or anxious. Talk to your doctor about the possible risks of Champix. Tell them if you feel depressed, can't sleep or have a history of mental illness or depression.

Should I try using alternative treatments such as hypnosis or acupuncture to quit smoking?

Some people have found hypnosis and acupuncture to be helpful, but there is no evidence that they work or how they work. The same is true for other alternative quit methods like herbal supplements, herbal patches and laser therapy.

How do e-cigarettes work?

E-cigarettes, also known as e-cigs, MODs and vapes, are battery-powered devices that mimic the feeling of smoking cigarettes but without tobacco. They use an e-juice solution that is heated to create a vapour. Many e-cigarettes contain nicotine, which enters your lungs when you vape (inhale the vapour).

For more information about e-cigarettes, speak with your doctor, visit cancer.ca or call us at 1-888-939-3333.

Wouldn't it be cheaper for me to just keep smoking?

The ongoing costs of smoking are greater than the costs of medicines. And quit aids may be covered by your private health insurance or provincial health plan. Contact your health insurance company to see what they cover.

Step 4: Try defensive exercises

Get ready to quit by doing these 3 exercises. They'll help you as you start to create a personalized quit plan and prepare to be smoke-free.

List your top 5 triggers

There are probably some people, places and things that make you want to smoke. These are called “triggers” because they trigger your urge to light up.

Identify your 5 biggest triggers and plan ways to cope with them. Here's an example to help you get started.

Trigger: *Drinking my morning coffee.* _____

How I'll cope: *Have juice instead and only drink coffee after lunch.* _____

Trigger: _____

How I'll cope: _____

Trigger: _____

How I'll cope: _____

Trigger: _____

How I'll cope: _____

Trigger: _____

How I'll cope: _____

Trigger: _____

How I'll cope: _____

Treat yourself like a friend

If your friend was trying to quit smoking, you'd be supportive because you know quitting can be hard. You'd congratulate them on their wins and encourage them to keep trying.

Do the same for yourself. Be proud of your successes and forgive yourself if you slip or relapse.

To build your confidence and increase your chances of becoming smoke-free, practise positive self-talk every day. Notice your negative thought patterns and replace them with positive ones. Give yourself a pep talk in front of the mirror. It may sound strange, but it helps!

Notice negative thoughts	Replace them with positive self-talk
I can't handle this craving.	Just breathe. This craving will pass.
I'll never be able to resist the urge to smoke.	I have the power to wait 10 minutes until the urge passes.
Quitting feels awful. How will I ever get through this?	I am strong. I can achieve my goals. I am ready and able to quit smoking.

Build your support network

Who can you count on to support you? Is there someone you can call when you have a huge craving for a cigarette? Do you have a friend you can text each morning to distract you from having that first smoke of the day? Tell them about your plans to quit, how they fit in and what you need from them.

Remember that you're never alone. You can call the national quitline and talk to a supportive, non-judgmental quit coach. There are activities and resources available at SmokersHelpline.ca. And don't forget that your doctor and pharmacist can also be great allies.

Person in my support network	How they can best support me

Step 5: Choose your top 5 reasons for quitting

In step 4 of part A, you wrote about why you smoke and what you'll gain from quitting. Go back and review your list, focusing on the benefits of quitting. Then choose your top 5 reasons for quitting and write them below with confidence, knowing that quitting smoking is the single best thing you can do for your health. If you're feeling inspired, you can even draw a doodle or tape an inspiring photo to the page to go with your words.

When you're done, cut or tear out the page and put it somewhere where you will see it every day. Tape it to your bathroom mirror, put it on your fridge, display it at your desk at work or keep it in your wallet. Take a picture of it to have on your phone.

When you're trying to get through a craving, you can look at it to remind yourself of all the things you'll gain by quitting.

My top 5 reasons for quitting

1. _____

2. _____

3. _____

4. _____

5. _____

Step 6: Set your quit date

Think about your next 30 days and pick one as your quit date. Don't worry – you can always change it if you need to.

There will never be a perfect day to quit, but here are some tips that might help you choose.

- Pick a day when your schedule is routine and you're not expecting anything out of the ordinary to happen.
- Avoid days when you have a deadline or something else that might cause you added stress.
- Avoid other important dates like birthdays or anniversaries.
- If you get a monthly period, avoid the last few days before it starts.
- Pick a day when quitting can be your main task.

Share your quit date! Tell your friends and family face to face, post on your social media or email the people in your support network. This way, everyone knows you are taking this great step toward being smoke-free.

Step 7: Prepare for your quit date

In step 2, you started logging your smoke breaks. As you get ready to quit, try to cut out one cigarette every day as a test run before your quit day. You might find yourself halfway quit before you even start!

Every day, take a moment to:

- think about what you'll gain by quitting
- review the coping strategies that you plan to use to deal with triggers
- practise your positive self-talk

Step 8: Personalize your quit plan

Great work so far! Your quit date countdown is on. It's time to put your personal quit plan on paper. Review all of the exercises you've done so far and summarize them here. Think carefully about each answer.

My quit plan

My quit date: _____

My support network: _____

My quit aids: _____

What I'll gain by quitting: _____

What might trigger my urge to smoke: _____

How I'll cope with these triggers: _____



Part C – Quit

In this section:

- Step 1: Arrive at your quit day
- Step 2: Expect withdrawal symptoms
- Step 3: Make other positive changes
- Step 4: Remind yourself of the benefits
- Step 5: Celebrate your wins

Step 1: Arrive at your quit day

Congratulations! It's not every day that you make a decision that will have such a big impact on the rest of your life. You worked hard to get here. Be proud. Take a few moments to celebrate your decision to quit.

You are ready to succeed. If you feel yourself wanting a cigarette, do everything you can to get out of that situation. If you can't avoid triggers, use your coping strategies to deal with them.

Avoid people who are smoking.

Do you usually have a cigarette with people at work during your break? Not today – go for a walk or spend your break time with others who don't smoke.

Keep help within an arm's reach.

Are you using an inhaler, gum, lozenges or a spray to help you quit? Keep quit aids nearby to help you get through cravings.

Occupy your hands, mouth and mind.

Tell the people around you that you may call or text them for support. Keep the national quitline number handy and call a quit coach when you need to talk.

Here are some tips to keep your hands, mouth and mind busy.

Hands	Mouth	Mind
tidy your house, car or office – or all 3	call an old friend	listen to your favourite music
text a friend	suck on ice, a lollipop or a throat lozenge	rearrange the furniture
draw or paint	chew sugarless gum and blow bubbles	do a crossword puzzle
garden or mow the lawn	whistle a tune	try a new recipe
lift weights or do yoga	brush your teeth	go for a walk, run or bike ride
wash your car	snack on vegetables and fruit	listen to a podcast
knit, crochet or sew	sing a song	read a good book
play an instrument	smile for a selfie	take photos

Step 2: Expect withdrawal symptoms

Withdrawal symptoms are normal. They're your body's way of responding to being without nicotine. But everyone is different and everyone adjusts in different ways.

Just remember that your body starts to repair itself the moment you stop smoking. As your body does this hard work, you may feel worse before you feel better. Be patient and remember that the withdrawal symptoms won't last forever. In many cases, they will lessen in just a few days.

What to expect and ways to cope

Cravings

The urge to smoke is often strongest when you first quit. It often eases after several smoke-free days. Cravings usually only last for a few minutes at a time, so try some of the activities in the previous step to keep your hands, mouth and mind busy.

Changes in mood

For days or even weeks after quitting smoking, some people experience strong negative emotions that make them feel miserable. Other people may feel only mildly sad, angry or short-tempered. Bad moods are normal and they'll go away as your body adjusts.

Stress

For many people, smoking is how they deal with daily stress. Without that option, it can feel like your stress level is out of control. Look for other ways to keep calm when you get stressed, like deep breathing, doing yoga, thinking about your reasons for quitting or going for a walk.

Coughing and phlegm

Soon after quitting, you might have a cough and notice an increase in mucus. That's actually a good thing! Your body is cleaning out tar and toxins from all that time spent smoking. Give your body time to heal itself.

Weight gain

Not everyone who quits smoking gains weight, but some people do. Manage your weight by eating well and being active. Cut up fresh vegetables and fruit so that they're ready when you're hungry. Drink plenty of water. And aim for 30 minutes a day of moderate physical activity that gets your heart going.

Poor concentration

Nicotine is a stimulant, which means it can make you feel more awake, alert and energetic. Now your body has to stay awake and be alert without that artificial buzz. Be patient. Take regular breaks from things that require a lot of concentration, like working or driving.

Trouble sleeping

Nicotine affects how your brain works. When you quit, you might find that you have trouble sleeping at night. You might also be more affected by caffeine and feel a bit jittery. Try to avoid coffee, tea (herbal is OK), caffeinated drinks and chocolate, especially in the evenings. Slow down and relax as bedtime gets near. Avoid the blue light from your phone, tablet or computer at night – it stimulates your brain.

If you've tried to quit smoking before, you may have experienced other withdrawal symptoms. Write them here along with how you can cope with them.

Other withdrawal symptoms	How I can cope

3 go-to techniques to help you through the craving

Focus on your breath. Just breathe – and think only of your breathing. It sounds simple, but it can be challenging to slow down and focus. Breathe in deeply, hold your breath for a few seconds and then slowly exhale. This relaxes you and takes your attention off the craving. It also renews your ability to concentrate.

Drink some water. Keep a glass of water nearby and drink slowly. Hold the water in your mouth for a moment before swallowing. Drinking water helps with coughing and phlegm. And it keeps your hands and mouth busy.

Distract yourself. It may feel like cravings last for a long time, but they usually only last for about 5 to 10 minutes. Do something that gets your mind off the urge to smoke. It's best to be active. Take a short walk, tackle a small chore or stand up and stretch for a few minutes.



Step 3: Make other positive changes

Smoking has been part of your daily routine. To get past your cravings, you may have to change parts of your routine. Think about the activities you connect with smoking and new activities you might try instead. Here are some ideas.

Activities I connect with smoking	How I can cope
waking up	<ul style="list-style-type: none"> • jumping in the shower right away • going for a brisk walk
drinking coffee	<ul style="list-style-type: none"> • having a healthy snack with coffee or drinking herbal tea instead • taking my coffee right to my workspace rather than outside for a smoke
talking on the phone	<ul style="list-style-type: none"> • talking in person or video chatting • squeezing a stress ball or doodling while talking on the phone
driving	<ul style="list-style-type: none"> • chewing gum while driving • removing cigarettes from the car or taking the bus or walking instead
drinking alcohol	<ul style="list-style-type: none"> • ordering a mocktail • chewing on a stir stick until the urge to smoke passes

Stay fit and healthy

You're already making a big change by quitting smoking – so trust that you can make other positive changes too.

Be active. Physical activity can help with cravings and withdrawal symptoms. You don't have to work out for hours every day in a gym. Try taking the stairs instead of the elevator at the office, or go for a walk while listening to a podcast. Find something you enjoy that you can make a part of your new routine.



Eat regularly. Don't skip meals. It can make you irritable and unable to resist the urge to smoke. Try to eat breakfast, lunch, dinner and 1 or 2 snacks every day.

Eat healthy snacks. Have nutritious snacks ready to eat when you need them. Quitting smoking improves your sense of taste, so savour snacks like fresh veggies and fruit and drink lots of water.

Listen to your body. If you're hungry, eat something. Not sure if you're hungry? Drink a glass of water and then distract yourself by doing something else. If you're still hungry later, have a healthy snack.

Shop smart. Make a list and take it with you to the grocery store. Eat something before you go. For food and nutrition recommendations and resources, explore Canada's food guide at food-guide.canada.ca.

Step 4: Remind yourself of the benefits

While you are quitting smoking, it's easy to forget what a difference it's making to your health. Step by step, quitting reverses a lot of the damage caused by smoking.

Compared with people who smoke, people who don't smoke:

- live longer and have more endurance
- are short of breath almost 3 times less often
- are less likely to get injured when being physically active
- heal from injuries and surgeries faster
- can build and maintain muscle easier
- have a lower risk of developing cancers of the lung, mouth, throat, pancreas, kidney and bladder
- are less likely to be treated for high blood pressure, high cholesterol, pneumonia, influenza, peptic ulcers or osteoporosis
- are less likely to develop deep wrinkles, premature grey hair or acne
- have fewer dental problems

Women who don't smoke have a lower risk of:

- cervical cancer
- menstrual problems, including painful, irregular or missed periods
- reduced fertility
- early menopause
- miscarriage, stillbirth, premature labour or delivering a baby with health problems

Men who don't smoke have a lower risk of:

- problems with erections (erectile dysfunction)
- a low sperm count
- deformed or genetically damaged sperm

Step 5: Celebrate your wins

Goals are great for motivating yourself and staying on track. What are the key moments you're looking forward to? Reaching the end of your first smoke-free day? Making it through your first night out with friends without lighting up?

Each milestone deserves a reward. You're working hard and you deserve to celebrate your successes. A reward can be anything that makes you feel good without compromising your progress.

For example:

- Go see a movie.
- Hire a cleaning person for the day.
- Take the night off from studying.
- Get a manicure and pedicure.
- Treat yourself to dinner at a nice restaurant.
- Test drive a car you've always wanted.

List some of the milestones you're looking forward to and the ways you can reward yourself.

Milestone	Reward

Milestone	Reward

Part D – Stay smoke-free

In this section:

- Step 1: Manage your environment
- Step 2: Learn to handle a slip
- Step 3: Deal with a relapse
- Step 4: Don't quit quitting
- Step 5: Keep using this booklet

Step 1: Manage your environment

Even if you have a lot of great reasons for quitting, you may still want to smoke. Your success relies on being aware of your surroundings and doing your best to manage your stress levels. To stay smoke-free, you need to control the situation when you can and be alert when you can't. Try these techniques.

Avoid temptation. Being around friends, family members and co-workers who smoke can trigger you, so let them know that you may not be able to spend as much time with them as you did before you quit. Tell them that you don't expect them to quit, but you would appreciate their support.

Change how you respond. If you can, tell people in advance that you quit so that they don't offer you a cigarette. And if they do, politely refuse.

Accept what you can't change. Use positive self-talk, which you learned in step 4 of part B. "I'm really stressed but I can get through this. It won't last forever. I will get through it." Or "I will be a stronger person for handling this without a cigarette."

Have you done everything you can to manage your surroundings?
Try this quiz.

I've thrown away all my cigarettes, lighters and ashtrays.

Yes No

I'm avoiding places where people smoke a lot.

Yes No Sometimes

I can handle stress without smoking.

Yes No Somewhat

I have told people that I can't be around them when they
are smoking.

Yes No Sometimes

I've replaced smoking with other activities like chewing gum
or taking walks.

Yes No Sometimes

I've changed my morning routine to reduce the urge to smoke.

Yes No Somewhat

Keep making positive changes until you can say **Yes** to all of
these questions. And don't forget that a supportive quit coach
is just a phone call away.

Step 2: Learn to handle a slip

You might slip when you quit smoking. Whether you smoked a cigarette or just took a puff, it's not the end of your new smoke-free life. In other parts of your life, you've slipped and then got up and kept going. Quitting smoking is no different. Write down your answers to these questions to help get back on track if you slip.

What triggered you to have a cigarette or take a puff?

Where were you?

Who were you with?

How can you avoid a slip like this in the future?

Remember that you're not alone. Talk to your doctor or pharmacist or call the national quitline to get help. Visit SmokersHelpline.ca to learn how other people have handled their slips.

Step 3: Deal with a relapse

To relapse means to fall back into a previous state. So relapsing means that you start smoking regularly again.

Relapses can be frustrating. You may have quit smoking for a while. You resisted many temptations to smoke. But then for some reason – stress, frustration, desire or pressure – you started smoking again.

Instead of feeling bad about it, put it behind you and move on. Remember to treat yourself like you'd treat a friend.

Staying smoke-free for any length of time is a big accomplishment, so congratulate yourself for the things you've learned and the success you've had so far. You've proven that you can quit for some time. You can do it again. In fact, you could do it right now.

To deal with a relapse, review part A and remind yourself why you want to quit and what you'll gain from quitting. Then, when you're ready, set another quit date. Take what you learned from this whole experience and apply it to your new quit plan. Call the national quitline for help getting back on track.

Step 4: Don't quit quitting

Most people who go back to smoking after being smoke-free can say exactly what made them start smoking again. It's important to recognize what made you start again. If you understand why it happened, you can make plans to avoid it next time.

Take some time and write down what made you start smoking or what might make you start smoking again. Write how you'll deal with that situation in the future. Be as detailed as you can.

If you didn't use quit aids the last time you quit, consider trying them now. Using more than one quit aid can also help. If you need support, call the national quitline. A quit coach can help – and their services are free.

Step 5: Keep using this booklet

Quitting is a challenge. Your goal now is to stay smoke-free for good. Every day will bring new challenges. When you least expect it, a craving or trigger might throw you off.

To stay smoke-free, keep doing the activities in this book, especially the ones in parts B and C. And try these tips to stay on track:

Reward yourself. Every smoke-free day is a success! Reward yourself for it, and keep celebrating the amazing job you're doing. Be grateful for your new smoke-free life.

Count on the people supporting you. Remind the people in your support network that you still need them. And don't be afraid to branch out. You'll be surprised at how many people want to help you succeed.

Be prepared. Cravings and temptations can hit at any time. Be ready to deal with them. Remember what has worked best for you so far.

Rely on tools. Use all the tools you can to stay on track: this booklet, your doctor or pharmacist, quit aids, online support and the people in your life. Call the national quitline to talk to a supportive, non-judgmental quit coach.



Congratulations! You have joined the millions of Canadians who enjoy life without smoking.

For more information

If you want to understand more about how people quit smoking, or you would like more information about the resources and programs in your community, call one of our information specialists toll-free at **1-888-939-3333**, email us at **info@cis.cancer.ca** or visit our website at **cancer.ca**.

Canada's national quitline has trained quit coaches who can offer free, confidential help over the telephone. Call **1-866-366-3667**.



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1 888 939-3333 | cancer.ca

TTY 1 866 786-3934

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