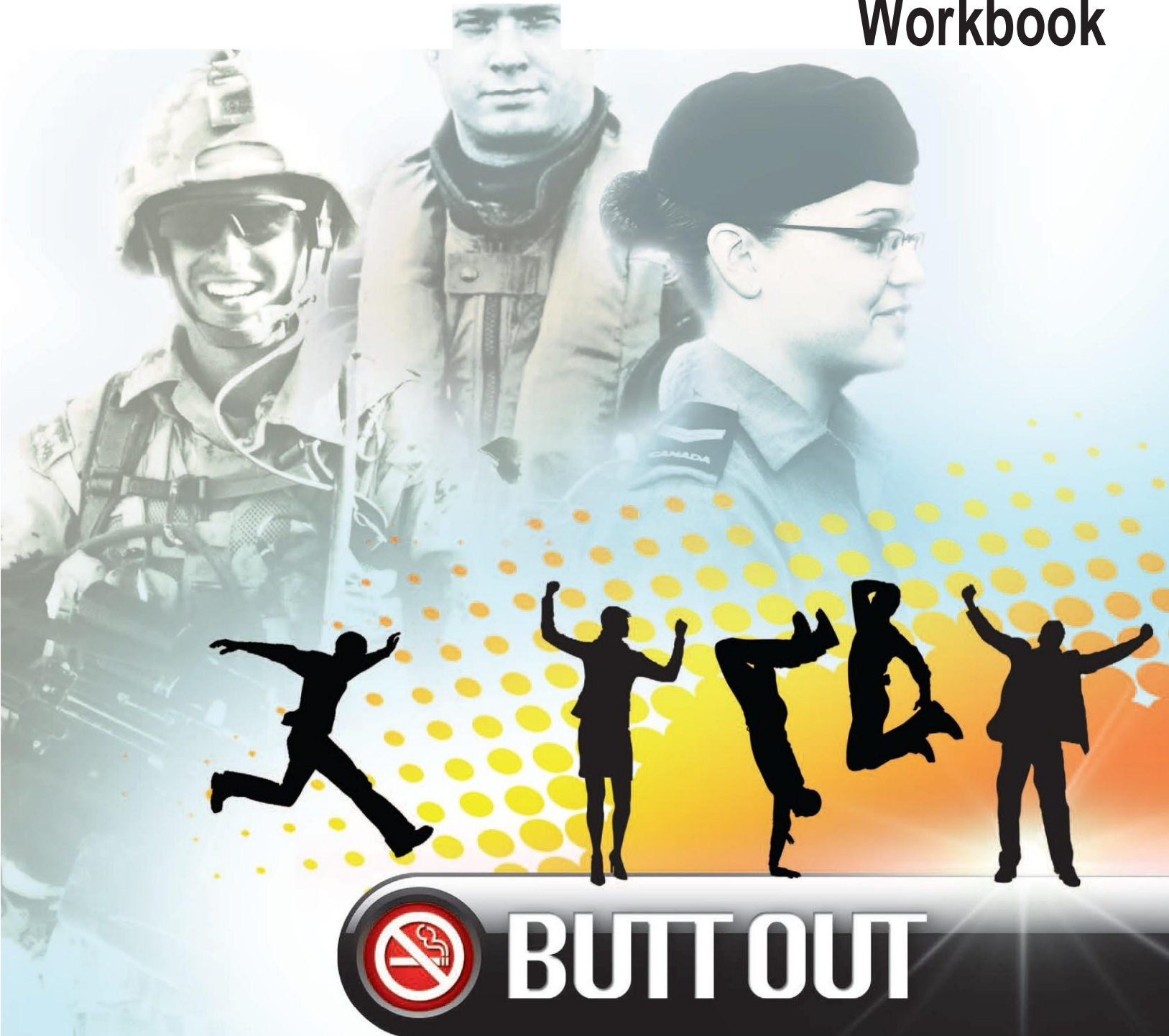


Participant Workbook



CANADIAN FORCES TOBACCO CESSATION PROGRAM



Canada

CONTENTS



INTRODUCING BUTT OUT

History of BUTT OUT	1
The Program and How it Works	1
BUTT OUT Schedule	4
Action Steps	6

MODULE 1: Confirm Your Commitment to Quit Smoking

Some Facts on Smoking and Quitting Smoking	7
Record Your Reasons for Quitting Smoking	8
The Benefits of Not Smoking	10
Cut Back on Your Smoking	14
Make a Decision about Medications to Help You Quit.....	15
The Water Wings Theory	16
Action Steps	17

MODULE 2: Analyze Your Smoking Pattern

Addiction to Nicotine	19
Analyze Your Reasons for Smoking.....	20
Problem Solve for Smoking Replacements	23
Pinpoint Reasons for Smoking	24
Locate Alternatives	26
Test Alternatives	28
Train Alternatives	29
Get Help from Others	29
Action Steps	31

MODULE 3: Coping Strategies

Short Term Coping Strategies	33
The 4 D's	35
Initial Reactions to Quitting	35
Make Your Thoughts Work for You	37
Plan Rewards	40
Your Blueprint of Strategies	43
Action Steps	46

MODULE 4: Set up Physical Activity & Relaxation Plans

Physical Activity: Why and How	47
Set up a Physical Activity Plan	48
Relaxation: Why and How	49
Set up a Relaxation Plan	51
Action Steps	52

MODULE 5: Plan for High-Risk Situations

Deal with Slips.....	53
High-Risk Training	54
Problem Solving	56
Beware of Relapse Self-Talk	58
Action Steps	60

MODULE 6: Keeping Your Weight in Check

Quitting Smoking Comes First.....	61
Weight Gain After Quitting	62
Change Old Habits	63
Everyday Ways to Keep Your Weight in Check.....	63
Problem Solving to Prevent Weight Gain	66
Action Steps	67

MODULE 7: Remain a Non-smoker

Update Your Blueprint	69
Review Your Physical Activity Plan	71
Review Your Relaxation Plan	73
If You've Had a Relapse.....	75

When do You “Have it Made”?	76
What to do from Now Until Then	76
Action Steps	79

ANNEXES

A: BUTT-OUT REQUEST FORM FOR TIME OFF WORK	81
B: THE 2 JARS TECHNIQUE	83
C: TOOLBOX OF STRATEGIES	84
E: BLUEPRINT FOR NON-SMOKING LIFESTYLE	87



INTRODUCING BUTT OUT

History of BUTT OUT

BUTT OUT was created because there were no existing smoking cessation programs that addressed the specific needs and lifestyles of Canadian Forces personnel. The first version was developed in 1980 and included an extensive evaluation. It was successful: up to 50% of those who attended group meetings and did the workbook exercises were still not smoking one year after the program. BUTT OUT was adopted as the official smoking cessation program for the Canadian Forces. It was updated in 1986, 1995, 2003, and 2010 to incorporate new concepts and strategies for smoking cessation as they were discovered.

A self-help version of the program was introduced in 1989. It was updated in 2003 and again in 2010 to be amalgamated with the original workbook into one participant workbook.

How BUTT OUT works

There is no point in telling you that it is easy to quit smoking. You know otherwise. But this program provides **step-by-step** assistance to help you to achieve that goal. Many people have quit, and have quit using the strategies outlined in this workbook. For some, it takes several tries before they are successful at quitting for good, but each time, they learn more and increase their chances of success.

Smoking is both an addiction and a habit. It is an addiction to nicotine. Effective medications are available to ease withdrawal. It is also a habit that you have learned – probably over a long period of time. You have learned that smoking does things for you. It may reduce stress. It may prevent boredom. It may help you concentrate. Now it's time to learn to be a **non-smoker** again. Through BUTT OUT, you will analyze your reasons for smoking and find other things to replace your smoking.

BUTT OUT's recipe for success is to help with the addiction by making medication available, and to help with the habit by using problem solving to analyze your reasons for smoking and find other things to substitute for smoking.

You will work through the workbook over an 8-week period to help you through the process of quitting. The first 3 modules of the workbook will help prepare you for your Quit-Day, modules 4 to 6 will help you survive the first few weeks of quitting, and the last module will help you establish yourself as a non-smoker.

The first 2 weeks of BUTT OUT (Module 1 and 2) are very important to learn about why you smoke. You can cut down on your smoking, but not too much. If you cut down too much, nicotine cravings can mask other reasons you have for smoking, and it will be difficult to get a clear picture of your reasons for smoking. You can cut down gradually to about 10 cigarettes per day, but no fewer than that. You may find that cutting down to 10 is too drastic, especially if you are a heavy smoker. Or you may choose not to cut down at all before quitting.

You will analyze your reasons for smoking and design a set of strategies, or alternatives, that serve the same functions that your smoking does now. You will use a problem solving approach called **PLoTTing**. **PLoTTing** stands for **P**inpointing reasons and situations in which you smoke, **L**ocating strategies, **T**esting one or more of those strategies, then **T**raining successful strategies to become a natural part of your lifestyle. These strategies will form your personal non-smoking *Blueprint*.

You will assess your level of dependence on nicotine to determine if medication might help you. If so, the medical clinic doctors and/or pharmacist will assist in choosing the right medication for you:

- Nicotine Replacement Therapy chewing pieces (Nicorette®)
- Nicotine Replacement Therapy patch (Nicoderm®)
- Bupropion pill (Zyban®)
- Varenicline tartrate pill (Champix®)

Military members can obtain these treatments free of charge under certain conditions outlined in the Medical Services Instruction 1000-301. Check for details at: <http://hr.ottawa-hull.mil.ca/health-sante/pd/pol/word/4200-54-eng.doc>

These therapies are optional. But experience and research have demonstrated that they can increase success. They reduce physical withdrawal symptoms, allowing you to focus more

attention on strategies to deal with the psychological and social dimensions of your smoking habit. These are the dimensions of the smoking habit that linger longer than the physical addiction, and are more often the reason for relapse back to smoking, well after the time when physical addiction remains.

The program is designed to support you, but only you can ensure success. Part of your participation includes quitting smoking. You might ask “But what if I slip or relapse? Should I keep working through the BUTT OUT program?” The answer is yes, if you are still committed to quit smoking. If you slip (smoke but stop right away), learn from this event and stay on track. If you relapse (back to smoking regularly), you can set another Quit-Day and continue on with BUTT OUT. Remember that it sometimes takes more than one serious attempt to succeed at quitting smoking for good. Discuss others options with your BUTT OUT facilitator.

A trained BUTT OUT facilitator is available to answer any of your questions you have about quitting smoking. Call him/her at any time that you would like to discuss your quit smoking plan.

Your facilitator: _____ Phone: _____

My CO Levels Chart

Session / Date	CO level	< or >
1		
2		
3		
4		
5		
6		
7		
8		

BUTT OUT schedule

Week	Session	Module	Group session	Individual session
1	1	1: Confirm Your Commitment to Quit Smoking	<ul style="list-style-type: none"> - Facts on smoking - Record reasons for quitting - Benefits of not smoking - Cut back on smoking - Make a decision about medication - Water Wings theory <p>☆ Set your Quit-Day</p>	<ul style="list-style-type: none"> - Facts on smoking - Record reasons for quitting - Benefits of not smoking - Cut back on smoking - Make a decision about medication - Water Wings theory <p>First meeting with facilitator.</p> <p>☆ Set your Quit-Day</p>
2	2	2: Analyze Your Smoking Pattern	<ul style="list-style-type: none"> - Addiction to nicotine - Analyze your reasons for smoking - Problem solve for smoking replacements - PLoTTing - Getting help from others 	<ul style="list-style-type: none"> - Addiction to nicotine - Analyze your reasons for smoking - Problem solve for smoking replacements - PLoTTing - Getting help from others <p>Second meeting or phone call with your facilitator.</p>
3	3	3: Coping Strategies	<ul style="list-style-type: none"> - Short term coping strategies - The 4 D's - Initial reactions to quitting - Making your thoughts work for you - Planning rewards - <i>Blueprint</i> of strategies 	<ul style="list-style-type: none"> - Short term coping strategies - The 4 D's - Initial reactions to quitting - Making your thoughts work for you - Planning rewards - <i>Blueprint</i> of strategies <p>Call your facilitator if you need help.</p>
			☆ Quit Day ☆	☆ Quit Day ☆

4	4	4: Set up Physical Activity & Relaxation Plans	<ul style="list-style-type: none"> - Physical activity: Why and how - Physical activity plan - Relaxation: Why and how - Relaxation plan 	<ul style="list-style-type: none"> - Physical activity: Why and how - Physical activity plan - Relaxation: Why and how - Relaxation plan <p>Third meeting or phone call with your facilitator.</p>
5	5	5: Plan for High-Risk Situations	<ul style="list-style-type: none"> - Deal with Slips - High-risk training - Problem solving - Beware of relapse self-talk 	<ul style="list-style-type: none"> - Deal with Slips - High-risk training - Problem solving - Beware of relapse self-talk
6	6	6: Weight Gain	<ul style="list-style-type: none"> - Weight gain after quitting - Change old habits - Keep your weight in check - Problem solving to prevent weight gain 	<ul style="list-style-type: none"> - Weight gain after quitting - Change old habits - Keep your weight in check - Problem solving to prevent weight gain
8	7	7: Remain a Non-smoker	<ul style="list-style-type: none"> - Update your <i>Blueprint</i> - Review of physical activity and relaxation plans - If you've had a relapse - When do you "have it made"? - What to do from now until then 	<ul style="list-style-type: none"> - Update your <i>Blueprint</i> - Review of physical activity and relaxation plans - If you've had a relapse - When do you "have it made"? - What to do from now until then <p>Call your facilitator if you need help.</p>
12	8		<ul style="list-style-type: none"> - Follow-up - Revise <i>Blueprint</i> - Receive BUTT OUT certificate 	<ul style="list-style-type: none"> - Follow-up - Revise <i>Blueprint</i> - Receive BUTT OUT certificate <p>Last meeting or phone call with facilitator.</p>

Get out a calendar or agenda. On it, circle the day you will quit smoking, **your** Quit-Day. Keep these things in mind in selecting this day:

- It should be at least 2 weeks from your first session. This is because you need to work through Modules 1 to 3 before you quit smoking.
- Think about what day of the week would be best for you to quit. Some people find that quitting just before a weekend is a good time, since weekends are less stressful. Others think Monday or another weekday is best, because they find it easier to not to smoke at work and when they are busy.
- If you decide to use smoking cessation medication, call and book an appointment with the medical clinic to choose and obtain the appropriate option for you.
- If you have chosen to do the group sessions, add the meeting days to your calendar.
- If you have chosen the individual sessions, add these meetings and phone calls to your calendar.

ACTIONS

Use the checklist below as your reminder for what to do before starting the modules.

☒ Check each action after you complete it. Add other personal strategies in the blank spaces.

Actions	
<input type="checkbox"/>	I will choose a Quit-Day and mark it on my calendar.
<input type="checkbox"/>	I have decided which, if any, medication I will use to help me quit. I will make an appointment to obtain a prescription if necessary.
<input type="checkbox"/>	I will call my BUTT OUT Facilitator if I have any questions or concerns about quitting.
<input type="checkbox"/>	
<input type="checkbox"/>	

You can succeed if you actively work at planning a non-smoking lifestyle.



MODULE 1

CONFIRM YOUR COMMITMENT TO QUIT SMOKING

Confirm Your Commitment to Quit Smoking

Marking your Quit-Day and the 7 modules of BUTT OUT on your calendar was a great start to build your commitment to quit smoking. This module will help you confirm that commitment.

SOME FACTS ON SMOKING AND QUITTING SMOKING

Most smokers have quit at least once. This time can be different, because you learned from your past attempts, and because this time BUTT OUT will help you develop a complete set of skills to quit forever.

Jim's latest try

Jim is a pack-a-day smoker. He's made New Year's resolutions, small bets with friends, and has been hypnotized to try to stop. Each time Jim would hang on for a couple of days. Once he stayed quit for more than two months. But he always started again.

His last attempt was typical. After three weeks of not smoking, Jim went to happy hour, Gord offered him a smoke, shoving an open pack into his hand. He exhaled deeply in Jim's direction as he said, "There, that's more like it, Jim. You look like your old self again".

The smell was great. First, Jim vowed he'd have just one. But that promise died when he bought his own pack the next day.

RECORD YOUR REASONS FOR QUITTING SMOKING

Just as you have reasons for smoking, you have reasons for wanting to quit smoking. Think about these now. Ask yourself these three questions as you think about **your** reasons for quitting:

1. What are some of the things you value most in your life?
2. How does your smoking link to these values?
3. How does quitting smoking link to these values?

Here are some ideas to get you started. Check off those that matter to you. Modify them to apply to you directly. Add your own thoughts in the blank spaces.

THINGS I VALUE	HOW SMOKING LINKS	HOW QUITTING LINKS
My health	<input type="checkbox"/> I get more colds <input type="checkbox"/> I have a chronic cough <input type="checkbox"/> I'm worried about getting cancer <input type="checkbox"/> I'm worried I might have a heart attack if I keep smoking <input type="checkbox"/> My teeth and gums are unhealthy	<input type="checkbox"/> I will have fewer colds and sick days <input type="checkbox"/> I can stop worrying so much about dying young from cancer or heart disease <input type="checkbox"/> I will finally get rid of my hacking cough <input type="checkbox"/> My teeth and gums will stay healthier <input type="checkbox"/>
My children	<input type="checkbox"/> I worry that my smoking might influence them to start smoking <input type="checkbox"/> My smoke bothers my children (they complain it smells, hurts their eyes, makes them cough) <input type="checkbox"/> I can't afford to buy them extra things because I need the money for cigarettes	<input type="checkbox"/> I will be a better role model for my children <input type="checkbox"/> I will protect my children's health by reducing their exposure to second-hand smoke <input type="checkbox"/> I will be a better provider for my children <input type="checkbox"/>
My relationship with my partner	<input type="checkbox"/> My partner says kissing me is like kissing an ashtray <input type="checkbox"/> Smoking makes me less attractive to my partner (yellow teeth, smelly clothes, cough) <input type="checkbox"/> I can't afford to buy my partner extra things because I need the money for cigarettes	<input type="checkbox"/> I will be more attractive to my partner <input type="checkbox"/> I will be able to afford to buy more things for my partner (or for both of us) <input type="checkbox"/>
My work	<input type="checkbox"/> I lose concentration when I crave a cigarette but it's not time for a break yet <input type="checkbox"/> Co-workers have to cover for me when I go on smoke breaks <input type="checkbox"/> I take more sick days due to colds, illness, etc. <input type="checkbox"/>	<input type="checkbox"/> My job performance will improve (better concentration, fewer sick days) <input type="checkbox"/> My relationship with co-workers will improve <input type="checkbox"/> I will have fewer sick days <input type="checkbox"/>
Having enough money to enjoy life	<input type="checkbox"/> I have less money to spend on entertainment because I smoke <input type="checkbox"/> I have less money to spend on gifts because I smoke <input type="checkbox"/> I have to take cheaper vacations because I smoke	<input type="checkbox"/> I will have more money to spend on things I enjoy <input type="checkbox"/> I will have more money to spend on things for my partner/family <input type="checkbox"/>
Winning at sports	<input type="checkbox"/> Smoking affects my ability to play my hardest at sports <input type="checkbox"/>	<input type="checkbox"/> I will be better able to win in competitions <input type="checkbox"/> I won't let my team down if I'm playing my best <input type="checkbox"/>
Enjoying time with friends	<input type="checkbox"/> Many of my friends smoke and it helps me feel part of the group to smoke with them <input type="checkbox"/>	<input type="checkbox"/> Many of my friends who smoke also want to quit, and if I quit, it might help them quit too <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>

THE BENEFITS OF NOT SMOKING

Each individual will experience different benefits from not smoking. Take note of benefits that matter to you.

Feeling Healthy and Clean

Former smokers often begin to notice health and personal cleanliness improvements a month or so after quitting.

On the following list, check off the benefits that matter to you. Add to the list if you can:

<input type="checkbox"/> I will sleep more soundly.	<input type="checkbox"/> Food will have more taste.
<input type="checkbox"/> My sports performance will improve.	<input type="checkbox"/> I will no longer be short of breath after a quick walk.
<input type="checkbox"/> I will feel more refreshed when I wake up.	<input type="checkbox"/> I will cough less in the morning.
<input type="checkbox"/> My mouth will be fresher.	<input type="checkbox"/> My chest won't feel so tight, especially at night.
<input type="checkbox"/> I will become tired less easily.	<input type="checkbox"/> I won't have persistent thoughts about smoking.
<input type="checkbox"/> I will feel cleaner without the nicotine stains.	<input type="checkbox"/> I will have more pocket change.
<input type="checkbox"/> My clothes, hair and belongings won't smell stale.	<input type="checkbox"/>
<input type="checkbox"/> I will notice the pleasant aromas around me more.	<input type="checkbox"/>

Health and Energy

Here is a chart to help you understand what happens to your body when you quit smoking.

20 minutes	Blood pressure returns to normal. Pulse returns to normal rhythm. Temperature of hands and feet returns to normal.
8 hours	Carbon monoxide count returns to normal. Oxygen level in the blood returns to normal.
24 hours	Risk of heart attack decreases.
48 hours	Sense of smell and taste improve.
2 weeks to 3 months	Circulation improves. Walking becomes easier. Pulmonary function increases by about 30%.
1 to 9 months	Cough, nasal congestion, fatigue and shortness of breath diminish. The body regains energy.
1 year	Risk of coronary disease is 50% less than that of a smoker.
5 years	Lung cancer mortality rate of a former pack-a-day smoker decreases to almost half. From 5 to 15 years after quitting, the risk of stroke decreases and is comparable to that of a non-smoker. The risk of cancer of the mouth, throat, and esophagus is 50% less than that of a smoker.
10 years	Cancer mortality rate is similar to that of a non-smoker. Pre-cancerous cells are replaced. Risk of cancer of the mouth, throat, esophagus, bladder, and pancreas decreases.
15 years	The risk of heart disease is similar to that of a non-smoker.

Insurance Premiums

Insurance companies have taken into account the research on health benefits of not smoking. Realizing that people who don't smoke tend to be healthier, many companies have reduced premiums on life insurance for non-smokers. You may qualify for a significant reduction on your life insurance policy, depending on your age, the policy amount, and the company. Call your insurance agent to see how you qualify.

Pocket Change

The extra money in your pocket is another benefit. You are actually being paid to be a non-smoker! This fact may become lost, since the money often gets put into a pot with the other loose change.

Fill in the blanks to calculate your annual savings from not smoking.

<u> </u> Average # Packs Smoked per Day	X	\$ <u> </u> Price per pack	=	\$ <u> </u> Daily Savings from Not Smoking
7 Days per Week	X	\$ <u> </u> Daily Savings	=	\$ <u> </u> Weekly Savings from Not Smoking
52 Weeks Per Year	X	\$ <u> </u> Weekly Savings	=	\$ <u> </u> Yearly Savings from Not Smoking

Here's how much Jim, a pack-a-day smoker, calculated he would save:

<u>1</u> Average # Packs	X	\$ <u>9.50</u> Price per pack	=	<u>\$ 9.50</u> Daily Savings
7 Days per Week	X	\$ <u>9.50</u> Daily Savings	=	<u>\$ 66.50</u> Weekly Savings
52 Weeks Per Year	X	\$ <u>66.50</u> Weekly Savings	=	<u>\$ 3458.00</u> Yearly Savings From Not Smoking

Benefits to Others

Exposing others to your smoking puts them at risk. Second-hand smoke can cause cancer, heart disease, make asthma worse, increase colds and ear infections in children, and much more. When you aren't smoking, you are not only improving your own health and quality of life, but that of those around you as well.

Because kids breathe faster and weigh less than adults, the effects of second-hand smoke are worse for them. Children exposed to second-hand smoke:

- Have more severe allergies
- Get more ear infections
- Get more colds
- Are more likely to get asthma or have more severe asthma attacks
- Are more likely to have problems in school (poor attention span, hyperactivity).

Third-hand smoke has the same toxic chemicals as second-hand smoke. Third-hand smoke gets trapped in hair, skin, furniture, clothing, fabric, carpet, and toys. It builds up over time, and the chemicals from the trapped smoke pollute the air and get into people's lungs and bodies.

Now that you've seen a variety of reasons to quit smoking, list your own reasons here:

My Reasons for Quitting Smoking

CUT BACK ON YOUR SMOKING

Starting tomorrow, you have 14 days before Quit-Day. Some people find it helpful to gradually reduce their smoking as they work towards Quit-Day. If you would like to do this, remember these rules:

- Cut back gradually (by about 1 cigarette per day).
- It is recommended to not cut back to below 10 cigarettes a day until you get to Quit-Day. Then go directly to 0. Once you get to about 10 cigarettes a day, it's easier to go immediately to 0 than to gradually cut down these last 10. You may even think that cutting down to 10 is too drastic, especially if you are a heavy smoker. Or you may choose not to cut down at all before quitting.
- It is recommended to not cut back so much that you are having strong physical cravings for cigarettes. This will mask other reasons you have for smoking that you should be recording over the next week.
- As you cut down, resist the temptation to smoke your remaining cigarettes more intensely. Don't inhale more deeply. Don't take more frequent puffs. Don't smoke the cigarette down further than you normally do.



Record the number of cigarettes you will smoke each day for the next 14 days here.
Tomorrow is 14 days before Quit-Day.

# OF CIGARETTES USUALLY SMOKED PER DAY	Quit-Day -14	Quit-Day -13	Quit-Day -12	Quit-Day -11	Quit-Day -10	Quit-Day -9	Quit-Day -8	Quit-Day -7	Quit-Day -6	Quit-Day -5	Quit-Day -4	Quit-Day -3	Quit-Day -2	Quit-Day -1	QUIT-DAY
TARGET # OF CIGARETTES PER DAY >>															0

Make a Decision about Medications to Help You Quit

You have confirmed your decision to quit smoking and have set a Quit-Day. In this section you will learn more about medications to ease physical withdrawal from nicotine, and make a decision about which one, if any, you will use.

WILL MEDICATION HELP?

Nicotine is an addictive drug. When you stop smoking you will likely experience some physical withdrawal. For some people the symptoms are mild, but for others, they can be intense.

Fortunately, there are medications available that can reduce cravings for cigarettes and physical withdrawal. You can choose from a variety of possible therapies:

- Nicotine Replacement Therapy chewing pieces (Nicorette®)
- Nicotine Replacement Therapy patch (Nicoderm®)
- Bupropion pill (Zyban®)
- Varenicline tartrate pill (Champix®)

Military members can obtain these treatments free of charge under certain conditions as outlined in Medical Services Instruction 1000-301. For more information about this go to:

<http://hr.ottawa-hull.mil.ca/health-sante/pd/pol/word/4200-54-eng.doc>

These therapies are optional. But experience and research tell us that they can increase the rate of success. They reduce physical withdrawal symptoms, allowing you to focus more energy and attention on strategies to deal with the psychological and social dimensions of your smoking habit. These are the dimensions of the smoking habit that linger longer than the physical addiction, and are often the reason for relapse back to smoking, well after the time when any physical addiction remains.

The following questionnaire will help you decide whether medication will help you. It calculates how dependent you are on nicotine. Medication is recommended for highly dependent smokers, but even less dependent smokers may choose to use medication.

QUESTION	YOUR ANSWER	YOUR SCORE
1. How soon after you wake up do you smoke your first cigarette?	<input type="checkbox"/> Within 5 minutes (3 points) <input type="checkbox"/> 6-30 minutes (2 points) <input type="checkbox"/> 31-60 minutes (1 point) <input type="checkbox"/> After 60 minutes (0 points)	
2. How many cigarettes do you smoke each day?	<input type="checkbox"/> 31 or more (3 points) <input type="checkbox"/> 21-30 (2 points) <input type="checkbox"/> 11-20 (1 point) <input type="checkbox"/> 10 or fewer (0 points)	
YOUR NICOTINE DEPENDENCE SCORE:		

If you score 5 or 6, you are likely highly dependent on nicotine. Medication is recommended to help you cope with physical withdrawal. If you score 3 or 4, you are moderately dependent on nicotine and will likely benefit from medication.

If you score 0, 1 or 2, you have low nicotine dependence. A low score does not rule out the use of medication. In general, though, medication is most beneficial for people with higher scores.

If you have decided to use medication, the next step is to decide which one to use. While some experts believe that combining 2 or 3 of these medications may increase your chance of success, the research evidence is not clear. Therefore, BUTT OUT recommends that you choose the *one* most likely to work for you.

Please contact your local CF Base pharmacist, physician, physician assistant, or nurse practitioner to discuss your options and determine which medication is right for you.

THE WATER WINGS THEORY

Look at these medications as "water wings". You can use water wings to stay afloat before you know how to swim. Knowing that the water wings will hold you up gives you the confidence you need to practice swimming.

You can use this image to understand how the use of medications can help with smoking cessation. Rather than learning to swim, you are learning to live as a non-smoker, likely for the first time in years. These medications are your water wings as you experiment in non-smoking situations. As you work at non-smoking alternatives and your urge to smoke is reduced, you rely less on the medication and more on your other strategies.

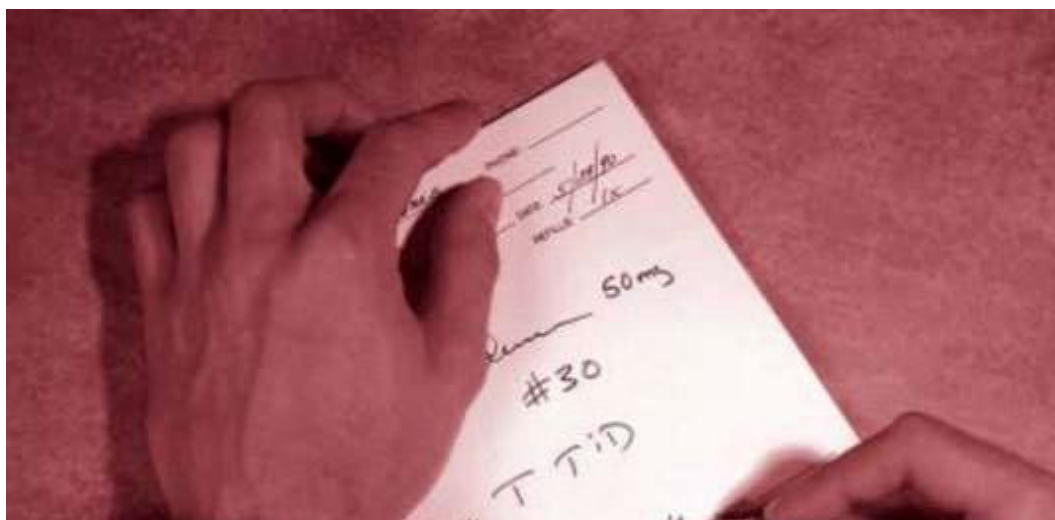
ACTIONS

Use the checklist below as your reminder for what to do between now and Module 2.

☒ Check each action after you complete it. Add other personal strategies in the blank spaces.

Actions	
<input type="checkbox"/>	I will follow my schedule for cutting down between now and Quit-Day.
<input type="checkbox"/>	I have decided which, if any, medication I will use to help me quit. I will make an appointment to obtain a prescription if necessary.
<input type="checkbox"/>	I will call my BUTT OUT Facilitator if I have any questions or concerns about quitting.
<input type="checkbox"/>	
<input type="checkbox"/>	

Remind yourself often of your reasons to quit smoking.



MODULE 2

ANALYZE YOUR SMOKING PATTERN

Analyze Your Smoking Pattern

You're on your way! You have set a Quit-Day, you have begun to cut down on your smoking, and you have made a decision about using medication to help with nicotine withdrawal. However, there are other reasons you smoke besides nicotine addiction. You will learn about these in this module.

ADDICTION TO NICOTINE

Nicotine is the highly addictive chemical in tobacco that makes you feel energized, alert, or calm. Over time, your brain gets used to it. When nicotine leaves your system, soon after smoking, your brain begins to crave it. You feel uncomfortable without it, and get the urge to smoke again. You may think that nicotine addiction is the main reason for smoking; it's definitely one reason, but there are other elements as well. Smoking addiction is physical, behavioural, psychological, **and** social.

PHYSICAL

With each puff on a cigarette you send a dose of nicotine to your brain. Within approximately seven seconds nicotine enters your brain and temporarily stimulates your "feel good" chemical messengers: adrenaline, dopamine and beta-endorphin. These chemicals are the ones that help decrease anxiety, enhance pleasure, and bring on feeling alert or relaxed. The more you smoke, the less your body is able to release these chemicals naturally.

As you smoke less, your brain also gets used to having less nicotine. You may get cravings, feel irritable, or feel “down” for a while, but these things do not last long. The more cravings you resist, the fewer you will have. They will soon be much shorter and weaker. Your brain will soon naturally replace the artificial “lift” you got from nicotine. This will happen no matter how long or how much you have smoked.

BEHAVIOURAL

Smoking is learned. It becomes a natural part of many situations for smokers. You may find yourself always lighting up when you step into the car, or with your morning coffee.

Think of the times that you smoke . . . upon getting up? . . . when having coffee? . . . when on a break? . . . when on the phone? . . . when you need something to do with your hands? It is easy to understand how each situation becomes linked with cigarettes.

Each puff of a cigarette sends a hit of nicotine to your brain. If you smoke 20 cigarettes a day, this is 200 hits of the drug each day, 73,000 in a year, 1.46 million in 20 years of smoking. No wonder the habit becomes over-learned to the point where you may find yourself lighting a cigarette when you already have one going.

PSYCHOLOGICAL

You may smoke to help control emotions and meet other psychological needs. Do you smoke to relieve tension, as a reward, to relieve boredom, or to relieve depression?

SOCIAL

You probably smoke in social situations; for example, lighting up because someone else does, accepting a cigarette when offered one, or to ease tension when feeling socially uncomfortable.

ANALYZE YOUR REASONS FOR SMOKING

Understanding why you smoke is one important step in quitting. People smoke for many reasons. Research tells us that all smoking can be assigned to 11 reasons. The first nine reflect useful functions that smoking serves for people. For these, it is important to find other things that serve the same function. The last two arise as a result of years of smoking.

Why do **you** smoke? Read each reason below, then circle whether it applies to your smoking never, rarely, once in a while, most of the time, or always.

Tension Relief

Do you smoke when you feel tension from being nervous, worried, impatient, upset or annoyed? For you, smoking can have a calming effect.

NEVER	RARELY	ONCE IN A WHILE	MOST OF THE TIME	ALWAYS
-------	--------	-----------------	------------------	--------

Energy

Do you smoke when you are bored, tired or want a “pick-me-up”?

NEVER	RARELY	ONCE IN A WHILE	MOST OF THE TIME	ALWAYS
-------	--------	-----------------	------------------	--------

Socializing

Do you sometimes smoke only because others are, or to create a sense of belonging?

NEVER	RARELY	ONCE IN A WHILE	MOST OF THE TIME	ALWAYS
-------	--------	-----------------	------------------	--------

Boosting Mood

Do you smoke when you are **lonely** or a little **depressed**, in the hope that the cigarette will comfort you?

NEVER	RARELY	ONCE IN A WHILE	MOST OF THE TIME	ALWAYS
-------	--------	-----------------	------------------	--------

Reward

Do you smoke as a reward for jobs completed, or as a way of celebrating when you're happy?

NEVER	RARELY	ONCE IN A WHILE	MOST OF THE TIME	ALWAYS
-------	--------	-----------------	------------------	--------

Food Avoidance

Do you smoke as a substitute for food?

NEVER	RARELY	ONCE IN A WHILE	MOST OF THE TIME	ALWAYS
-------	--------	-----------------	------------------	--------

Pleasure

Do you smoke simply for the enjoyment - the taste, the smell?

NEVER	RARELY	ONCE IN A WHILE	MOST OF THE TIME	ALWAYS
-------	--------	-----------------	------------------	--------

Time Structuring

Do you smoke to fill time while waiting? Do you smoke to break awkward pauses in conversation? Do you smoke to procrastinate starting something new?

NEVER	RARELY	ONCE IN A WHILE	MOST OF THE TIME	ALWAYS
-------	--------	-----------------	------------------	--------

Concentration

Do you smoke to help your concentration?

NEVER	RARELY	ONCE IN A WHILE	MOST OF THE TIME	ALWAYS
-------	--------	-----------------	------------------	--------

Triggered

Do you automatically reach for a cigarette when you have a coffee, speak on the telephone, finish a meal, go to bed, get in the car, or read?

NEVER	RARELY	ONCE IN A WHILE	MOST OF THE TIME	ALWAYS
-------	--------	-----------------	------------------	--------

What are your triggers? Write three of the most common ones here:

1.	
2.	
3.	

Nicotine

Heavy smokers in particular may have physical cravings for nicotine. Nicotine "hunger" may be signalled by a dry mouth, headache, difficulty concentrating, or trembling hands. Do you experience these symptoms and smoke to alleviate them?

NEVER	RARELY	ONCE IN A WHILE	MOST OF THE TIME	ALWAYS
-------	--------	-----------------	------------------	--------

Now, write down the reasons for smoking which you answered as "most of the time" or "always". These are your main reasons for smoking.

1.	
2.	
3.	
4.	
5.	

The Forms Booklet

You received a Forms Booklet with this Butt Out Participant Workbook. It is small and portable, and helps you record your reasons for smoking, to get a clearer picture of your smoking pattern. This will be helpful when you start to test alternatives to smoking, and you can track the success of your alternatives in the Forms Booklet as you continue in your non-smoking lifestyle.

**Pay attention to your reasons for smoking.
Use your Forms Booklet to record your pattern for 1 week.**

Problem Solve for Smoking Replacements

The previous section helped you identify your reasons for smoking – the “why” of your smoking. This is to help you identify the various situations in which you smoke – the “when” and “where” of your smoking. Once you understand your pattern of smoking, you can find smoking replacements, using a process of problem solving.

LEARN TO PROBLEM SOLVE FOR NON-SMOKING

To stay off cigarettes you require good alternatives. Good alternatives require personal problem solving. So, with each cigarette, ask yourself, “*Why am I getting this urge?*” Once you understand *why*, your next question is, “*What could I be doing that might deal with this situation?*” There are four steps altogether in Problem Solving and here's how they fit together:

P.Lo.T.T.ing	
P. -	Pinpoint
Lo. -	Locate
T. -	Test
T. -	Train

Remember the acronym 'PLOT', based on the first letters of the four key problem solving steps, to help you remember the process:

- **PINPOINT reasons for smoking.** Nail down the exact reasons **you** smoke. You want to know what functions smoking serves for you, and the exact situations in which you depend on smoking. The information you recorded on pages 21-22, as well as the form booklet, will help you Pinpoint your reasons for smoking.
- **LOCATE alternatives.** Once you have Pinpointed your reasons you are in a position to decide how to handle these problems without smoking. The trick at this point is to “**brainstorm**”- to let ideas flow, encouraging even far-fetched ideas. You want to get as many ideas as possible. Keep brainstorming until the ideas stop flowing. Then decide which ones are the most promising
- **TEST your alternatives.** Test promising alternatives until you find the ones that work for you. A perfectly acceptable solution for one person may not suit another. Even for the same person, an acceptable solution in one situation may not fit in another. Be flexible. Change an alternative if it does not work out.
- **TRAIN a good alternative** until it becomes natural. This involves ensuring that it is used consistently, until it becomes as automatic as smoking used to be. Follow these steps as you PLoTT to solve problems. Next are the steps in more detail.

PINPOINT REASONS FOR SMOKING

You have recorded your reasons for smoking on pages 21-22. Remember that all smoking falls into 11 reasons. **Your** smoking might fall into all 11 reasons, or perhaps only 4 or 5 of these reasons.

Tension relief	When you feel nervous, worried, impatient, upset or annoyed.
Energy	When you are bored, tired, or want a “pick-me-up”.
Socializing	When others are smoking and you want to feel part of the group.
Boosting Mood	As a way of comforting yourself when you’re lonely or depressed.
Reward	As a reward for jobs completed, or as a way of celebrating when you’re happy.
Food Avoidance	As a substitute for food.
Pleasure	Simply for the enjoyment (the taste, the smell, the act of smoking).
Time Structuring	To fill time while waiting, or to break awkward pauses in conversation.
Concentrating	To help you concentrate.
Triggered	When you automatically reach for a cigarette in certain situations, like with coffee, on the phone, in the car.
Nicotine	When you are experiencing withdrawal symptoms like dry mouth, headache, edginess.

What reasons for smoking did you record? Write them in your **Smoking Summary**.

Estimate the percent of your total smoking that each reason accounts for.

Beside each reason, write the different situations (place, time, activity) in which those cigarettes were smoked.

For now, leave the last two columns blank.

<i>My Smoking Summary</i>				
REASON	% OF TOTAL SMOKING	DESCRIBE EACH DIFFERENT SITUATION (PLACE/TIME/ACTIVITY)	ALTERNATIVES TRIED	RATING 1 = NO GOOD 5 = GREAT

If all or most of your cigarettes are recorded as “triggered” or “nicotine”, think carefully. These two reasons should only be used when no other reasons are operating. Consider other reasons that are also operating and record these.

<i>Jim's Smoking Summary</i>				
<i>Jim smokes for 2 main reasons: tension and pleasure. Jim's tension cigarettes are smoked in a few places - at work and around home. With the summary, he will be able to work on choosing good alternatives.</i>				
REASON	% OF TOTAL SMOKING	DESCRIBE EACH DIFFERENT SITUATION (Place/Time/Activity)	ALTERNATIVES TRIED	RATING (1 = no good; 5 = great)
Tension	50	Morning - getting ready, showing boss my work		
		Home - kids shouting after a hard day		
		Phone - to ask a favour (or talk about problem)		
Pleasure	50	My chair after supper - talking, reading paper		

LOCATE ALTERNATIVES

There are many ways to **Locate** alternatives. It is best to start with a brainstorming session that can be both creative and fun. Dream up as many ideas as possible for dealing with each specific reason for smoking and each problem situation you have **P**inpointed. The more ideas, the better. Even ideas that seem crazy or far-fetched can lead to effective alternatives.

You can brainstorm alone, but the process is even more effective when it is done with other people. Usually, one person's thinking stirs up ideas in another. See if you can take advantage of this by brainstorming with friends who may have helpful ideas.

- To get you going, fill out the ***Problem Solving Sheet*** on the next page.

You know yourself better than anyone else, so the alternatives you come up with are likely to be best for you. Once you have listed all your options, pick the most promising alternative.

Problem Solving Sheet

PROBLEM #1:

Pinpoint: _____

(List one reason you have for smoking, and describe a situation in which that reason operates.)

Locate alternatives: (Brainstorm at least 4 ideas. Refer to the Toolbox of Strategies in Annex C for help, but use your own ideas too)

1. _____ 3. _____

2. _____ 4. _____

Decide, "I will Test Alternative # _____".

PROBLEM #2:

Pinpoint: _____

(List one reason you have for smoking, and describe a situation in which that reason operates.)

Locate alternatives: (Brainstorm at least 4 ideas. Refer to the Toolbox of Strategies in Annex C for help, but use your own ideas too.)

1. _____ 3. _____

2. _____ 4. _____

Decide, "I will Test Alternative # _____".

PROBLEM #3:

Pinpoint: _____

(List one reason you have for smoking, and describe a situation in which that reason operates.)

Locate alternatives: (Brainstorm at least 4 ideas. Refer to the Toolbox of Strategies in Annex C for help, but use your own ideas too.)

1. _____ 3. _____

2. _____ 4. _____

Decide, "I will Test Alternative # _____".

TEST ALTERNATIVES

After you have **P**inpointed problem areas and **L**ocated alternatives, the next step is to try out or rehearse alternatives in some situations. Cut out a few cigarettes, or delay having them in order to test some alternatives. Remember, it is recommended to not cut back to less than 10 cigarettes per day until Quit-Day. If you cut back too much now, you may find that you crave nicotine so much that you lose sight of other reasons you normally smoke.

Follow these steps:

Instead of smoking, **T**est alternatives a few times when you have the urge to smoke.

If an alternative does not seem to help, **T**est a different alternative -- go back to your list for ideas.

Testing at this stage is to get used to doing something different from smoking, and to **T**est how various alternatives suit you. When Quit-Day comes, you want to be confident that you have solid alternatives to smoking.

If an alternative isn't working, try another one. Remember though, it sometimes takes a while for a good alternative to feel "natural".

Record the results of your ***Testing Alternatives for Smoking*** chart below.

TESTING ALTERNATIVES FOR SMOKING				
REASON (from pp.21-22)	PLACE & ACTIVITY	ALTERNATIVE TRIED	RATING 1 = No good 5 = Great	DID YOU SMOKE? Y = Yes N = No

TRAIN ALTERNATIVES

This final step involves **Training** -- repeatedly using the alternative until it becomes natural. When an alternative is well **Trained**, it replaces the need for smoking. You will begin to **Train** your alternatives at Quit-Day.

Get Help from Others

You have identified and practiced some substitutions for smoking. Keep this up. Remember though, that most people can't quit smoking all on their own. This section gives you another strategy for staying motivated: helper support.

If you keep it to yourself, it may be easier to change your mind. Telling your family, friends, and co-workers gives you another reason to stay focussed, and it will encourage them to help you when you need support. Tell friends who smoke about your decision. They're sure to understand.

You might want to talk with someone if you need extra help to resist the urge to smoke. Tell a close non-smoking friend what you plan to do. Explain that you might call upon them for support.

Consider calling a toll-free "quitline" for help and information. When you call, you will speak to a knowledgeable, supportive and friendly specialist, who understands what you are going through.

FIND YOUR HELPERS

Help from others can make quitting easier. Identify friends or family members who can be helpful to you as you quit smoking. Here are some specific ideas for how they can help you:

- They can meet with you to discuss ways to deal with difficult situations you encounter.
- They can be there in situations where you anticipate you might be tempted to smoke.
- They can be responsible for arranging to give you rewards for your accomplishments.
- They can become your exercise buddies.

Meet with friends or family who will support you. Be very specific about asking people for help. Let them know exactly what you want and need. Also, let them know what is not helpful. You do not want them doing things that bother you.

My Helper Plan

Who will I ask to be my Helpers?

- _____
- _____

What will I ask my Helpers to do?

- _____
- _____
- _____
- _____

What will I do to thank my Helpers?

- _____
- _____
- _____

Toll-free Smoker's Help line:

- Alberta: 1-866-332-2322
- British Columbia: 1-877-455-2233
- Manitoba and Saskatchewan: 1-877-513-5333
- Newfoundland and Labrador: 1-800-363-5864
- New Brunswick and Nova Scotia: 1-877-513-5333
- Ontario: 1-877-513-5333
- Prince Edward Island: 1-888-818-6300
- Quebec: 1-866-527-7383

To access resources call:

- Yukon: 1-800-661-0408 (ext.8393)
- Northwest Territories: 1-867-920-8826
- Nunavut: 1-866-877-3845

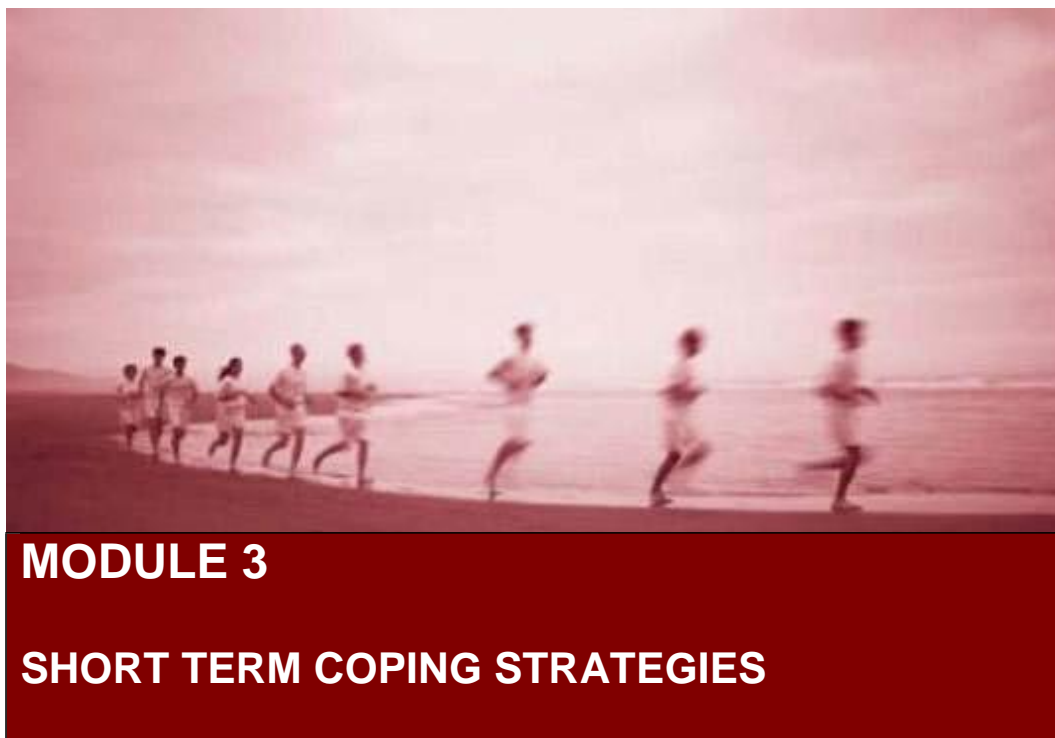
ACTIONS

Use the checklist below as your reminder for what to do between now and Module 3.

☒ Check each action after you complete it. Add other personal strategies in the blank spaces.

Actions	
<input type="checkbox"/>	I will test out alternatives for the 3 situations I identified on my <i>Problem Solving Sheets</i> . I will record the results on the <i>Testing Alternatives for Smoking</i> form on page 28.
<input type="checkbox"/>	I will ask for help from others.
<input type="checkbox"/>	I will call my BUTT OUT Facilitator if I have any questions or concerns about quitting.
<input type="checkbox"/>	

**Test out alternatives to smoking.
Get help from others.**



Short Term Coping Strategies

Your Quit-Day is very close (likely tomorrow). You have been testing alternatives to smoking for about a week. Review the alternatives you have tried, which you recorded on pages 25 and 28.

The following are suggestions to survive your first few days not smoking. Check off those you will use. Add them to the list of strategies you will use to resist smoking.

<input type="checkbox"/>	Remember your reasons to quit smoking. On a piece of paper or cue card, write why you decided to quit smoking and post it in a visible location (e.g., refrigerator door, on a board, a wall, etc).
<input type="checkbox"/>	Remember your alternatives. Cut a pocket size piece of cardboard. On it, write your reasons for smoking. Beside these reasons, write your key alternative(s) to smoking. Carry this list where you used to carry your cigarettes. Review it each time you have a strong urge to smoke.
<input type="checkbox"/>	Clean up. Clear all your smoking gear out of your home, workplace, car, and any other place it is stashed.
<input type="checkbox"/>	Use Thought Stopping. If you find yourself preoccupied with cigarettes, yell "STOP!", either out loud or in your imagination. Tell your urges to smoke to go away, that they are not going to control you. But be realistic and gentle with yourself.
<input type="checkbox"/>	Use Imagery. Imagine yourself in situations where you normally smoke. Run through the day and imagine yourself coping effectively with each of these situations, using the alternatives you have identified. Go through this rehearsal again just before you enter situations where you would have smoked in the past.
<input type="checkbox"/>	Do not sit next to smokers - in a car, bar, or at a party.

<input type="checkbox"/>	Spend as much time as you can in non-smoking areas - in a movie theatre, community centre, or restaurant.
<input type="checkbox"/>	Brush your teeth often, and every time you feel the urge to smoke.
<input type="checkbox"/>	Reward yourself for not smoking.
<input type="checkbox"/>	Frequent showers, baths, brisk walks, and exercise breaks can take your mind off cigarettes.
<input type="checkbox"/>	Watch what non-smokers do with their hands, how they relax, and how they cope. You can do the same.
<input type="checkbox"/>	Carry a rubbing stone or other small object, such as a coin or a marble.
<input type="checkbox"/>	Keep low calorie snacks on hand. Choose from fresh raw vegetables, mushrooms, sour pickles, unbuttered popcorn, plain yoghurt, and sugar-free chewing gum or mints.
<input type="checkbox"/>	Keep a small doodle-pad and pencil where you usually have cigarettes.
<input type="checkbox"/>	Chew on a clove or a cinnamon toothpick.
<input type="checkbox"/>	Give yourself a pat on the back for any little accomplishment.
<input type="checkbox"/>	Rely on your Helper(s).
<input type="checkbox"/>	When you get a strong urge to smoke, tell yourself you will hold off for five minutes to see how you feel. Cravings last only about 20 seconds and then they go away.
<input type="checkbox"/>	Use distractions. Get involved in a 1,000-piece jigsaw puzzle, or balance your bankbook. Get your mind off cigarettes.
<input type="checkbox"/>	Keep the next few days as low-key as possible, or just the opposite - very busy -- whichever suits you best.
<input type="checkbox"/>	Drink a glass of cold water, taking long deep breaths between sips.
<input type="checkbox"/>	Take frequent short breaks by sitting back and taking a few slow, deep breaths.
<input type="checkbox"/>	Remove yourself from stressful situations.
<input type="checkbox"/>	Be patient with yourself. You have had a lot of experience with smoking, but not much with non-smoking.
<input type="checkbox"/>	Be assertive; let people know you feel tense and how they might help.
<input type="checkbox"/>	Delay doing work you find difficult or annoying, or alternate it with easier work.
<input type="checkbox"/>	<i>Plan ahead to avoid tension.</i>
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

You have worked hard to prepare for your Quit-Day. Remind yourself often that you can do it, and that you deserve success.

For those moments when you get an urge to smoke, remembering the 4 D's will help you get past the moment:

Delay. The urge is like a wave. It will wash over me then fade away.

Deep Breathe.

Drink Water.

Do Something Else.

INITIAL REACTIONS TO QUITTING

This section focuses on your initial reactions to quitting. It also helps you consolidate your strategies into a *Blueprint* for a Non-smoking Lifestyle.

Each person's reaction to quitting differs. Here are some of the symptoms you might be experiencing (or might soon experience), and ideas for what you can do about them.

ARE YOU:	CAUSE	AVERAGE DURATION	TIPS FOR RELIEF
Restless, irritable?	Your body is craving nicotine.	2-4 weeks	Walk, hot baths, relaxation exercises
Feeling tired?	Nicotine is a stimulant.	2-4 weeks	Take naps, walk, get fresh air
Having trouble sleeping?	Your body is adapting to removal of nicotine.	1 week	Avoid caffeine in the evening. Relax before bedtime.
Coughing more?	Your lungs are clearing out mucous and the cilia in your airways are no longer paralysed by nicotine.	1-2 weeks	Drink plenty of fluids.
Always hungry?	Your mouth misses something when you quit smoking.	2-4 weeks	Drink fluids, eat crunchy and chewy snacks.
Having trouble concentrating?	Your body is adapting to removal of nicotine.	A few weeks	Avoid extra stress, reduce workload if possible.
Feeling a bit depressed or angry?	You miss smoking and are going through a grieving process.	1-2 weeks	Talk to your Helper. Tell yourself these feelings will pass.
Feeling constipated?	Intestines slow down temporarily.	1-2 weeks	Drink plenty of fluids, eat fruits, vegetables, and whole grains
Itchy scalp, dizziness?	Your body is getting more oxygen.	A few days	Change positions more slowly.

Such reactions are normal. Almost everyone who quits smoking experiences them to some extent. They show that you are on the right track.

They won't last long. These are minor compared to the shortness of breath, coughing, and long-term health hazards of continued smoking. Keep this contrast in perspective.

Nicotine withdrawal is likely causing some of these symptoms. Look at it as a sign that your body is purifying itself and becoming healthier. If you are using medication to help with nicotine withdrawal, it will help to reduce these symptoms.

Make Your Thoughts Work for You

In spite of being over the physical withdrawal phase, you are likely still getting some urges to smoke. How you **think** about these urges can make a big difference. Negative thinking may even have led you to have a slip-up of a cigarette or two. If it did, congratulations for getting back on track. This section will help you learn skills to manage negative thinking and build positive thinking.

FOUR THOUGHT MANAGEMENT STRATEGIES

1. **THOUGHT STOPPING**

When you cannot stop thinking about smoking, yell "STOP!" It can be fun to actually yell it. If you cannot shout out loud, yell "STOP!" to yourself. Another variation on this is to wear an elastic band around your wrist and snap it while you shout "STOP" to yourself. The point is to interrupt thoughts about smoking.

2. **URGE CONTROL**

In this technique, you **pair the urge to smoke with disgusting images and feelings**. For instance, imagine yourself feeling nauseous and dizzy, sitting in a room that is so smoke-filled that you can hardly breathe. The trick is to get an image that is strong enough to actually give you feelings of being ill. The urge to smoke tends to disappear if it is paired regularly with such unpleasant feelings. The "Butts Jar" that you can make (Annex B) is a concrete example of this technique. When you feel an urge to smoke, open the jar and smell the soggy butts. Try it. You **won't** like it! And that is the whole point.

When the urge goes away, **replace the negative image with a positive one** to reinforce your success. To extend the concrete example, look at your money jar, estimate the money you have saved by not smoking, and think about enjoyable things you could do or buy to reward yourself for not smoking.

Urge Control works like this:				
Urge to smoke	+	unpleasant thought	=	fewer urges
Choice not to smoke	+	pleasant thought	=	less chance of future smoking

To review, follow each urge with a negative thought, and when you choose not to smoke, think of something positive.

Try working through some of these images now. List some of the unpleasant feelings you have about smoking. For example, think of the first time you smoked, or the first cigarette you had after having quit on a previous occasion, or the taste of your mouth after a party where you smoked heavily:

- _____
- _____
- _____
- _____

What makes you happiest or most satisfied about choosing not to smoke?

- _____
- _____
- _____
- _____

Pick the most negative image and concentrate on it the next time you have an urge to smoke. When the urge goes away (and it will), concentrate on the most positive image from your list. At the least, do this daily.

3. IMAGERY

At the start of each day, run through the day in your mind. Imagine yourself in situations in which you would normally have smoked. Imagine yourself coping effectively with each of these situations, using the alternatives you have identified. Go through this mental rehearsal again just before you enter situations where you would have smoked in the past.

4. SELF-PRAISE

Praise from someone else can make us feel good. Praise from ourselves can work the same way. You can help yourself by giving yourself credit for your efforts to quit. Here's an example of how to be positive: you have just had dinner, usually you would have smoked, but this time you didn't. You think to yourself, "Good for me. It wasn't that hard."

There are many different ways to tell yourself you have done a good job. Think of 2 or 3 statements that work for you and use at least one each time you resist an urge to smoke.

Write down some self-praise phrases you can use.

- _____
- _____
- _____
- _____

If self-praise is new for you, it may feel strange. You may feel conceited or boastful when being positive about your personal accomplishments. But self-praise can be invisible to others; it is how you talk to *yourself*. Self-praise is not only healthy; it is essential for long-lasting change.

Remember: no accomplishment is too small to praise. Make it a habit to congratulate yourself.

PLAN REWARDS

If non-smoking leaves you with a feeling of loss and is unsatisfying, it will become difficult for you to be a confirmed non-smoker. By rewarding yourself you make **not smoking** enjoyable.

Good rewards must be more than just enjoyable. They must also be **meaningful** to you, **dependable**, and **readily available**. Also, the reward must be given only if you have done what you promised yourself you would.

Rewards don't have to cost money. They don't have to be big things. It is a good idea to set up rewards that you can give yourself at different intervals. For example, set daily, weekly and monthly rewards.

Choosing rewards is a very personal thing. Check off the rewards you value in the list below. Add your own ideas.

- ☐ get a new hairstyle
- ☐ buy a magazine or book
- ☐ buy flowers
- ☐ buy fun jewellery
- ☐ buy music CD or download new music
- ☐ buy new tools
- ☐ take time to use your new tools
- ☐ take a long bath
- ☐ get a massage
- ☐ go out to eat
- ☐ go to a movie
- ☐ buy new clothes
- ☐ _____
- ☐ _____

Make sure you get the reward **only** if you do the behaviour.

Now, complete your Reward Plan using the rewards you checked:

- Look at your personal rewards
- State what things you will do as part of your quit smoking plan, and how it will be rewarded.
- Set start and stop dates.

Reward Plan		
IF I DO THIS:	THEN I GET THIS REWARD:	
D A I L Y		
		<i>Start</i>
		<i>Stop</i>
W E E K L Y		
		<i>Start</i>
		<i>Stop</i>
M O N T H L Y		
		<i>Start</i>
		<i>Stop</i>

Jim's Reward Plan

Jim identified rewards he would really appreciate. He also made sure that he would only get the reward if he did the specified activity.

Reward Plan

IF I DO THIS:

THEN I GET THIS REWARD:

D
A
I
L
Y

Practice relaxation for 20 minutes daily for each weekday.

Watch sports on TV.

October 10
Start

October 24
Stop

W
E
E
K
L
Y

Don't smoke for the week.

Make my favourite meal.

October 10
Start

October 29
Stop

M
O
N
T
H
L
Y

Don't smoke for a month.

I can buy a new wood-working tool.

October 10
Start

November 10
Stop

YOUR ***BLUEPRINT*** OF STRATEGIES

Congratulate yourself for reasons and situations in which you have developed effective alternatives. List them in your ***Blueprint for My Non-Smoking Lifestyle (Blueprint)***.

Complete your *Blueprint* as follows:

- List your three main reasons for quitting smoking. You have already recorded these in Module 1, page 13.
- List each reason you recorded for smoking (you did this in Module 2, pages 21-22).
- Beside the reason, write in the most common situations in which the urge to smoke occurs.
- Write down the alternatives you have developed that are working.
- List any other changes in your life that you have made to help yourself become a non-smoker. This includes your *Helper Plan*, *Reward Plan*, *Physical Activity Plan*, and *Relaxation Plan*.
- Fill in the sections regarding your *Physical Activity Plan* and *Relaxation Plan* after you have completed Module 4.

You will refine and add to this *Blueprint* over the next few weeks.

Blueprint for My Non-Smoking Lifestyle

My reasons for quitting smoking are:

- 1.
- 2.
- 3.

	REASON to smoke	SITUATIONS	PERMANENT ALTERNATIVES
1.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
2.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
3.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
4.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

MY RELAXATION PLAN	MY PHYSICAL ACTIVITY PLAN	MY HELPERS
		MY REWARDS

ACTIONS

Use the checklist below as your reminder for what to do between now and Module 4.

☒ Check each action after you complete it. Add other personal strategies in the blank spaces.

Actions	
<input type="checkbox"/>	I will record all my strategies on my <i>Blueprint</i> . I will use these strategies to resist urges to smoke.
<input type="checkbox"/>	I will allow myself rewards according to my personal <i>Reward Plan</i> .
<input type="checkbox"/>	I will call my BUTT OUT Facilitator if I have any questions or concerns about quitting.
<input type="checkbox"/>	
<input type="checkbox"/>	

**Use my coping strategies.
Reward myself!**



MODULE 4

SET UP PHYSICAL ACTIVITY AND RELAXATION PLANS

Physical Activity and Relaxation

You are steadily building towards a non-smoking lifestyle by developing substitutions for smoking, finding helpers to support you, and planning rewards. Adding physical activity and relaxation activities to your quit smoking plan are two other key strategies. Regular physical and relaxation activities are effective means to help manage stress. While quitting smoking is an excellent, healthy choice, it can lead to increased feelings of stress for many people. This section will help you develop plans for physical activity and relaxation to support your quit smoking plan.

PHYSICAL ACTIVITY: WHY AND HOW?

Regular physical activity can make it easier to get through the edgy period when you quit smoking.

It can also prevent or minimize weight gain that sometimes goes along with quitting smoking. Here are the guidelines for getting physically active, from Health Canada's 'Physical Activity Guide to Healthy Active Living'. For more, check out www.paguide.com

1. Aim to accumulate at least 60 minutes of physical activity every day. Be active for at least 10 minutes at a time. Remember that it does not have to be vigorous exercise, and it does not have to be a specific 'workout' at the gym or pool. Doing your daily routines more energetically counts.

2. Include endurance activities at least 4 times a week. These are activities that increase your heart rate and make you breathe a little harder. This includes things like walking, jogging, cycling, skating, swimming, tennis, volleyball.
3. Include flexibility activities at least 4 times a week. This includes activities that involve bending, stretching and reaching, such as gardening, T'ai Chi, yoga, dancing.
4. Include strength activities at least twice a week. These are activities that make your muscles work against resistance, and include things like weight lifting, carrying a backpack, sit-ups, push-ups, heavy yard work such as cutting and piling wood.

Plan your personal exercise schedule by filling out the ***Physical Activity Plan*** below.

<i>My Physical Activity Plan</i>								
ACTIVITY TYPE	WHAT I'LL DO	SUN	MON	TUE	WED	THU	FRI	SAT
My endurance activities (4-7 x/wk)								
My flexibility activities (4-7x/wk)								
My strength activities (2-4x/wk)								

Jim's Physical Activity Schedule

Jim walks to work (10 minutes) and home again (10 minutes). After dinner, he usually goes to the gym to play basketball, run on the treadmill, or ride a stationary bike (25 minutes). Afterwards he does 10 minutes of sit-ups and push-ups, followed by 5 minutes of stretching.

PLEASE NOTE: If you've been inactive for some time, don't be surprised if your first reactions to exercise are negative. You'll probably experience some muscle stiffness and fatigue. Don't give up! After 2-3 weeks these effects will pass and you'll start to enjoy the health and social benefits.

Many people find that activity is more enjoyable when done with other people. The best activity "buddies" like the same activities as you, and are committed to sticking to an activity plan. Activity buddies can be helpful, but also be prepared to exercise on your own some of the time.

RELAXATION: WHY AND HOW?

You may find that you are "edgy" for a while after you stop smoking. Everyone needs to be able to reduce tension. If you have relied on cigarettes to do this for you, you may be tempted to go back to smoking unless you find other effective ways to unwind. For these reasons it is wise to learn to relax.

Relaxing takes practice. The more you practice, the better you get at it.

Here are seven tried and true ways to relax; practice at least one of these techniques each day.

1. Physical Activity

Physical activity can help work off tension. It doesn't have to be strenuous -- a brisk walk can clear your mind, reduce tension, and give you new energy. Even cleaning out a closet or vacuuming can relieve stress.

2. Breathing Exercise 1

You can calm yourself by controlling your breathing.

- Lie on your back with your arms at your sides. Breathe in deeply and as you do, raise your arms toward the ceiling, then all the way up and over your head to the floor.
- Then breathe out as you return your arms slowly and smoothly back to your sides.
- Repeat for at least 10 minutes.

3. Breathing Exercise 2

- Breathe in deeply and slowly through your nose.
- Exhale slowly through your mouth.
- Repeat for 3 – 5 minutes whenever you feel tense.

4. Progressive Muscle Relaxation

This technique takes about 20 minutes at first, but with practice, you can use it to relax in 5 minutes.

- Sit in a quiet place, in a comfortable position.
- Make tight fists, hold for 5 seconds, and then relax your hands. Do this 3 times, paying close attention to the tension and relaxation.
- Do the same thing with other muscles: arms, shoulders, abdomen, thighs, lower legs, and feet.

5. Stretching

Stretching can reduce stress, when done properly. Try your best not to bounce when you are stretching. Here's a good stretching exercise to relieve tension from your neck and shoulders.

- Sit up straight and inhale.
- Exhale as you let your head move down to your chest.
- Inhale again and roll your right ear to your right shoulder.
- Exhale as you drop your chin to your chest again.
- Inhale and roll your left ear to your left shoulder.
- Exhale as you drop your chin to your chest again.
- Drop your arms to your sides and push both shoulders forward. Slowly raise them towards your ears and circle them back and around to the starting point. After 3 rotations, change direction.

6. Time for you

Take time each day for you and you alone. Write in your journal, meditate, read, listen to soothing music, or listen to relaxation CD's. Some recommended relaxation CD's are:

Dan Gibson, *Solitudes*

Steven Halpern, *Effortless Relaxation*

Emmett Miller, *Awakening the Healer Within*

Mark Allen, *Stress Reduction and Creative Meditations*

Arlene Alexander, *Inner Journeys to Tranquillity*

Jon Shore, *Letting Go, Surrender Mastery Over Stress*

Eli Bray, *Empowered Breathing, Progressive Muscle Relaxation, Autogenic Training.*

7. Take time to laugh

Laughter is another one of your body's natural stress release mechanisms. Watch a favorite sitcom on television, or rent a funny movie. Read the daily comics in the newspaper. Spend time with friends who make you laugh.

Complete your **Relaxation Plan** next.

My Relaxation Plan
What techniques will I practice? Look back to the seven ways to relax described above.
Where will I practice?
When will I practice?

Jim's Relaxation Plan

Jim knew even without recording his cigarettes that he was frequently tense. He thought learning Progressive Muscle Relaxation would help. It did, but he couldn't use this technique in all situations.

Jim made a list of the times and situations in which he smoked to reduce tension. He realized that Progressive Muscle Relaxation training would be useful to do in the evening. For the other times, he would take short, brisk walks or do deep breathing.

Remember to complete these sections in your **Blueprint**.

ACTIONS

Use the checklist below as your reminder for what to do between now and the next Module.

☒ Check each action after you complete it. Add other personal strategies in the blank spaces.

Actions	
<input type="checkbox"/>	I will continue to follow my <i>Physical Activity Plan</i> .
<input type="checkbox"/>	I will decide on my <i>Relaxation Plan</i> , and will follow it.
<input type="checkbox"/>	If recommended, I will sign up for the Stress Take Charge Health Promotion program.
<input type="checkbox"/>	If recommended, I will sign up for the Managing Angry Moments Health Promotion program.
<input type="checkbox"/>	If recommended, I will consult with fitness staff personnel on my physical action plan.
<input type="checkbox"/>	I will call the BUTT OUT Facilitator if I have any questions or concerns about quitting.
<input type="checkbox"/>	

Ensure exercise and relaxation are part of my daily schedule.



MODULE 5

PLAN FOR HIGH RISK SITUATIONS

Plan for High Risk Situations

You have learned a lot about quitting smoking since you started BUTT OUT. Maybe it was enough to help you stay quit for good. If you have had a slip or two, this module will help you change the way you think about these so you can learn from them and recover from them. If you have not smoked at all since Quit-Day, congratulations! This module will help you anticipate and plan for high-risk situations that may still come up.

DEAL WITH SLIPS

When quitting smoking, lapses, commonly referred to as a “slip” or “slips” can occur. A lapse, or slip, usually means that a person has smoked part or all of a cigarette. A relapse refers to going back to smoking on a regular basis, whether for a few days or longer. If you have a slip, think about how you can respond to it. A slip does not mean you have to go back to smoking regularly. Compare having a slip now with the first time you smoked. Did you call yourself a smoker, and feel like a smoker, after that first cigarette? Chances are you did not. Why should all the effort put into quitting be lost as a result of one or two cigarettes now?

The term “slip” can also be used to work through a lapse so that it does not turn into a relapse:

Stop – Stop the behaviour as soon as you can.

Learn – Learn from this experience to refine and improve your *Blueprint*.

Identify – Identify, in particular, what is missing from your *Blueprint* for a smoke-free life.

Problem solve – Once you have identified what is missing, problem solve to include the missing parts to your *Blueprint*.

If you have smoked since Quit-Day:

- Realize that having a cigarette is not the end of BUTTING OUT. It occurs as a result of not having a good alternative.
- Realize that it is not a lack of willpower. It is a lack of preparation or an unexpected situation.
- Learn from your slip. Write down your reasons for smoking, and the situation in which it occurred. Use PLoTTing to find good alternatives to smoking so you are ready when the situation comes up again. Your Helper can help you with this.
- Deal with negative thoughts. Replace them with positive and constructive ones.
- Review your reasons for quitting that you wrote out in Module 1, page 13.

The first cigarette you smoke is a warning signal to revisit your non-smoking skills.

HIGH-RISK TRAINING

Most slips occur in a small number of "high-risk" situations. High-risk situations are those in which you are strongly tempted to smoke. Different people are tempted in different situations – both positive and negative.

If you can identify your personal high-risk situations, you can prepare to handle them. Preparation gives you both a plan and confidence. Use the following list as a starting point.

Check off your high-risk situations.

<input type="checkbox"/>	You're offered a cigarette at a party
<input type="checkbox"/>	You get exciting news
<input type="checkbox"/>	You get bad news
<input type="checkbox"/>	Retirement from work
<input type="checkbox"/>	Deployment stress
<input type="checkbox"/>	Posting stress
<input type="checkbox"/>	Financial problems
<input type="checkbox"/>	Friend says how good a cigarette tastes
<input type="checkbox"/>	Family health problems
<input type="checkbox"/>	Personal health problems (e.g. surgery, injury)
<input type="checkbox"/>	In a group of unfriendly strangers
<input type="checkbox"/>	Family problems
<input type="checkbox"/>	Financial problems
<input type="checkbox"/>	Starting a new job
<input type="checkbox"/>	Going on vacation
<input type="checkbox"/>	Marriage
<input type="checkbox"/>	Travel for long periods of time
<input type="checkbox"/>	Sexual difficulties
<input type="checkbox"/>	Divorce
<input type="checkbox"/>	Change in living conditions
<input type="checkbox"/>	Change in working conditions
<input type="checkbox"/>	Change in recreation
<input type="checkbox"/>	Change in sleeping habits
<input type="checkbox"/>	Change in social activities
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Complete a **Problem Solving Sheet** for the three situations you are most strongly tempted to smoke, or where you did smoke.

Problem Solving Sheet

PROBLEM #1:

Pinpoint: _____

(Describe a high-risk situation for smoking.)

Locate alternatives: **(Brainstorm at least 4 ideas. Refer to the Toolbox of Strategies in Annex C for help.)**

1. _____ 3. _____

2. _____ 4. _____

Decide, "I will Test Alternative # _____".

PROBLEM #2:

Pinpoint: _____

(Describe a high-risk situation for smoking.)

Locate alternatives: **(Brainstorm at least 4 ideas. Refer to the Toolbox of Strategies in Annex C for help.)**

1. _____ 3. _____

2. _____ 4. _____

Decide, "I will Test Alternative # _____".

PROBLEM #3:

Pinpoint: _____

(Describe a high-risk situation for smoking.)

Locate alternatives: **(Brainstorm at least 4 ideas. Refer to the Toolbox of Strategies in Annex C for help.)**

1. _____ 3. _____

2. _____ 4. _____

Decide, "I will Test Alternative # _____".

Now prepare to handle these high-risk situations. There are three steps:

- First, use **mental rehearsal**. To do this, imagine yourself in the situation that you think may cause trouble. Who is there? What are they saying? How are they saying it? What are they doing? Who is going to give you the hardest time? Who might be a source of support? How will you feel pressured to smoke?

How can you respond effectively to the various pressures? Play it all out in your head, in detail. Imagine yourself responding effectively, perhaps reminding yourself to relax, avoid alcohol, spend time with non-smokers in the group, etc. Imagine how you will respond to offers of cigarettes. Short, firm, non-apologetic responses are often best: a simple "No thanks, I've quit" sends a clear message that people can respect.

- Second, **role-play** the situation with a friend. Develop the scene, and then actually act it out.
- Third, **enter the high-risk situation with your Helper**. Once you have role-played until you are confident, actually put yourself into the situation under safe conditions. Take along the Helper who has role-played the situation with you, or take along another non-smoking friend who will give you support.

If it is not possible to have the assistance of a Helper, deliberately expose yourself to the high-risk situation with a clear goal in mind: the entire point of going into the situation is to ensure that you come out having *not* smoked.

You do not want to expose yourself to tempting situations needlessly. However, if there are high-risk situations that you are sure to face, go through these steps so that you are well prepared.

Jim Prepares for a High-Risk Situation

For Jim, drinking alcohol was certainly a high-risk situation. He had carefully been avoiding it since he quit smoking. The things that worried him were:

- Getting drunk and not caring whether he smoked;*
- Turning down a cigarette from friends who smoke; and*
- Drinking beer in a smoke-filled room and having a good time.*

It was difficult to come up with alternatives. As far as the last situation goes, his only alternative was to stay home. He really worried about having too much to drink and not caring. Jim asked his Helper and wife Julie to work with him, and they began to problem solve and plan alternatives. Jim decided that he would simply not get drunk. Julie agreed this was a good idea, but what if he did get drunk without realizing it? Perhaps, Julie suggested, he could ask his friends not to give him cigarettes, even if he begged them. He would have to ask their co-operation before they started drinking. Jim liked this idea and took it a step further.

He could ask a friend, in advance, to be a Helper. The Helper would get Jim out of the situation when he was given a prearranged signal.

Jim felt he was ready for a dress rehearsal. When he got to the pub, he knew what he was going to do. The evening wasn't too rough. He felt thinking ahead and rehearsing definitely helped.

Watch for Signs of Talking Yourself Back Into Smoking

Whether you have quit smoking completely or not, the fact that you are reading this step shows you remain committed to working towards becoming (or remaining) smoke-free. This section will help you identify negative thinking that sometimes creeps up and can sap your motivation.

BEWARE OF RELAPSE “SELF-TALK”

Beware of thoughts that might creep up on you. How might you talk yourself back into smoking?

Here are some common examples of “relapse self-talk”. Check off those that have entered your mind in the past two or three weeks.

- ☐ “I miss smoking.”
- ☐ “I’ll have the odd smoke. I can handle it.”
- ☐ “I’m edgy since I quit. I need a cigarette to calm down.”
- ☐ “I just have too much going on right now. Later may be a better time.”
- ☐ “I would be better off smoking than the way I feel right now.”
- ☐ “We’re all going to die sometime.”
- ☐ “I drank more than I expected. If I smoke now that I’m drunk no one could blame me.”
- ☐ “I just have to have a smoke or I will completely blow my stack.”
- ☐ “I don’t feel like being the only non-smoker.”
- ☐ “I’m dying for a cigarette.”

Almost all people who quit smoking find themselves having these thoughts at some time.

When you notice yourself falling into this type of self-talk, have an honest talk with yourself. Smoking robs you of your health. It costs you money. It is socially offensive to many people. It works against you, not for you. Lay it on the line with yourself. Go back and review the section on “Make Your Thoughts Work for You” in Module 3, pg. 37.

Here are some counter-arguments you can use:

RELAPSE SELF-TALK	YOUR RESPONSE
I miss smoking.	Was it really that nice? I had a rotten taste in my mouth. I coughed. My partner hated kissing me. My clothes, my car, my whole house smelled of smoke. Even my kids smelled of smoke.
I'll have the odd smoke. I can handle it.	What if I can't? Then all the progress I made goes down the drain. Why take the chance?
I'm edgy since I quit. I need a cigarette to calm down.	I'm still edgy sometimes, but not nearly as bad as when I first quit. I'll hang in for another week. Meanwhile, I will take 30 minutes to myself every evening to take a bath, listen to music, or go for a walk.
I just have too much going on right now. Maybe later will be a better time.	There's never a perfect time to quit. Now is as good a time as any.
I would be better off smoking than the way I feel right now.	I might feel out of sorts temporarily, but in time, I will feel MUCH better as a non-smoker. Guaranteed.
I drank more than I expected. If I smoke now that I'm drunk, no one can blame me.	I might blame <i>myself</i> , and that's the most important thing. If I blame myself for having a slip, I could have trouble getting back on track. It's just not worth the risk.
I just have to have a smoke or I will completely blow my stack.	I'll go for a brisk walk, or take my anger out on the squash court. That will work better than a cigarette.
I didn't feel like being the only non-smoker.	I wasn't the only non-smoker. It just felt like it to me. Next time, I'll bring my helper with me so I don't feel so alone.
I'm dying for a cigarette.	This urge is like a wave. It will wash over me, then fade away. I will use one of the "4 D's" until it goes away: <u>D</u> elay, <u>D</u> eep breathe, <u>D</u> rink water, or <u>D</u> o something else.

ACTIONS

Use the checklist below as your reminder for what to do between now and Module 6.

☒ Check each action after you complete it. Add other personal strategies in the blank spaces.

Actions	
<input type="checkbox"/>	I will record all my strategies on my <i>Blueprint</i> . I will use these strategies to resist urges to smoke.
<input type="checkbox"/>	If I have decided to use medication, I will continue to take it as directed.
<input type="checkbox"/>	If I have decided to use the patch or gum, I will continue to use it as directed.
<input type="checkbox"/>	If recommended, I will sign up for the Managing Angry Moments Health Promotion program.
<input type="checkbox"/>	I will call the BUTT OUT Facilitator if I have any questions or concerns about quitting.
<input type="checkbox"/>	
<input type="checkbox"/>	

Prepare myself for high-risk situations. Have a plan.



MODULE 6

KEEPING YOUR WEIGHT IN CHECK

Keeping Your Weight in Check

Weight gain, or concern about gaining weight, may be making it more difficult for you to stay positive about quitting smoking. Here you will find some tips for overcoming this challenge and to help you stay on track.

QUITTING SMOKING COMES FIRST

Quitting smoking is one of the most important steps you can make towards improving your health. The health benefits of quitting are far greater than the risks related to gaining a few extra pounds.

Did you know? The health damages of a pack of cigarettes a day is about the same as carrying 60 or more extra pounds.

Take one step at a time, focus on stopping smoking first, and then continue to work on managing your weight.

WEIGHT GAIN AFTER QUITTING

Here are some facts about quitting smoking and weight gain:

- About 4 out of every 5 people who quit smoking gain weight.
- The weight gain is temporary for many people. The body and appetite eventually adjusts and after 6 months people start losing the weight they have gained.
- Average weight gain is less than 10 pounds.
- Most weight gain occurs in the first six months.

WHY DO PEOPLE GAIN WEIGHT AFTER QUITTING?

Learning about some of the reasons for possible weight gain can help you develop strategies and eating cues to minimize your chances of weight gain.

The main causes for weight gain after quitting are listed below.

Changes in Eating Habits

- **Your sense of taste and smell improves.** Nicotine is an appetite, smell, and taste suppressant. When you quit smoking, you may find that the enjoyment of food increases which may lead to eating more.
- **Increased appetite** is a common withdrawal symptom after quitting.
- **Food likes and dislikes change.** You may find that you develop new taste preferences, and experience increased cravings for sweets and fatty foods.
- **Nicotine craving.** You may use food as a way to deal with nicotine cravings.
- **Oral craving** (feeling the need to have something in your mouth). This habit you developed over time may cause you to replace the cigarettes with food. Eating or snacking is like the action of smoking. The need to have something in your mouth goes away over time.
- **Eating for other reasons.** Some people tend to use food in the same ways they use cigarettes. They may use them to deal with stress, boredom or to reward themselves. It is important to know why you eat even when you are not hungry.

Metabolic Changes

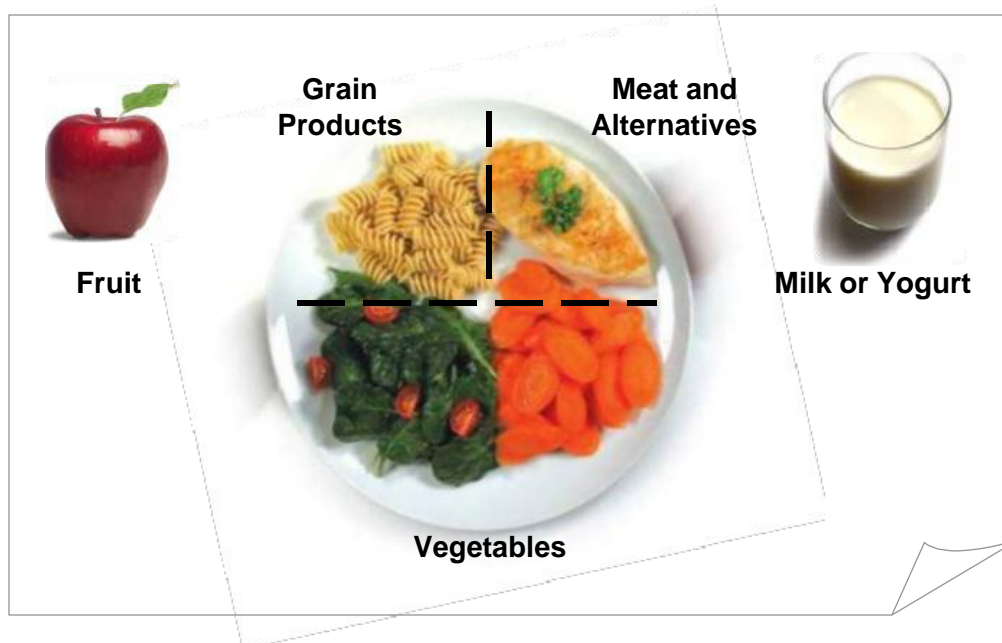
- **Nicotine stimulates metabolism.** Once you quit, your metabolism returns to normal so your body needs fewer calories. If you don't adjust your eating pattern and physical activity, this can lead to weight gain.

CHANGE OLD HABITS

- Smokers often connect certain situations with cigarettes. When you quit, you may be tempted to eat in these situations. For example, if you always had a cigarette with your coffee or after a meal, you may experience strong cravings at these times. Change old habits. Get up from the table as soon as you are done. Go for a walk. Brush your teeth.
- If you usually have your coffee with a cigarette, try an alternative such as water or herbal tea. This may break the habit because you may not link a different type of drink with cigarettes.

EVERYDAY WAYS TO KEEP YOUR WEIGHT IN CHECK

- **Be active.** If you start exercising daily or increase your daily exercise, you may well be able to avoid the weight gain commonly associated with quitting smoking.
 - Regular physical activity will help you burn more calories, boost your metabolism, curb your appetite, cut down urges for cigarettes, reduce stress and give you more energy.
 - Choose activities you enjoy and you'll be more likely to stick with them.
 - Build 30 to 60 minutes of moderate physical activity into your daily life.
 - Learn more from the **Canada's Physical Activity Guide** (www.phac-aspc.gc.ca/pau-uap/paguide/index).
- **Eat regularly and include breakfast every day.** Skipping meals can result in over-eating later in the day which may make it harder to resist cravings.
 - Eat 3 meals per day and space your meals 4 to 6 hours apart.
 - Plan for 1 to 3 healthy snacks.
- **Aim for the right balance.** Good nutrition is essential for good health and long term weight management. An overly restrictive diet can lead to weight loss, however, it is not likely to stay off. Develop eating habits that you can keep for life.
- **Include foods from all food groups at each meal.**
 - Fill ½ your plate with vegetables (leafy greens, variety of fresh and frozen),
 - ¼ plate with lean protein (fish, poultry, lean meats, legumes or tofu), and
 - ¼ plate with grain products (pasta, rice, couscous, bread, roll, pita or cereals).
 - Complete your meal with a glass of milk or yogurt and a piece of fruit.



- **Make healthy choices from each food group.**
 - **Fibre up.** High-fibre foods, whole grains and vegetables and fruit are more filling. Choose whole grains such as barley, brown rice, oats, quinoa, whole grain breads, oatmeal and whole wheat pasta.
 - **Make lower fat choices.** Choose lower fat milk products, such as skim and 1% milk and yogurt, and lower fat cheeses. Eat more fish and legumes and choose lower fat meats. Compare Nutrition Facts on a food label to make wise choices.
- **How much you eat is as important** as what you eat.
 - Using a smaller plate instead of a large dinner plate can help with portion control.
 - For more information about servings sizes and healthy choices refer to **Canada's Food Guide** (www.hc-sc.gc.ca/fn-an/food-guide-aliment).
- **Drink lots of fluids.** Water can keep your mouth busy when you get the urge to smoke.
 - Make plain tap water your number one drink of choice. Other good choices are low fat milk, 100% fruit or vegetable juice, herbal tea, mineral or soda water.
 - Choose drinks that are caffeine-free. Coffee, tea and colas contain caffeine and may increase the "jitters", a common side effect of nicotine withdrawal.
- **Limit foods and beverages high in calories, fat, sugar or salt (sodium)** such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.
- **Choose healthy snacks.** Have healthy choices around to satisfy your urge to nibble. When reaching for a healthy snack, be mindful of portion size. See suggestions below.

- **Keep your hands and mouth busy.** Chew sugar-free gum, suck on sugar-free mints, straw, mint toothpick or an ice cube. Brush your teeth often to keep a fresh taste in your mouth.
- To learn more about managing your weight, consider joining a **Weight Wellness Lifestyle Program** offered by Health Promotion staff on your base/wing or seek advice from a Registered Dietician.

SMART SNACKING IDEAS

- *Raw vegetables (carrots, cucumber, bell peppers, cherry tomatoes) with hummus or yogurt dip.*
- *Fresh or frozen fruit.*
- *Unsweetened canned fruit.*
- *Plain or chocolate milk with a banana (remember that chocolate milk has more calories than plain milk).*
- *English muffin topped with melted low fat cheese and apple slices.*
- *Low fat yogurt sprinkled with chopped walnuts.*
- *A bag of homemade trail mix made with dry cereal, dried fruit, nuts and seeds.*
- *Stalk of celery filled with low fat cottage cheese.*
- *Plain popcorn.*
- *Lower-fat whole grain crackers, pita and bread sticks.*
- *Small bran muffin.*
- *Slice of whole grain bread with peanut butter.*
- *Dry mixed cereal with milk.*
- *Whole grain crackers with salsa.*
- *Melba toast with tuna.*
- *Unsweetened applesauce topped with sliced almonds.*
- *100% fruit juice popsicles.*
- *Ginger snaps.*
- *Hardboiled egg with a handful of grapes.*
- *Low-fat granola bar and a fruit cup.*



Adapted from: Eat Right Ontario

PROBLEM SOLVING TO PREVENT WEIGHT GAIN

What causes you to eat?

Below you will find a list of situations that may trigger your desire to eat. Recognizing your own triggers can better prepare you for when you find yourself in such situations.

Read through the list below and place a check-mark next to those factors you feel may be a trigger for you. Space has been provided at the end to add your own triggers to the list. Make a plan, by thinking of ways to overcome your challenges.

My Triggers to Eat	My Plan
<input type="checkbox"/> Eat more to substitute smoking	
<input type="checkbox"/> Increased appetite / hunger	
<input type="checkbox"/> Oral craving	
<input type="checkbox"/> Cravings for sweets/ fatty foods	
<input type="checkbox"/> Using food “rewards” for not smoking	
<input type="checkbox"/> Feeling stressed	
<input type="checkbox"/> Feeling bored	
<input type="checkbox"/> Other:	
<input type="checkbox"/> Other:	

ACTIONS

Use the checklist below as your reminder for what to do between now and the next Module.

☒ Check each action after you complete it. Add other personal strategies in the blank spaces.

Actions	
<input type="checkbox"/>	If I have concerns about weight gain I will contact my local Health Promotion office about programs.
<input type="checkbox"/>	I will practice problem solving to prevent weight gain.
<input type="checkbox"/>	I will call the BUTT OUT Facilitator if I have any questions or concerns about quitting.
<input type="checkbox"/>	

Ensure proper nutrition, exercise, and relaxation are part of my daily schedule.



MODULE 7

REMAIN A NON-SMOKER

Remain a Non-Smoker

Through BUTT OUT, you learned a number of strategies to help you become a non-smoker. In this last module, you will review the major strategies and refine your *Blueprint* for long-term success as a non-smoker.

UPDATE YOUR *BUEPRINT*

Congratulate yourself for reasons and situations in which you have developed effective alternatives. Consolidate all of your strategies on a refined *Blueprint*. Use the information on your *Blueprint* in Module 3 as a start, but add and revise strategies you have discovered or refined since then. Be sure to include a revised *Helper Plan*, *Reward Plan*, *Physical Activity Plan*, and *Relaxation Plan*.

Continue to use your *Blueprint* after BUTT OUT ends. You will find it helpful to refer to it from time to time, or post it somewhere that you will see it often.

Blueprint for My Non-Smoking Lifestyle

My reasons for quitting smoking are:

- 1.
- 2.
- 3.

	REASON to smoke	SITUATIONS	PERMANENT ALTERNATIVES
1.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
2.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
3.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
4.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	MY RELAXATION PLAN	MY PHYSICAL ACTIVITY PLAN	MY HELPERS
			MY REWARDS

REVIEW YOUR *PHYSICAL ACTIVITY PLAN*

In Module 4 you learned that a good *Physical Activity Plan* includes:

- an accumulation of at least 60 minutes of physical activity each day, with each interval being at least 10 minutes; and
- a combination of activities for endurance (at least 4 times a week), flexibility (at least 4 times a week), and strength (at least twice a week).

You developed a physical activity plan with these elements. Now it's time to review how you feel about your plan.

The activity or activities I planned to do for endurance were: _____

These activities were:

--	--	--	--	--

Enjoyable Neutral Painful

--	--	--	--	--

Easy Neutral Hard

--	--	--	--	--

Helpful Neutral Harmful

--	--	--	--	--

Useful Neutral Useless

--	--	--	--	--

Important Neutral Silly

The activity or activities I planned to do for flexibility were: _____

These activities were:

--	--	--	--	--

Enjoyable Neutral Painful

--	--	--	--	--

Easy Neutral Hard

Helpful		Neutral	Harmful

Useful		Neutral	Useless

Important		Neutral	Silly

The activity or activities I planned to do for strength were: _____

These activities were:

Enjoyable		Neutral	Painful

Easy		Neutral	Hard

Helpful		Neutral	Harmful

Useful		Neutral	Useless

Important		Neutral	Silly

If you checked close to painful, hard, harmful, useless or silly, chances are you aren't doing these activities anymore, or not enjoying them when you are doing them. If this is the case, review your physical activity plan. Identify different activities to replace any you are not enjoying, and commit to implementing your revised physical activity plan.

<i>My Physical Activity Plan</i>								
ACTIVITY TYPE	WHAT I'LL DO	SUN	MON	TUE	WED	THU	FRI	SAT
My endurance activities (4-7 x/wk)								
My flexibility activities (4-7x/wk)								
My strength activities (2-4x/wk)								

REVIEW YOUR *RELAXATION PLAN*

In Module 4 you also learned about seven strategies for relaxation. It's time to review how you feel about the strategy or strategies you have been practicing.

To relax, I have been regularly doing the following (at least 4 times a week):

	YES	NO
Physical activity		
Breathing exercise 1 (deep breathing, lying on your back)		
Breathing exercise 2 (deep breathing, standing or sitting)		
Progressive Muscle Relaxation		
Stretching		
Taking "me" time for journal writing, meditating, listening to soft music or relaxation tapes, etc.		
Taking time to laugh.		
Other:		
Other:		

Check **your** feelings about these activities on the dimensions below.

Overall, I feel these relaxation activities are:

Enjoyable		Neutral	Painful

Easy		Neutral	Hard

Helpful		Neutral	Harmful

Useful		Neutral	Useless

Important		Neutral	Silly

If you checked anywhere close to painful, hard, harmful, useless, or silly, chances are your strategies are not working to their full potential. If this is the case, review the description of the seven strategies in Module 4, decide which one you will give a second chance, and commit to using it every day for one week before abandoning it. After you have given it a fair try, **then** decide whether it works for you or not.

<i>My Relaxation Plan</i>
<p><i>What techniques will I practice?</i></p> <hr/> <hr/>
<p><i>Where will I practice?</i></p> <hr/>
<p><i>When will I practice?</i></p> <hr/> <hr/>

IF YOU'VE HAD A RELAPSE

Maybe you quit smoking and did okay for a while on the BUTT OUT program. You successfully resisted many temptations to smoke. But for some reason, you started up again. Maybe it was little by little, taking a puff here and there. Or maybe after one cigarette, you were back to your regular smoking within a few days. Or maybe you had a setback but are back on track, though somewhat shaky about remaining a non-smoker.

The fact that you are reading this step is a sure sign that you will try again.

Whatever happened to you, know that relapse is common. You may feel badly about it, or be critical of yourself – that's natural. Those feelings mean you care about quitting. A useful approach is to learn from your efforts. What lessons can you name?

You might wish to continue with the quit smoking strategies you developed in BUTT OUT on your own, revising and applying your *Blueprint*. You might wish to try another kind of medication to help you stop again. The BUTT OUT program will always be available for you. Whatever you decide,

know that you can apply what you learned by working through BUTT OUT . The next time you try might just be the time you succeed for good.

WHEN DO YOU “HAVE IT MADE”?

It takes time to develop an image of yourself as a non-smoker. In an informal survey of BUTT OUT facilitators who were in training, those who had given up smoking within the past three years reported that they still sometimes had the urge to smoke, and felt that they could be vulnerable to a relapse. Those who had quit four years ago or more reported that they had, at last, come to view themselves as non-smokers.

The main point is this: It takes quite a while before long-time smokers feel that they have given up smoking for good. Change takes time and effort.

You can consider the job done when you experience the following:

- **No Urge.** When alternatives to smoking become natural and comfortable, and you are able to encounter a situation without feeling the urge to smoke, you can safely stop "working" at change. Until then, keep working to strengthen alternatives in any situation where the urge to smoke persists. Do not stop actively using an alternative until the situation is comfortable without a cigarette.
- **Preferring Non-smoking.** When you get to the point where you actually prefer not to have a cigarette, and where not smoking is more satisfying, you have achieved your goals. You can stop your active change efforts.
- **Viewing Yourself as a Non-smoker.** When you no longer imagine yourself with a cigarette, you have developed the mentality of a non-smoker. It usually takes a long time for this attitude to develop. Do not be concerned if you have not yet achieved it.

WHAT TO DO FROM NOW UNTIL THEN

A non-smoking self-image will develop slowly and naturally, and you probably aren't all the way there yet. Here are some things to keep doing until you get there:

- Continue to think about your reasons to quit smoking and how important these reasons are for you and your loved ones.
- Continue to systematically Train your alternatives to smoking. Once these new alternatives become automatic, you are well on the way to moving from being an ex-smoker to being a non-smoker.

The long-term alternatives I need to concentrate on are:

- Anticipate some problems. As long as you find smoking attractive, or experience the urge to smoke, it is important to anticipate and prepare for high-risk situations. You are vulnerable as long as you find smoking appealing.

I may still be tempted to smoke when I am:

I will remove or reduce these temptations by:

- Be prepared for urges to smoke, though they will be infrequent. Imagine an unexpected urge is like a wave that comes up on you, washes over you, and then fades away. Be confident the urge will fade if you simply wait a moment or two.
- Be generous about rewarding yourself for your efforts and achievements. It is difficult to give up dependency on any drug, and nicotine is no exception. Give yourself credit. Reward yourself: make specific plans for spending or investing money saved from smoking; look at yourself in the mirror and feel good about your choice to be a non-smoker.

I can reward myself by:

- If your motivation slips, review the benefits of not smoking. Talk things over with people who will support your non-smoking decision.

Major benefits that I value are:

I can talk with the following people when I need a motivational boost:

- Keep this workbook handy and refer back to it if you feel your motivation to remain a non-smoker slipping, or if you have a temporary lapse.
- Review the section in Module 5 (p. 53) on slips, as well as the acronym SLIP.
- Expect periodic calls from your facilitator over the next several months. This should help you stay on track
- Don't hesitate to call your BUTT OUT facilitator if questions or issues arise. He/she is there to help you during **and** after BUTT OUT.

ACTION STEPS

☒ Check the activities you will do continue to do. Add other personal strategies in the blank spaces.

Actions	
<input type="checkbox"/>	I will record all my strategies on my <i>Blueprint</i> . I will review this <i>Blueprint</i> periodically, and live by it to remain smoke-free.
<input type="checkbox"/>	I will continue to follow my <i>Physical Activity Plan</i> .
<input type="checkbox"/>	I will continue to follow my <i>Relaxation Plan</i> .
<input type="checkbox"/>	I will continue to count on my Helper to support me as I quit. I will remember to let him/her know how to be most helpful, and to thank them for their help.
<input type="checkbox"/>	I will allow myself rewards according to my personal <i>Reward Plan</i> .
<input type="checkbox"/>	If I'm concerned about weight gain, I will contact my local Health Promotion office about programs.
<input type="checkbox"/>	I will use thought management strategies on my <i>Blueprint</i> of coping strategies: thought stopping, urge control, imagery and self-praise.
<input type="checkbox"/>	I will call the BUTT OUT Facilitator if I have any questions or concerns about quitting.
<input type="checkbox"/>	

If you want extra help

A BUTT OUT facilitator is available to talk to you; don't hesitate to contact him/her for information or problem-solving support.

A facilitator may be calling you periodically to ask how you are doing and if any further support may help you stay a non-smoker.

Annex A

BUTT OUT Request Form for Time Off Work

This form is to be completed by your supervisor and returned to the BUTT OUT facilitator at Session 1.

The BUTT OUT Quit Smoking Program was designed and tested specifically for the Canadian Forces. It is an integral part of the Strengthening the Forces initiative. Approval to attend part of the BUTT OUT Group Meetings during work time indicates the military's commitment to assist the member in quitting smoking. The BUTT OUT research trial determined that this commitment improved success.

BUTT OUT organizes the member's efforts at quitting smoking, by instructing them in identifying the reasons they smoke and personalized alternatives that will substitute for smoking. In this sense it helps them create a new lifestyle, a task requiring considerable effort. Participants will attend 8 sessions, the dates and times of which are listed below. Between Group Meetings, members of BUTT OUT spend their own time doing homework required as part of the program.

Your support is requested to allow _____ to attend the BUTT OUT Smoking Cessation Program that is being conducted at the present time. If you have any questions, please contact:

Insert name and phone number of BUTT OUT facilitator here

DATE AND TIME FOR BUTT OUT SESSIONS

SESSION #	DATE	TIME	PLACE
1			
2			
3			
4			
5			
6			
7			
8			

Tear off below this line.

I hereby support _____'s efforts to quit smoking by providing time off work to allow him/her to attend the BUTT OUT Quit Smoking Program group meetings.

Date: _____

Signed: _____

The “2 Jars” Technique

You can use a technique that combines negative reinforcement (it reminds you of the negative things about smoking) and positive reinforcement (reminds you of the positive things about *not* smoking).

- Find two glass jars. Fill one with cigarette butts and ashes, and add a bit of water. Whenever you feel an urge to smoke, go open the jar and breathe in. YUCK! You **won't** like it, and that is the whole point.
- The second jar is for the money you save by not smoking. Each day, put in the money you would have spent on cigarettes that day into the jar and watch it grow!

Set the jars side by side somewhere you'll see them often, such as your kitchen counter. Each day, open the butts jar and smell it. As you do this, remind yourself of the things you don't like about smoking. Each day, look at the money jar and estimate how much money you have in it. Think about things you can spend the money on as a reward for not smoking. You can use some of the money each week as a reward for not smoking, and keep some in the jar for larger, monthly rewards.

Toolbox of Strategies

TENSION RELIEF

Tension may show up as tense muscles, irritability, and worry. If this is a problem, and it will be for almost everyone as they quit:

1. Take time to relax and practice relaxation.
2. Organize days to avoid tension, especially right after Quit-Day; ask others not to pressure you; get enough sleep.
3. Do something habitual e.g., wiping glasses slowly, trimming fingernails, etc., in order to relieve tension.
4. Enjoy a relaxing bath or shower.
5. Go for a walk - long or short.

ENERGY

If you smoke to give yourself a boost when you are bored or tired, brainstorm alternatives. Use this list to get started:

1. **Need Activity?** Walk to the water cooler. Go for a walk with your children or partner. Take your dog for a walk. If you do not have a dog, take the neighbour's dog for a walk. Touch your toes. Open a window. Do knee bends. Run on the spot. Run off the spot. Take a cold (or hot) shower.
2. **Need Energy?** Walk around the block. Walk to the washroom. Have a quick nap. Get more sleep at night.
3. **Waiting?** Plan an activity to do ahead of time. Carry things to do (e.g., book, crossword puzzle, etc.) so you're prepared for unexpected waits.
4. **Need more Stimulation?** Add a second activity to what is being done to occupy your hands and mind. For example, if you are watching TV, you may also want to do a crossword to keep thoughts of cigarettes from distracting you.

SOCIALIZING

1. **Prepare a standard line for refusing cigarettes.** Be positive, unapologetic, and straightforward (e.g., "No thanks, I've quit"). You want to be prepared, not tongue-tied. Think of your own responses- aim to be friendly but firm. If you can also be funny, so much the better.
2. **Have support from others prepared.** Prearrange with a friend or family member to have a "help" signal. Announce to the group that you quit and that you will give a reward if they catch you smoking. Wear a non-smoking button so that it will be difficult to smoke.
3. **Use an escape hatch.** Leave the situation by going for fresh air, to the washroom, etc. until you regain control.

BOOSTING MOOD

1. **Depression.** If cigarettes are acting as a friend, try calling a friend. Get a change of scenery or activity. Go for a walk-physical activity improves your mood. Talk to friends who have quit smoking -- ask them how they did it.
2. **Frustration.** Do not crank yourself up unnecessarily. Keep it in perspective. What does it all mean in the light of eternity? If you're making progress, don't overlook that by focusing only on what's left to do.
3. **Anger, Worry.** Treat this as tension. Do relaxation exercises. Talk with someone removed from the situation who will listen calmly.

REWARD

1. Make a list of things you enjoy that might serve as alternatives to cigarettes when you want to reward yourself. See "Pleasure" below for ideas.

FOOD AVOIDANCE

1. Leave the table as soon as you finish eating. Substitute walk breaks for coffee/snack breaks. Do not store tempting foods in the house.
2. Use whole cloves, sugarless gum or mints, cinnamon sticks, or other spices to get a different taste in your mouth.

PLEASURE

1. Note that the sense of achievement you feel when you **don't** smoke is both pleasurable and satisfying.
2. **Find alternative pleasures.** Use music, tea, conversation, a walk, etc as rewards.
3. **Use Urge Control.** Think of an unpleasant thought about smoking whenever you have an urge to smoke (e.g., imagine being in a small closed room that is so smoky that you are dizzy and on the verge of vomiting). When you decide not to smoke, think of pleasant things (e.g., being out in the fresh forest air).

TIME STRUCTURING

1. **Learn to fill a pause without using cigarettes.** Rely on habitual behaviour (clean glasses, rubbing stone, etc.) during uncomfortable pauses. Have a list of discussion starters prepared in advance. Practice encouragements for others to continue talking (e.g., "That's a good point", "Tell me more", "Let me think about that").
2. If you are between tasks or procrastinating starting a job, fill the time by doodling, or make list of things to do.

CONCENTRATION

1. If your concentration is falling because you are tired, go for a walk, stretch, or open a window.
2. If your concentration is competing with thoughts of having a cigarette, chew gum instead.

TRIGGERED

Change the situation to create a new pattern. Below we list various situations and some suggestions for each one:

1. **Bed.** Play solitaire or some other game; put cigarettes in a difficult place to reach, gargle before going to bed.
2. **Car.** Deodorize the car; ask your spouse to drive if you usually drive (or vice versa); clean or remove ashtrays; install a "No Smoking" sign; play soothing music that reminds you of your new lifestyle. Clean the car so you won't want to stink it up.
3. **Coffee.** Drink different beverages (water, tea, juice, milk, etc.); move to a different seat or room when drinking; go for walk breaks rather than coffee breaks.
4. **Hands.** Smokers' hands love to be busy. Doodle on a pad, play with jewellery, marbles, coins, or dice. Bend paper clips. Keep your hands in your pockets. Wave your hands more during conversations. Use these as signals to begin thinking non-smoking thoughts, since you also want to get your **mind** off cigarettes.
5. **Meal.** Brush your teeth right after eating. Move away from the table when finished eating. Suck a clove or mint (sugarless if you wish). Move into another room to listen to music while others finish eating.
6. **TV.** Deodorize the area, remove smoking materials, sit in a different chair than usual. Try a second activity while watching TV (e.g., knitting, exercising).
7. **Work.** Get some cinnamon sticks to play with or suck on. Have coffee/lunch with non-smokers. Bring your own coffee/fruit juice. Walk after eating lunch. Fill time with an activity or errands. Get friends' help and encouragement.

Check to make sure the cigarette really is triggered. Consider **thoughtfully**. You may discover that some cigarettes you thought were triggered actually serve useful functions. If so, continue brainstorming by locating alternatives for obtaining benefit without smoking (read on for ideas).

NICOTINE

If you experience physical symptoms of withdrawal when you cannot smoke for awhile, then nicotine addiction may be a factor. If so, you'll need to prepare yourself for the withdrawal process. Think of these as the "4 D's".

1. **Deep Breathe.** Take several deep breaths, in through the nose, out through the mouth.
2. **Delay.** Check the time. Wait 5 minutes more. Repeat.
3. **Do Something Else.** This can get your mind off smoking.
4. **Drink** plenty of water.

Annex D

Blueprint for My Non-Smoking Lifestyle

My reasons for quitting smoking are:

- 1.
- 2.
- 3.

	REASON to smoke	SITUATIONS	PERMANENT ALTERNATIVES
1.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
2.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
3.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
4.	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	MY RELAXATION PLAN	MY PHYSICAL ACTIVITY PLAN	MY HELPERS
			MY REWARDS

