



Your guide to a 3 month
**stop-smoking support
programme**

by the
Cancer Association of South Africa
(CANSAs)



Research • Educate • Support

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INTRODUCTION: E-KICK BUTT SUPPORT PROGRAMME

THE NEGATIVE INFLUENCE OF TOBACCO

Tobacco is the only legally available product which kills people when it is used entirely as intended – The Oxford Medical Companion 1994.

NICOTINE: THE BASIS OF ADDICTION

“Tobacco contains nicotine, a powerful and highly addictive substance. Most tobacco products deliver nicotine to the brain very effectively, bringing on the rapid onset and maintenance of addiction. This addiction leads to the unfortunate situation where an otherwise rationale motivated, knowledgeable person, who understands the risks of tobacco, continues to use it.”

- WHO Tobacco Free Centre

- Tobacco-related diseases kill over 44 000 South Africans and 5.4 million people worldwide annually
- Tobacco use is one of the biggest public health threats the world has ever faced
- Almost half of the world's children breathe air polluted by tobacco smoke
- Tobacco kills up to half of all users
- Over 7 million South Africans smoke and there are over 1 billion smokers worldwide

HOW DOES SMOKING CAUSE CANCER AND OTHER DISEASES?

- Research shows that the link between smoking and cancer & tobacco related diseases is very clear- tobacco use is the second cause of death globally (after hypertension) and is currently responsible for 1 in 10 deaths worldwide. According to the World Health Organization (WHO) globally, most people start smoking before the age of 18, and almost a quarter of these individuals begin using tobacco before the age of 10. The younger children are when they first try smoking, the more likely they are to become regular tobacco users and the less likely they are to quit. 100 Million deaths were caused by tobacco in the 20th century. If current trends continue, there will be up to one billion deaths in the 21st century.
- Lung cancer, which is mostly caused by smoking, is the second most common cancer in South African men, with one in 59 men diagnosed with lung cancer in their lifetime
- Tobacco and second-hand smoke contain over 1,400 chemicals including nicotine, causing tobacco to be very addictive
- Tobacco smoke contains over 300 cancer causing chemicals also known as carcinogens
- Tobacco use increases the risk of cancer of the lungs, oesophagus, mouth, bladder, pancreas, kidney, stomach, cervix and breast
- Smoking can also cause heart attacks, strokes, emphysema and even impotence

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WHY QUIT SMOKING?

SOME OF THE IMMEDIATE EFFECTS ON THE BODY AND ENVIRONMENT:

Carbon monoxide in tobacco affects the ability of the red blood cells to carry oxygen (in some smokers up to half of the blood can be carrying carbon monoxide instead of oxygen). This causes shortness of breath and reduces your ability to exercise efficiently.

Nicotine in cigarettes stimulates adrenaline which makes the heart beat faster and raises blood pressure temporarily – causing an increase in effort in heart function (this means your heart works much harder every time you smoke).

It affects your taste buds (your sense of taste and smell) and causes bad breath.

SECOND – HAND SMOKE

Second – hand smoke (SHS), also known as environmental tobacco smoke, consists of both the smoke that is exhaled from the lungs of smokers and the smoke that is given off by the burning tobacco between puffs. Both types of SHS are particularly dangerous for children as they are more vulnerable to SHS exposure.

The United States Surgeon General's Report concluded that there is no safe level of exposure to second- hand smoke and that even brief exposure can be harmful. About half of the children worldwide (700 million children) are exposed to SHS, particularly at home.

SHS AND THE ENVIRONMENT

- Cigarette butts thrown away while still alight, (e.g. out of car windows); increase the risk of veld fires and those discarded in pot plants or elsewhere spoil the environment.
- A single cigarette smoked in a room with poor ventilation generates much higher concentrations of toxic substances in the air than experienced during everyday activities in the city
- Toxic compounds from SHS takes a while to disperse
- Nicotine compounds from SHS is deposited on household surfaces and in dust
- The quality of air found in the car when smoking, is as bad as that found in smoky pubs
- Non-smokers, even when briefly exposed to a smoky environment, process (metabolise) the components of tobacco smoke almost immediately

LONG TERM EFFECTS OF TOBACCO USE:

Tobacco may cause more than 29 different illnesses and conditions including:

- Atherosclerosis (hardening and narrowing of arteries occurs because cigarette smoke damages the lining of arteries). Also tobacco smoke affects the platelets (particles in the blood) by making blood more likely to clot.
- This eventually leads to high blood pressure, heart disease, heart attacks, stroke and blood vessel disease (or peripheral artery disease, which may lead to the need for limbs to be amputated)
- Cancer of the lungs, throat, vocal chords, mouth, tongue, oesophagus, bladder, pancreas, kidney, stomach and cervix
- Chronic bronchitis, pneumonia, COPD (Chronic Obstructive Pulmonary Disease) and emphysema (diseases that affect the lungs). Emphysema can make you fight for every breath and leave you bedridden for years.
- Tuberculosis (smoking increases the risk of developing TB)
- Oral problems, yellowing of teeth and periodontitis (gum disease)
- Sharing hookahs/water pipes/hubbly bubbly also increases the risk of developing TB as well as other communicable diseases including viral hepatitis and oral herpes infections
- Less collagen being produced contributes to skin disorders and wrinkles
- Various toxins affect your skin cells causing discolouration and stained fingers

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- Contributes to hair loss
- Cataracts and increased risk of blindness
- Peptic ulcers may be caused or aggravated by smoking
- Decreased fertility (in men and women) and impotence (it may reduce the amount of eggs and sperm available for fertilisation as well as reduce the motility of sperm cells)
- Premature death (on average, smokers die about 10 years earlier than non-smokers and about half of all persistent smokers are killed by smoking)

EFFECTS OF TOBACCO SMOKE ON WOMEN AND CHILDREN

Smoking in the presence of children can increase their risk of 'cot death', 'glue ear' respiratory illnesses such as asthma and chest infections, and may cause cancer later in life. If you are a smoker, do not expose your children to SHS, especially in confined areas indoors and in cars.

Exposure to SHS in children may cause:

- Low birth weight
- Sudden Infant Death Syndrome (SIDS)
- Ear infections
- Poor lung development
- Bronchitis and pneumonia
- Asthma, cough and wheeze
- Respiratory problems later in life when exposed as a child
- Many countries, including South Africa, have passed laws to prohibit or restrict smoking in public places to protect children from SHS outside the home
- Even if smoking is banned in public places, it will not protect children from SHS exposure in the home.
- Children of mothers who smoked during pregnancy are more likely to develop asthma by the age of seven and suffer delays in physical and mental development.

Effects on women

- Women who smoke and use a contraceptive pill, increase their risk of heart disease and stroke
- Women who smoke may experience menopause earlier than non-smokers
- Decreased oxygen and nutrients to baby during development could result in devastating birth defects or possibly learning disabilities later in life. Smoking during pregnancy could harm your unborn baby.
- Pregnant women who smoke are also more likely to miscarry, have a stillbirth or give birth to a premature baby
- Children of mothers who smoked during pregnancy are more likely to develop asthma by the age of seven and suffer delays in physical and mental development

PASSIVE SMOKING

What is passive smoking? Passive smoking is the act of breathing in smoke from tobacco products used by others. It is also sometimes called second hand smoke, or environmental tobacco smoke.

Smokers and non-smokers alike inhale second hand smoke. Second hand smoke is a mixture of air-diluted 'side-stream' smoke from the burning tip of a cigarette, and the exhaled 'mainstream' smoke exhaled by the smoker. Mainstream smoke inhaled by a smoker contains over 4 000 chemicals, including almost 70 cancer causing substances.

Mainstream and side-stream smoke contain fine particles and thousands of gasses made up from the combustion of tobacco, paper and additives in the cigarette.

Second hand smoke kills. It may also increase the risk of dementia.

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IMMEDIATE EFFECTS

Exposure to second hand smoke has immediate health effects. It can reduce lung function; worsen breathing problems; trigger asthma attacks; irritate eyes and cause headaches, coughs, sore throat, dizziness and nausea.

LONG TERM EFFECTS

In addition to the immediate health effects there are also long term effects, caused by continued exposure over time.

The International Agency for Research on Cancer (IARC) and the World Health Organization (WHO) has recognized second hand smoke as a known human carcinogen (cancer causing substance). Other similar carcinogens include asbestos, arsenic, benzene and radon gas.

THE GROWING CHILD

Children's exposure to tobacco smoke generally takes place in the home where they live, with the main sources of exposure being from their parents, especially the mother.

Both active and passive smoking continues to pose dangers to the growing child. For example, mothers who smoke while they are breastfeeding may produce less breast milk and she will pass the nicotine and harmful substances on to the baby. Babies exposed to smoke are also more likely to experience breathing problems and have a greater chance of getting ear infections. In addition, exposure to tobacco smoke increases the risk of serious illness, such as meningitis.

ASTHMA

Asthma is the most common disease of childhood. In particular, second hand smoke exposure can trigger the development of asthma and worsen symptoms.

Children who suffer from asthma and whose parents smoke are at least twice as likely to suffer from asthma symptoms throughout the year compared to children of non-smokers.

An effective way to prevent asthma is to reduce the child's exposure to second hand smoke.

The following risks can also be present for the young child:

- Increased risk of developing TB if exposed to a carrier
- Allergies
- Crohn's disease - a condition that causes infection of the digestive tract that can lead to diarrhoea
- An increase in tooth decay
- Increases in the risk of asthma for the child if one of the parents smoke, especially the mother

Children are more likely to start smoking if they grow up in a home where one or both parents smoke. Children who are exposed to SHS on a daily basis have more than triple the risk of lung cancer later compared to those growing up in smoke free environments.

'THIRD HAND' SMOKE

This refers to the tobacco smoke contamination that remains after a cigarette has been extinguished and after SHS has cleared from the air. This is a relatively new area of research in which scientists are studying the effect of the chemical residue left on surfaces and clothing after smoking. It has been found that the smoke residue on surfaces in homes of smokers contain many of the same toxic chemicals found in SHS.

Introduction

QUERIES: E-KICK BUTT SUPPORT PROGRAMME

Any queries regarding the programme may be directed to the toll free call centre at 0800 22 66 22 or kickbutt@cansa.org.za

CONTENTS: E-KICK BUTT SUPPORT PROGRAMME

Congratulations on deciding to kick the habit. For the next 3 months you can expect an email of encouragement on a weekly basis to encourage you and provide you with guidelines and practical advice for the week ahead. You can work through one chapter per week or you can read ahead – it's up to you!

WEEKLY THEMES (WEEK 1 TO 12)

Pre-Week	Introduction: Kick Butt Support Programme
Week 1	How to quit: It's up to you
Week 2	Part of the problem: Withdrawal
Week 3	Never fear medicine is here: Consult your doctor
Week 4	Cope without a smoke: Get ready for craving
Week 5	Situations in which you used to smoke
Week 6	Get Active
Week 7	Get a handle on stress
Week 8	Mind Games
Week 9	What you can do instead of smoking
Week 10	Your smoke free life
Week 11	Face temptation
Week 12	If you smoke again

HOW TO QUIT: IT'S UP TO YOU

YOU'RE NOT ALONE

Congratulations! Wanting to quit is an important first step. So now what? How do you quit and what should you do to keep from smoking again? Don't worry; we'll get to all of that, a little at a time.

Quitting smoking can be a real challenge, but you don't have to face it alone. The e-KICK BUTT SUPPORT PROGRAMME will be there every step of the way, pointing out hurdles to quitting and helping you over them. We'll show you lots of ways to help yourself quit.

It all begins here!

You can quit. You have control over your choices. As you understand more clearly why you smoke and how to break the cycle, you're more likely to kick the cigarette habit for good.

You're moving right along on your path to quitting smoking! If you are serious about quitting smoking and feel that you'll be ready to quit within the next month, begin by making a quitting plan. The first step is scheduling a Quit Day – the day you will quit smoking.

For most people it isn't easy to quit smoking. Don't worry - together we're going to work through all the challenges of quitting so that you'll be prepared to make your quitting experience as simple as possible.

Surveys have shown that at least 70% of adult smokers would like to stop smoking. However, quitting is not easy - making the decision to quit is an achievement in itself.

There are numerous strategies to stop smoking with varying success rates. Different strategies suit different people, but the success of any individual depends not only on the strength of his/her desire and motivation to stop but also on understanding the physical and emotional challenges of quitting.

While many people find that quitting cold turkey works best, there are those who find it more challenging. Preparing to quit is necessary because of the very strong and addictive nature of nicotine. Following the steps outlined here may assist with the first few days and weeks of quitting.

ADVANTAGES OF QUITTING

- Reduced risk of cancer and respiratory diseases
- Lose the 'smokers cough'
- No more stained of fingers
- Save money
- Set a good example for children
- No more shortness of breath
- Living a longer and healthier life
- More energy

IMPORTANT POINTS TO REMEMBER AND REVISIT OFTEN WHEN QUITTING:**TIMELINE OF QUITTING BENEFITS**

- 20 minutes after last cigarette: blood pressure and pulse rate drop; body temperature rises to normal
- 8 hours after quitting: carbon monoxide levels drop; oxygen levels rises to normal
- 24 hours after quitting: chance of heart attacks decreases
- 48 hours after quitting: nerve endings regenerate; ability to smell and taste improves
- 2 weeks to 3 months after quitting: circulation improves; walking becomes easier; lung function improves
- 1 to 9 months after quitting: decrease in coughing, sinus congestion, fatigue, shortness of breath
- 1 year after quitting: increased risk of coronary heart disease associated with smoking, is decreased by 50%
- 5 to 15 years after quitting: risk of stroke is reduced to that of people who have never smoked
- 10 years after quitting: risk of lung cancer drops to as little as 50% compared to that of ongoing smokers; risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- 15 years after quitting: risk of coronary heart disease is now equal to that of people who have never smoked; expected death risk on par with those who have never smoked

DECIDE TO QUIT

Other people may want you to quit, but remember you must decide.

It takes commitment to quit. Make sure you want to.

Cutting down over a long period of time can make the quitting experience difficult. It is much better to make the decision to stop smoking and then to set a definite quit date, after which you don't smoke again. It is very important to know and understand the reason why you want to quit. Remember and revisit the most important health benefits when considering your reasons for quitting.

THE DAY BEFORE QUITTING

You're almost ready to quit. You've worked through many of the challenges you might face as you quit. Tips to make the first few days after quitting easier:

- Wash your clothes, bedding and curtains to get rid of the stale smell of cigarettes, which can linger a long time
- Wash and air your car to get rid of most of the tobacco smell
- Try to deal with errands and chores before you quit because you may become irritable due to nicotine withdrawal and might not feel like dealing with it later on
- Get a good night's sleep each night this first week so you are well rested
- Drink lots of fluid, preferably water - it will flush your system of nicotine and lessen withdrawal symptoms
- Reduce caffeine intake as coffee causes faster nicotine metabolism that could lead to toxicity causing irritability such as anxiety, restlessness and nervousness which are powerful triggers to smoke
- If you associate smoking with alcohol consumption, avoid the use of alcohol
- Be aware of, and avoid any possible habits, circumstances or actions that could trigger your craving for a cigarette
- Reduce your everyday stresses to make it easier to manage the challenge of quitting

PUT OUT YOUR LAST CIGARETTE

Before you go to bed smoke one last cigarette if you need to. Remove tobacco, lighters, matches, and ashtrays. Make sure you have searched your house, office, car, coat pockets, and purse for any cigarettes. Now get a good night's sleep so you'll be ready for your first day as a non-smoker.

GET READY

Are you and your environment ready for your Quit Day? This checklist will help you review the practical coping ideas in this chapter.

YOUR BAG OF TRICKS:

What will you put in your Bag of Tricks?

1. Choose a quitting programme to assist you: Allan Carr Book and CD or alternatively you may prefer to use a nicotine replacement product such as Nicorette that can be used to wean yourself off nicotine. Another option is medication to help you cope with nicotine cravings and withdrawal symptoms – these medications must be prescribed by a doctor.
2. CANSA support available on toll free number 0800 22 66 22
3. An encouraging note from a friend or from your child
4. 'My Quitting Reminders' for when you crave a cigarette
5. Break the link – change your habits or your environment, e.g. drink herbal tea instead of coffee during a break, if you normally have coffee and a cigarette or have your drink in the kitchen instead of the dining room

CONSIDER THE FOLLOWING TO HELP YOU PREPARE FOR QUIT DAY:

- Write your list of reasons for quitting next to your quit date on your calendar
- Tell friends and family about your decision to quit and ask them for their support
- If you live with a person who smokes encourage him/her to quit with you - it is much easier to quit with someone else
- Tell your smoking friends of your intention to quit and that you won't be taking any more smoke breaks with them for a while
- Expectant mothers and their partners should try to quit together
- Plan for a "survival kit" - stock up on oral substitutes such as sugarless gum, nuts, fruit, carrot sticks, prunes with pips, etc.
- Find out more about Nicotine Replacement Treatment (NRT) or other credible quit smoking products if you choose this route. NRT can help double your chances of quitting successfully.
- Ask for encouragement and support from family and friends - especially ex-smokers, who will know what you are going through. Ask smokers for their patience and understanding by not smoking in front of you.
- Plan to smoke your last cigarette before your Quit Day. If you have any cigarettes left – break them up and throw them away in your 'Yuck Jar' – see description on p.12
- Put "No Smoking" signs inside and outside your house

MY QUITTING REMINDERS

Think about your unique reasons for wanting to stop smoking.

- Health?
- Money?
- Other reasons? Write them down

KEEP REMINDING YOURSELF OF YOUR MOST IMPORTANT REASONS FOR QUITTING:

What frustrates you most about smoking? (Not being able to do the things you want to, etc.)

What angers you about smoking? (The money you spend on cigarettes, etc.)

What wears you out about smoking? (The control cigarettes have over your life, etc.)

What frightens you most about smoking? (The effects of smoking on your health, etc.)

Keep reminding yourself of your most powerful reasons for quitting.

Summarise your answers above in large print on a piece of paper, e.g.

- One word, e.g. cancer, health, future, rands & cents, name of a loved one
- One sentence, e.g. I want to stop wasting money, smoking controls my life, I want to live to be 85, I don't want to be a smoker anymore
- A visual reminder of your most important reason, e.g. a photo of your grandchildren, a picture of blackened lungs, a photo of the vacation spot where you want to go with money you would have spent on cigarettes

What will help you forget about smoking as an option? Your quitting reminders will help you remember why you wanted to stop smoking in the first place.

COMMIT TO QUIT

Quitting smoking is a lot like losing weight. It takes a strong commitment over time to succeed. That's why only you can make the decision to quit smoking. Other people may want you to quit, but the real commitment to quit must come from you.

You're moving right along on your path to quit smoking! If you are serious about quitting and feel that you'll be ready to quit within the next month, begin making a quitting plan. The first step is scheduling a Quit Day – the day you'll quit smoking.

My quit day is _____

Make a personal commitment to quit on this day.

- Write your Quit Day on your calendar and in this book to emphasise the importance of this day
- Tell friends and family about it so you'll be less likely to change your mind
- Consider the date of your Quit Day sacred, and don't change it

Congratulations! You're on your way! Next week we will explore choices of how to quit and help you figure out which of them are best suited to your smoking patterns. That will help you kick butt for good.

HOW TO QUIT

Studies have shown that these seven steps will help you quit for good. You have the best chance of quitting if you adapt it to suit your personal quitting plan and stick to the plan.

1. Get ready
2. Get support
3. Learn new skills and behaviours
4. Get medication or NRT and use as prescribed
5. Be prepared for relapse or difficult situations
6. Include the list of your reasons for quitting in your plan
7. Identify the concerns you have about quitting and find ways to overcome it. Are you smoking for any of these reasons:
 - Fear of withdrawal? The withdrawal will soon pass and then you can go on to a healthier lifestyle.
 - All previous quit attempts failed? Many smokers fail on the first attempt. Consider the lessons you can learn from your previous attempts to help you now.
 - Believe smoking relieves stress and helps you relax or calm down? This is a myth! Smoking only calms your craving for nicotine – soon after you smoke a cigarette, your body and brain wants more nicotine. It will make you feel more irritable and tense until you have the next cigarette. The nicotine in tobacco actually increases your blood pressure and heart rate, which means that smoking actually keeps your body in a stressed state!
 - Smoking makes me feel better when I'm feeling down. Although smoking can give you a temporary high, it will eventually reduce your normal energy levels as your body adjusts to the temporary highs. People who smoke are therefore more likely to develop depression. Quitting reduces the chances of depression and actually increases energy levels.
 - Having smoked for many years, you believe it is too late to quit? It is never too late to quit, irrespective of your age as the risk of poor health decreases when you quit.

DON'T CHICKEN OUT - GO COLD TURKEY

Either decide to stop right away or decide on a date in the near future. If you prefer to plan ahead, that's fine. You can use the time to determine what help is available and what suits you best.

Some people set a Quit Day and go cold turkey by stopping completely on that day.

Choosing a date will assist you in your mental preparation. Not taking the effort to quit seriously enough is one of the most common mistakes one can make. Don't say to yourself you will try to quit - make a conscious decision to stop. Putting your full commitment behind your decision to quit will help you develop the right frame of mind in facing some of the challenges associated with quitting.

Successful quitting is a matter of planning and commitment.

Week 1

Choose a day in the next week or two - if you wait longer your motivation could wane. Give yourself enough time to prepare your personal quit plan. Circle the day on your calendar and make a strong personal commitment to quit on that day.

PART OF THE PROBLEM: WITHDRAWAL

In general, nicotine or cotinine (a nicotine by-product) remains in a smoker's body for up to four days after smoking. If a person has smoked regularly for at least a few weeks and then either quits or drastically cuts down on smoking, nicotine levels drop and the body starts craving its usual hit of nicotine. To raise nicotine levels in the blood and stop the craving, a cigarette is often lit and smoked without giving it much thought. Without realising it, the person is treating his/her withdrawal symptoms.

CONSTANT CRAVINGS

Craving a cigarette means having a strong urge to smoke. Cravings can be predictable – you may crave a cigarette when you first wake up, after your first cup of coffee, or whenever you're feeling angry or upset. You may find it difficult to focus on anything other than your urge to smoke, or you may feel like lashing out and screaming if you can't smoke immediately. You may feel like there's no way you can get through another moment without smoking.

BE CAREFUL

Consult your doctor before taking any medication to help you quit smoking, especially if you have a history of seizures, anorexia, bulimia, alcohol or drug use, or head trauma.

Tell your doctor if you have liver, heart, or kidney disease, or if you've recently had a heart attack or bouts of chest pain.

Don't drink alcohol while taking prescribed medication that supports your quitting plan.

TO THE RESCUE

Here are some of the most common withdrawal symptoms and ways you might handle them. Feel free to add your own ideas of ways to cope with specific withdrawal symptoms.

Headache	<ul style="list-style-type: none"> • Take your usual headache reliever • Use relaxation techniques
Dizziness or light headedness	<ul style="list-style-type: none"> • Close your eyes for a moment and breathe slowly • Sit down and rest for a minute
Sore throat	<ul style="list-style-type: none"> • Suck on throat lozenges or hard boiled sweets • Drink plenty of liquids
Cough	<ul style="list-style-type: none"> • Use cough drops • Drink plenty of liquids
Trouble sleeping	<ul style="list-style-type: none"> • Cut down on caffeine • Read a dull book
Depression	<ul style="list-style-type: none"> • Discuss your feelings with a friend or members of your support group • Exercise regularly

Constipation	<ul style="list-style-type: none"> • Increase fruit, fibre and water intake • Exercise regularly
Feeling nervous or irritable	<ul style="list-style-type: none"> • Cut down on caffeine • Breathe deeply • Take a warm shower or bath • Vent your frustrations on a punching bag
Difficulty concentrating	<ul style="list-style-type: none"> • Make a “to do” list • Allow extra time to get things done

SUPPORT KEEPS YOU GOING STRONG: GET ORGANISED

ORGANISED SUPPORT CAN HELP YOU:

- Learn to predict and avoid temptation
- Create strategies for handling bad moods and irritability
- Make lifestyle changes to reduce stress, improve quality of life, or make you happy
- Use mental and physical activities to cope with cravings
- Take note of others’ experiences with and tips for handling stresses, triggers and cravings

FIND WAYS TO COPE WITH WITHDRAWAL SYMPTOMS

You may experience withdrawal symptoms when you quit – this is normal and occur because your body is no longer getting regular doses of nicotine.

These symptoms may be unpleasant, but is a sign that your body is recovering from the damage caused by tobacco and nicotine. The symptoms are fortunately only temporary and should disappear after a few weeks. Here are a few tips for coping with some of the most common symptoms:

- Anxiety, irritability, impatience, tension, anger: Warn loved ones and co-workers that you may be irritable for a few weeks.
- Drink lots of water to flush the nicotine out of your system. Avoid stimulants, e.g. caffeine found in coffee, cola and energy drinks.
- Depression: Quitting nicotine dependence can be traumatic, and it is to be expected to experience bouts of depression during the first few weeks. Take good care of yourself – don’t get too hungry, tired or lonely. Get plenty of rest and spend time with people who care about you. Do regular enjoyable physical activities.
- Coughing, sore throat or chest tightness: This is a sign that your lungs are recovering. The bronchial hairs (cilia) are healing and resuming its cleaning and clearing function. Coughing loosens and expels phlegm and tar build-up (caused by smoking countless cigarettes) from the lungs. Suck throat lozenges or a teaspoon of honey to soothe your sore throat.
- Light-headedness: You may experience dizziness and/or a tingling sensation in your fingers and toes – this is the result of higher levels of oxygen in your blood and soft tissue. Sit down if you feel dizzy.
- Headaches: Headache is a common withdrawal symptom as your body adjusts to cope with lower nicotine levels (or none at all), and getting rid of toxin build-up. Take a mild painkiller if your headache does not get better after trying relaxation techniques, slow deep breathing, a warm bath or shower or extra rest.
- Hunger: Your appetite may increase as the nicotine levels in your body drop – remember, nicotine is an appetite suppressant. Drink lots of water, suck on prune pips and choose healthy snacks when hunger pangs strike. (See point 6 below for ideas)

Week 2

- **Difficulty concentrating:** Almost two thirds of people experience difficulty concentrating shortly after quitting – this should improve gradually over the first two weeks.
- **Upset stomach or constipation:** These symptoms seldom last more than a few days. Drink lots of water to flush toxins from your body. For constipation: drink lots of water and increase the amount of vegetables, fruit, grains and fibre-rich foods in your diet.
- **Restlessness:** Take deep, slow breaths to calm you down. You will benefit from doing light exercise, and by keeping busy.
- **Insomnia (sleeplessness):** Sleeping patterns should return to normal after about 2 weeks. Avoid caffeine and other stimulants (including medications to help you quit smoking) in the late afternoon/early evening. Go to bed when you feel tired or sleepy - not at your regular bedtime. Try reading when you have trouble falling asleep.

TAKE IT ONE DAY AT A TIME

The first 2 or 3 days after quitting are the most difficult - after that it gets easier. Take things slowly, and avoid being too critical of yourself for the next few days. Remind yourself that each day spent not smoking is good for your health, your family and your pocket!

BE CAREFUL WHAT YOU EAT TO PREVENT WEIGHT GAIN

Many people worry about putting on weight after quitting. Nicotine is a potent appetite suppressant, so it is normal for quitters to regain their healthy appetites (and an improved sense of taste and smell) soon after quitting. However, potential weight gain – resulting from temporary physiological effects - can easily be avoided by planning healthy meals using smart food choices.

To avoid overindulgence and potential weight gain, it is recommended that you divide your normal daily food allowance into about 6 smaller meals instead of 3 hearty ones. This will allow you control over your appetite, and by having smaller, regular meals you will be able to experiment with exciting food combinations to compliment your newly regained taste and smell.

The side effects of nicotine withdrawal may include cravings for foods containing a lot of fat, carbohydrates or sugar. Avoid snacking on fatty foods – choose snacks low in calories (such as low-fat yogurt, fruit, crunchy raw vegetables, plain popcorn or sugar-free gum) and drink plenty of fresh water, Rooibos or herbal teas.

Smoking is an oral fixation - a quitter might eat in order to cope with a 'restless mouth'. Consider chewing on a straw or tooth pick, or sucking on a sugar-free lollipop if you constantly feel like having something in your mouth.

FINDING VIRTUAL SUPPORT GROUPS

Participation in many stop-smoking support groups are free of charge; however some may charge a fee.

BREAK YOUR SMOKING HABITS

Start identifying your smoking pattern. For example, do you smoke after a meal? When checking your emails? When you wake up in the morning? When you take a coffee break? After dinner or when you watch TV? In the car when you're stuck in traffic?

Identifying and breaking your smoking routines are the first steps to quit gradually.

HERE ARE SOME TIPS:

- If you smoke your first cigarette within 15 minutes of waking up, try to delay it by waiting at least 30 minutes. Gradually lengthen the time you delay.
- Cut back on the amount of cigarettes you smoke each day. If you usually smoke 25, cut down to 20. Gradually reduce this over time.
- Try smoking in an uncomfortable or inconvenient place. If you usually smoke in a favourite chair while watching TV, undertake to only smoke outside. Missing a few minutes of your favourite TV program, or having to smoke outside in mid-winter should significantly reduce the amount of cigarettes you smoke per day.
- If you light up a cigarette immediately after dinner, brush your teeth after your meal and do something physical instead, e.g. take the dogs for a walk
- Try not to smoke when you drink alcohol or coffee – try drinking tea or juice instead
- Smoke only half a cigarette at a time
- Keep your cigarettes out of sight
- Don't inhale as deeply as usual
- Change your cigarette brand to one you don't like
- Schedule your smoking – plan to smoke fewer cigarettes and only at certain times. If you miss your 'cigarette appointment', skip that cigarette and only smoke at the next allocated time
- Start a "yuck" jar (half fill a jar with warm water, add 4 crushed cigarettes)
- When you feel the urge to smoke, take a deep breath from the jar. Imagine the fumes coating your lungs and poisons flowing in your blood.
- Imagine yourself as a non-smoker
- After a week or so, you will already have cut down and developed insight into your reasons for smoking
- On the night before your quit date, get rid of all smoking materials – clean out ashtrays, throw away cigarettes (out of sight, out of mind), give away lighters, matches or any other items related to smoking
- Drink lots of water. Keep a bottle of water or sugar-free drinks at your desk. Aim to drink at least 6-8 glasses of water per day.

AVOID SITUATIONS WHERE YOU WILL BE TEMPTED TO SMOKE AGAIN

- People: Avoid the company of heavy smokers for at least a week after quitting.
- Places: Avoid places and situations that may tempt you into smoking, e.g. the convenience store where you usually buy cigarettes, social get-togethers at bars, pubs, clubs or parties, bus stops or any places where there are lots of smokers.
- Triggers: Be aware of triggers prompting you to smoke (e.g. smell of smoke, finding your stash of hidden lighters or ash trays, drinking alcohol or coffee).
- Routines: Be aware of your previous smoking routines (e.g. first thing in the morning, after meals etc.)

NEVER FEAR, MEDICINE IS NEAR – CONSULT YOUR DOCTOR

CREDIBLE PRODUCTS AVAILABLE ON THE MARKET FOR HELPING SMOKERS QUIT

There are many commercial smoking-cessation aids available to aspiring or struggling quitters. Speak to your doctor or pharmacist for advice about products or methods that best suit your needs, and discuss the efficacy and safety of any product prescribed or recommended to you, with them. Some of the products available include:

1. Nicotine Replacement Treatment (NRT)
2. Zyban

FEAR OF FAILURE

Reports estimate that almost 70% of smokers will not try to quit for fear of failure. Don't let fear of failure stop you from becoming a non-smoker – a quitting plan tailored to your needs, and as much support as possible will ensure that you have the best possible chance of successfully quitting smoking.

QUIT SMOKING FOR GOOD

Most people have to try more than once to kick the habit for good. You may be one of those who can do it the first time, but if you're not, don't give up!

MY MOST RECENT ATTEMPT TO QUIT

Reviewing your last attempt at quitting can teach you how to improve your chances of being a successfully quitter.

WHAT WORKED?

What kept you from smoking? (E.g. Thinking about your health, setting an example for your children, etc.)

How long did you not smoke?

Did you recognise any positive changes? (E.g. better breathing or increased stamina, your wallet or perhaps the smell of your clothes?)

WHAT FELT GOOD ABOUT QUITTING?

- I felt healthier
- I helped those around me be healthier
- I saved money
- Cigarettes didn't smell like smoke
- I set a good example
- I was proud of myself
- Other people were proud of me

WHAT SITUATION, EMOTION, OR EXCUSE LED YOU TO START SMOKING AGAIN?

Where were you? _____

What were you doing? _____

Who were you with? _____

How were you feeling? _____

If you came across the same situation again, what would you do differently so that you wouldn't start smoking again?

This time, I would _____

Throughout this programme you will be introduced to methods to help you cope with situations like the one that caused you to abandon your previous effort to quit; and to deal effectively with places and situations that tempts you into smoking.

COPING WITHOUT SMOKING: GET READY FOR CRAVINGS

Within 72 hours after smoking your last cigarette, your body will test 100% nicotine-free, and 90% of nicotine metabolites will have passed from your body via your urine. Nicotine withdrawal will affect you physically as your body adjusts to not having nicotine in it. In this chapter and the next we'll talk about how to be prepared for those cravings that are associated with nicotine withdrawal.

REMEMBER THE 4 D'S

Delay e.g. take a bath or go for a walk to relax you and to help take your mind off the urge to smoke.

Distract: Curb cravings as they come, one by one. The most effective way to do that is to interrupt your thought pattern on the spot. Shift gears and do something different for a few minutes. Change your activity, either mentally or physically, and the craving will lose its power and be gone before you know it.

Drink water: When a craving hits, drink a glass of water. Not only will it help you control your craving to smoke, but it will also help you physically. Many of us are mildly dehydrated without knowing it, so adding some water to your diet is a good idea. Good hydration will help increase your metabolism and you'll feel better overall. Water is one of nature's finest quit aids; use it to your advantage.

Deep breathing: Close your eyes. Create a place in your mind that you can visualize when you need to slow down and relax. It could be a real location or not, but visualize it in detail. Go to this place every time you do this exercise so that it becomes familiar and comfortable. As you settle in, start to follow your breathing, and slow it down gradually. Breathe deeply in and out for three to five minutes (most cravings to smoke last about three minutes).

LEARN TO COPE WITH STRESS

Smokers often mention stress as one of main reasons for going back to smoking. Stress is a part of all our lives, smokers and non-smokers alike. The difference is that smokers have come to use nicotine to help cope with stress. When quitting, you have to learn new ways of handling stress:

- Physical activity is a good way to reduce stress. It also relieves the temporary depression induced by quitting. Use the money that you are saving by not smoking to buy yourself a pair of running shoes, or join a gym.
- It is important to get plenty of rest, adequate sleep and eat healthy, balanced meals.
- Learn to say **"no"**. Too many commitments put you under a lot of stress, and you will be more susceptible to submit to stress-induced triggers.
- View problems or obstacles as challenges.
- Take a break. Read a good book or watch a comedy.

TREAT YOURSELF

It is important to treat yourself. Use the money that you are saving by not smoking to buy yourself something special or treat yourself to something you would not usually have, e.g. a massage or beauty session, or go to the hairdresser. Spoil yourself with that new power tool you've been eyeing, a new CD, DVD or jewellery. Be proud of yourself - quitting is a great achievement!

GO GOLFING, GO SHOPPING, GET A PET...

Week 4

EAT SMART

The following 'tricks' can help stop you from gaining weight and distract you from smoking:

- Drink a glass of water before eating a meal
- Eat smaller portions more often
- Get up from the table as soon as you've finished eating
- Brush your teeth or use mouthwash immediately after a meal
- Avoid sugary and fatty food, which could make you want to smoke

THE SMOKERS AROUND YOU

You'll be working hard to keep from smoking again, but some of your friends, family or co-workers may still smoke. The smokers in your life may be worried that you will judge them for not quitting or pester them to do so. They may wonder how your kicking the habit will affect your time together - they may feel uncomfortable with you quitting, or to help you quit. Even more so, you may feel uncomfortable asking for support.

It is best to avoid places where other smokers gather, especially the first few weeks after quitting when still very vulnerable.

THE PICTURE OF HEALTH

It's normal to gain a few kilograms after quitting, as your metabolism will tend to slow down. On average a weight gain of between two and five kilograms are the norm, it is important to become more active. Medications that help people quit smoking may help prevent unwanted weight gain.

WHY DO PEOPLE GAIN WEIGHT WHEN THEY QUIT SMOKING?

- Nicotine suppresses your appetite
- Nicotine speeds up the digestive system which in turn burns calories more quickly
- People often snack more when they quit because they feel bored, angry, lonely, or stressed
- Smokers often use food as a substitute when quitting as they feel the need to have something on the lips

MOUTH-TO-MOUTH

If you feel hungry between meals, drink water, diluted fruit juices, low-calorie drinks or eat fresh fruit. Avoid coffee, alcohol and caffeinated sodas, all these can lead to nicotine craving. Consider buying or making low-calorie snacks, such as:

- Sticks of carrots and celery
- Beans
- Other bite-sized portions of vegetables
- Fruity or herbal teas – especially Rooibos tea
- Lemon or lime water
- Strong mints
- Sugarless gum
- Raisins
- Low-fat cottage cheese
- Rice cakes
- Orange sections
- Apple slices

Week 4

- Liquorice (to be avoided by those with high blood pressure)
- Air-popped popcorn
- Lemon drops
- Flavoured decaffeinated coffee
- Iced lollipops
- Prunes with pips
- Crushed ice

SITUATIONS IN WHICH YOU USED TO SMOKE

CONSIDER THE FOLLOWING TACTICS FOR GETTING THROUGH TRIGGERS WITHOUT SMOKING

Feel free to write in any other ideas you have.

IF YOU USED TO SMOKE WHEN TALKING ON THE PHONE:

- Remind yourself not to smoke before answering the phone
- Keep a list of your reasons for quitting at hand
- Stand if you usually sit while you talk; sit if you usually stand
- Walk around or straighten the living room while you talk
- Doodle on a scratch pad
- Whittle on a piece of wood
- Fold a sheet of paper into a tiny square, unfold, and repeat
- Tear a sheet of paper slowly and carefully into tiny pieces
- _____
- _____

IF YOU USED TO SMOKE AT THE COMPUTER:

- Create a screen saver that says 'I'm a non-smoker'
- Bookmark a stop-smoking web site or bulletin board and visit it often
- If cigarettes helped you concentrate, keep a paperweight or other object next to the keyboard and focus on it
- _____
- _____

IF YOU USED TO SMOKE DURING WORK BREAKS:

- Take your break, but spend it with a favourite friend in a favourite spot instead of hanging out at the smoker's corner
- Read a newspaper or magazine during your breaks
- Sit quietly with your eyes closed and take a mini vacation

IF YOU USED TO SMOKE WHEN SOCIALISING:

- Sit next to the others non-smokers in the group
- Drink non-alcoholic drinks
- Get up often and walk around
- Take deep breaths
- Chew on a straw or toothpick

Week 5

IF YOU USED TO SMOKE IN THE CAR:

- Take the ashtray and lighter out of the car
- Sing along with your favourite songs on the radio
- Roll down the windows and breathe fresh air
- Listen to an audio book

YOUR BODY IS ADJUSTING

As your body adjusts to the absence of nicotine, you may experience a combination of these symptoms. It is however not unusual to not experience any of these symptoms.

- Headache
- Dizziness or light-headedness
- Constipation
- Difficulty concentrating
- Irritability
- Tiredness
- Insomnia (inability to fall asleep or to sleep soundly)
- Increased appetite
- Coughing
- Dry mouth

REWARD YOUR ACHIEVEMENTS

- Reward yourself for non-smoking achievements, no matter how small
- Recognise your milestones, e.g. one week, one month or one year without smoking
- Rewards do not have to be costly or big
- Rewards make you feel good about quitting

GET ACTIVE

Smoking speeds up the body's metabolism and quitting causes the metabolism to slow down. Regular exercise burns more energy and speeds up your metabolism, thus preventing weight gain. This can be achieved by making a few changes in your lifestyle. To keep fit as you quit, hit the road, the trail, or the gym for some exercise. Try activities like walking, biking, hiking, swimming, running, weight lifting, or exercise classes like aerobics, yoga, spinning, kickboxing, or sculpting. Keeping active for 30 minutes a day, three to four times a week, will help you get fitter while also remaining smoke-free.

GET MORE ACTIVE

TRY THESE TIPS TO INCREASE YOUR PHYSICAL ACTIVITY LEVELS DURING THE DAY:

- Walk around a shopping mall
- Get off the bus one stop before you usually do and walk the rest of the way
- Find a buddy to walk or jog with during lunch time
- Walk instead of using a taxi or car
- Take the stairs instead of the lift or escalator
- Walk with a friend, family member or neighbour after dinner
- Walk or jog while pushing your child in a stroller around the neighbourhood
- Do your own housework or take up gardening
- Invest in membership at your nearest gym
- Put some music on and dance
- Buy a rebounder and follow the recommended 2 minute programme
- Set a goal of 30 minutes of physical activity 3 or more times a week. If you don't already exercise regularly, please check with your doctor before starting an exercise programme. Exercise also helps you relax and is a known morale booster.

GET A HANDLE ON STRESS

Smokers who were unsuccessful in trying to quit often mention stress as one of the reasons they end up smoking again. Everyone – both smokers and non-smokers – experience pressure or anxiety at work, at home, or on the road between the two. Many smokers use nicotine to help them cope with stress.

- Suck on a prune pip
- chew gum
- squeeze a rubber ball
- take a hot shower or bath
- take a five-minute walk
- read a book
- talk it through with a friend

TAKE A BREAK

Do not neglect to set aside time for relaxation. Find a few moments to calm your mind and consciously give yourself a break from daily pressures. Find a distraction or call a friend or someone in a support group to discuss challenges or stress factors.

BREATHE DEEPLY AND RELAX

Breathing exercises can help you get through stressful moments without resorting to smoking a cigarette. Slow rhythmic breathing slows down body and mind and helps to reduce stress.

QUIET YOUR MIND

Spiritual practices like prayer and meditation are often helpful aids in drug and alcohol addiction programmes. These spiritual principles can be applied to quitting smoking and can help with stress reduction.

SET OTHER PEOPLE STRAIGHT

Tell your family, friends, and co-workers that you are going to quit. Explain what a challenge quitting is, and ask them for their support. They can help you quit by:

- Not smoking in your house
- Not leaving cigarettes in your house
- Not smoking in your car
- Not smoking near or around you
- Not offering you cigarettes
- Not giving me a cigarette, even if I ask

BREAK THE LINK

Quitting involves breaking the link between triggers and smoking. Think about the times and places you used to smoke. What could you do instead of smoking when you find yourself in a 'danger zone'?

IF YOU USUALLY SMOKE: WHAT CAN YOU DO INSTEAD?

After lunch: Plan to eat lunch at local delis and non-smoking restaurants, or at your desk.

In the car: Plan to take public transportation or vary your route to work so you are more conscious that you are making a change.

With co-workers: Plan to take a short walk with a non-smoking co-worker instead of joining the smokers.

When drinking alcohol: Avoidance of alcohol after quitting will help you avoid this known trigger. Drink a lot of water and other non-alcoholic drinks.

STAY BUSY: NON-SMOKING ACTIVITIES

Many of the ways you might cope with stress (calling a friend), urges (distraction), or weight gain (exercise) may help you keep busy and keep your mind off smoking and cigarettes.

PLAN REWARDS FOR YOURSELF

Reward yourself with fun activities after every smoke-free day. Whether it's going somewhere, seeing someone, or buying something, plan each reward on your calendar and treat it as an important appointment.

- Go fishing
- Play a new computer game

QUICK FIXES FOR EVERYDAY CHALLENGES

RELIEVE STRESS

Quitters may need some quick fixes for coping with stress. When you find yourself upset, angry, or anxious and wanting a cigarette, try one or all of the following:

- Take a few deep breaths
- Take a hot shower or bath
- Walk or bike around the block
- Work in the garden
- Light incense or a candle instead of a cigarette
- Stretch fully, bend your spine, and roll your head gently in circles
- Vent your frustrations on a punching bag
- Visualize a soothing situation and relax your muscles completely

MIND GAMES

By allowing rationalisations or excuses for smoking - even for one cigarette on or after your Quit Day - you're likely to become a regular smoker again. When you feel the urge to do so, recognise and be aware of typical excuses or rationalisations below in order to avoid using it as justification for smoking.

TYPICAL PHYSICAL WITHDRAWAL SYMPTOMS AND TYPICAL PSYCHOLOGICAL RATIONALISATIONS

Depression	I'll just have one to get through this rough spot
Frustration	Today is not a good day - I'll quit tomorrow
Trouble sleeping	How bad is smoking, really?
Difficulty concentrating	Uncle Harry smoked all his life and he lived to be over 90. You've got to die of something.
Tiredness	Life is no fun without smoking
Increased appetite	I'll gain weight if I stop
Irritability and anger	It's my only vice

As you go through your first few days without smoking, write down any rationalisations as they come up and recognise them for what they are: **messages that can trap you into going back to smoking.**

WHAT YOU CAN DO INSTEAD OF SMOKING

A CHEAT SHEET:

Use this at-a-glance list to remind yourself of the many ways you can get through the challenges of successfully quitting smoking.

PREVENT WEIGHT GAIN:

- Brush your teeth after eating
- Drink cold water

MANAGE YOUR MOUTH:

- Chew gum
- Eat a prune and suck on the pip
- Chew on a straw or toothpick

KEEP YOUR HANDS BUSY:

- Straighten a paper clip
- Fidget with a straw
- Play with a small toy

COPE:

- Take a deep breath
- Punch a pillow
- Talk to a friend
- Go for a walk or run

DISTRACT:

- Take a drive
- Go to a movie
- Sleep or take a short nap

AVOID:

- Tempting situations
- Spending time in smoking environments
- Don't drink alcohol or coffee

RELAX:

- Write an email to a friend
- Take a walk

Week 9

- Read a book
- Watch TV

REFRESH:

- Eat fresh fruit
- Wash your face with cold water
- Exercise

ENCOURAGE:

- Remind yourself:
 - You can do this
 - You are in control
 - Nicotine is not your master
 - You can say 'no' to nicotine
 - You are better off without nicotine
- Remember that cravings will pass
- Remember your reasons for wanting to quit

YOUR SMOKE-FREE LIFE

YOUR LIFE AS A NON-SMOKER WILL GET EASIER

Your life as a non-smoker will get easier as long as you:

- Stay away from tempting situations
- Remember to practice the quitting skills you've learned so far
- Think of yourself as a non-smoker

THE HABIT OF NOT SMOKING

Like any other habit, it takes time for not smoking to become a part of your routine. But unlike most other habits, not smoking also takes some conscious effort and practice.

1. Never forget why you quit the habit of smoking
2. Know when you're rationalising
3. Don't get cocky
4. Be on the lookout and prepare for triggers
5. Keep busy
6. Reward yourself
7. Think positive thoughts
8. Relax
9. Rely on support

FACE TEMPTATION

For a few months after quitting, not smoking will take some getting used to. If you can cope with possible situations that could entice you to start smoking, you'll do fine.

RISKY SITUATION

TIMES OF CRISIS

Troubles – like money problems, losing your job, or illness in the family – can bring on a strong urge to smoke

TIMES OF CELEBRATION

Good and bad times can trigger cravings. You may be used to smoking at parties or as a treat when things were going well but you will have to learn how to cope with these temptations.

DOWN TIMES

You may have relied on cigarettes as your companion when you were lonely, depressed, or bored.

TIME WITH SMOKERS

It's hard not to smoke when cigarettes are available, and it's even harder not to smoke when others are smoking around you. Some smokers may try to get you to have 'just one'.

Think of other times in your life when the urge to smoke will be strong and write them down in your journal. (Urge/Date and Time/ How I coped) Make a plan for each of them. What will you do? What will you say?

WAYS TO HANDLE IT WITHOUT TOBACCO

- Say to yourself, 'A cigarette won't make this problem go away'
- Take a walk to give yourself a break and some time to think
- Talk to someone about what you're going through
- Pass up alcohol for a while. Dance, talk, and drink soda or juice.
- Don't give in to these smokers' thoughts: "I deserve a treat. I'll just smoke one or two tonight". **Don't reward yourself with a cigarette.**
- Everyone has these moments
- Do something active like clean out a closet, take a walk, or ride your bike
- Get back into an old hobby or take up a new one
- Pick up the phone and call an old friend
- Spend less time with people who smoke
- Stay away from smoky environments, like bars
- Practice saying. 'Thanks, I don't smoke'.

HANDLE STRESSFUL SITUATIONS

HANDLE STRESS SO IT WON'T HANDLE YOU

These ideas may calm you down, give you a fresh outlook, and help you stay away from tobacco:

- Have some fun. Each day, find something you enjoy doing and make time for it. Plan to have 'down time' for relaxing.
- Spend time with your support group. Gravitate towards people who care about you in your new role as a non-smoker.
- Take care of yourself. Eat well and get enough sleep. A strong and healthy body makes it easier to manage stress.
- Get moving. Research proves that regular exercise improves your mood and calms you down.
- Breathe deeply. It's a simple, but very efficient technique to calm you down quickly.

CELEBRATE WITHOUT SMOKING

- Eat well without overindulging
- Stretch out meals
- Keep busy
- Avoid alcohol
- Spend time with non-smokers

TIPS FOR HEALTHY EATING:

- Have at least 3 meals per day. If you are constantly hungry, rather eat 5 - 6 smaller meals.
- Healthier snacks include raw vegetables (salad, celery, carrot sticks), fresh fruit, low fat or fat free yogurt, plain popcorn, nuts or pretzels.
- A healthy diet includes lots of fresh fruit and vegetables, low of fat free dairy. Eat meat in moderation.
- Grill, steam, boil or use the microwave to prepare your food instead of frying it – this will help cut down on fat intake.
- Avoid foods that are high in fats, refined or processed foods such as white bread, French fries, pies, pastries, biscuits, cakes, sweets, chocolates, chips and sugary fizzy cool drinks.
- Rather choose unrefined, fibre or grain-rich foods as they make you feel fuller for longer (e.g. whole wheat food, brown rice, oats, etc).
- Always exercise portion control. Avoid overindulging on healthy carbohydrate foods (such as fruit or pasta) by rationalising that they are good for you because they are low fat or fat free. Remember that excess in calories, not just excess in fat, causes weight gain.
- Avoid alcohol as it is a source of empty calories and you may lose your will power not to smoke after a few drinks. If you do indulge, limit consumption to one drink for women and two for men per day, and choose drinks that are lower in energy (kJ) such as dry wine, 'light' beers and spirits diluted with soda water.

IF YOU SMOKE AGAIN

If you do smoke a cigarette, don't be discouraged. Almost everyone who has tried to stop smoking has faced this moment of truth. Many give up and start smoking again. You don't have to do that.

KEEP SLIP-UPS IN PERSPECTIVE AND LEARN FROM THEM

- A small setback doesn't mean you've become a smoker again
- Don't buy a packet because you've smoked one or two cigarettes
- Don't be too hard on yourself
- Learn from your experiences
- Know and use the coping strategies you've learnt

RELAPSES

- If you think you need professional help with quitting, see your doctor
- Relapse is a common occurrence that can be overcome
- A relapse is an opportunity to take stock and think about what went wrong. Regard any relapses as a learning curve, not an excuse
- Be aware that a relapse may cause feelings of guilt – this increases the possibility of starting to smoke again

REMEMBER YOU ARE A WINNER BY HAVING MADE THE CHOICE TO BE KNOWN AS A NON-SMOKER. YOU ARE NOW IN CONTROL OF YOUR LIFE. NICOTINE IS NO LONGER YOUR MASTER. CONGRATULATIONS – YOU'VE DONE IT!

“THE BEST DAY OF YOUR LIFE IS THE ONE ON WHICH YOU DECIDE YOUR LIFE IS YOUR OWN. NO APOLOGIES OR EXCUSES. NO ONE TO LEAN ON, RELY ON, OR BLAME. THE GIFT IS YOURS - IT IS AN AMAZING JOURNEY - AND YOU ALONE ARE RESPONSIBLE FOR THE QUALITY OF IT. THIS IS THE DAY YOUR LIFE REALLY BEGINS. (BOB MOAWAD)

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