

## During this year's National Non Smoking Week we'd like to remind you about how cessation plays a role in tobacco reduction...

We know that it isn't easy to stop smoking. It can be done, especially with the right planning, tools and support. The majority of smokers want to quit, but following through with that decision can be scary. So understanding your addiction and preparing for the challenges ahead will greatly increase your odds of quitting for good. Many ex-smokers say that quitting was the hardest thing they have ever done. If you have tried to quit before, you know how hard it can be. While millions of people have successfully quit, it's still important to acknowledge the challenges.

Here are some suggestions if you are thinking about making a change to your tobacco use or know someone who is:

- 1) **Monitor** when, where, and why you use tobacco. Keep track of the date, time, situation, feeling & rate on a scale of 1-5 how much you needed to use tobacco at that time. By becoming more aware of your pattern of tobacco use you'll be able to come up with strategies to prepare for these times when you quit.
- 2) Cope with cravings using the **Four Ds: Delay** the urge, **Deep Breathe** as it naturally relaxes the body, **Drink** lots of water to stay hydrated, and **Do** something instead of letting the urge and withdrawal get unmanageable.
- 3) Start a **Money Jar**. If you're planning on cutting back, make sure you have some small cash on hand for every time you do not use tobacco. Imagine what it will be like and what you can do with the money after you have completely quit.
- 4) **Advertise** the change you want to make to the people around you who will be there to support you during the hard times.
- 5) **Access** services to help support you; they have the potential to double your chance of success. This includes your doctor, pharmacist, or [AlbertaQuits.ca](http://AlbertaQuits.ca)