

# Break the Habit

## A Pharmacists' Toolkit for Smoking Cessation

### Tips to SET Yourself Up for Success

#### Socializing

- For a while, limit interactions with friends and family who smoke
- Prepare and rehearse a standard line for refusing cigarettes:
  - "I appreciate the offer, but I'm not smoking anymore."
  - "No thanks, I'm on a mission to stay smoke-free."
- Have an escape plan: leave a risky situation by going for some fresh air, to the washroom, etc., until you regain control

#### Social Supports

- Remind friends and family that you are quitting and ask for their support
- Choose your quit supporters with care – people who you know have your best interests at heart
- Talk to friends who have quit smoking
- Let friends and family know that you will come to them if you require their support
- If possible, identify a quitting buddy and encourage each other in your quitting journey
- Seek support from quit smoking help lines and/or join a smoking cessation group

#### Environmental Controls

- Make home, car, garage, etc. smoke-free
- Get rid of all tobacco products and accessories, such as matches, lighters and ashtrays
- Clean and deodorize your home and car
- Stock your fridge with healthy snacks
- Keep gum, sugar-free candies or mints around the house and in your car
- Put a no-smoking sign in your car



#### Trigger and Craving Management



Try to drink coffee where no one is smoking



Stay away from places with easy access to alcohol, such as pubs

#### Use the 4 D's:

**D**elay the cigarette | **D**rink water | **D**eep breaths | **D**o something different:

#### MOUTH-FOCUSED ACTIVITIES

- Chew on a toothpick
- Chew on a clove
- Munch on raw veggies
- Brush and floss your teeth
- Chew on a straw
- Chew gum
- Chew on licorice root
- Eat salty foods
- Eat foods rich in vitamin C

#### REFOCUSING & GROUNDING ACTIVITIES

- Phone a friend
- Watch television
- Get a breath of fresh air
- Splash cold water on your face
- Take a warm shower
- Sleep in
- Go for a brisk walk

#### HANDS-ON ACTIVITIES

- Play cards
- Work on a crossword puzzle
- Doodle
- Hull sunflower seeds
- Peel a large carrot and eat it slowly
- Knit/cross-stitch
- Shell peanuts
- Fold laundry



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#### Thought Management/Motivation

- Review your reasons for quitting

Tell yourself:

I can do this.  
I am worth it.

I can do this.  
People quit  
every day.

I've overcome  
other big  
obstacles in  
my life.

**Tip:** Place the money you normally spend on cigarettes into a jar or transfer it to a separate bank account and "cash out" to buy yourself a reward every 1-2 months

I'm regaining  
my health and  
control over  
my life."

I'm a puff  
away from a  
pack a day.

Smoking is  
not an  
option right  
now.

- Calculate the amount of money you are saving by quitting; use this money to reward yourself regularly

#### Tension & Stress Relief

- Breathe deeply
- Organize days to avoid tension, especially around quit day
- Avoid selecting a quit date near stressful events or life activities
- Be physically active
- Take relaxation breaks, e.g., meditation, guided imagery

