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# CLIENT'S HANDBOOK

*Atii!* Reduce Second-Hand Smoke

This project was funded by the Community Action Program for Children (CAPC) and the Canada Prenatal Nutrition Program (CPNP) of the Public Health Agency of Canada. This project supported Pauktuutit to develop Inuit-specific material and resources that focus on second-hand smoke harm reduction based on the Action on Women's Addictions – Research and Education (AWARE) program called *Start Thinking About Reducing Second-Hand Smoke* (STARSS). With the help of an advisory committee the original STARSS material and resources were adapted to be more relevant to Inuit in Nunavut, the Inuvialuit Settlement Region, Nunavik and Nunatsiavut.

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# Handouts

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Handout **One****Second-hand Smoke Protection**

Here are some ideas other women have tried and found helpful.

Always smoke outside, if the children are old enough to be left alone. If smoking outside is not possible, try to:

- **pick** one room (that your children don't go in) to be the smoking room. Make sure it has a window to the outside. Only smoke in that room when you can't go outside;
- **blow** cigarette smoke out the window of the smoking room. Put a fan behind you to make sure the smoke goes out the window; and
- **make** the smoking room not quite so comfy so you will not want to spend a lot of time there.

**Smoking in the Furnace Room**

When people smoke in the furnace room, the smoke blows back through the vents and around the house. This is not a good smoking place.

You can also try these ideas:

- **delay** your first cigarette of the day;
- **increase** the amount of time in between cigarettes by 10-minute periods; and
- **wait** 10 minutes to see if you still want a cigarette each time you have a craving.

Talk to yourself and say, "this urge will pass," or "yes, I want a cigarette, but I don't need this one." Wait for 10 minutes and see if you still want to smoke.

Plan ahead. You can try these ideas:

- **keep** your favorite sugarless gum in the house (and make sure it's your special treat, not the children's). Chew or suck on it when you crave a smoke;
- **wet** your hands when you have a craving. It's hard to hang on to a cigarette with wet hands;
- **do** something that you enjoy that will keep your hands busy (sew, cook, knit, crochet, do beading, clean, or write in your journal);
- **keep** your cigarettes and ashtrays out of sight;
- **chew** nicotine gum if your craving continues;
- **allow** your children to remind you to take your smoke breaks outside. Let them remind you never to smoke in the car;
- **ask** your family and friends who smoke to do it outside. If it is hard to talk to them about not smoking in your house, then you can get ideas and support from your *Atii!* worker or another person who you trust; and
- **congratulate** yourself for reaching your goals about protecting your children from second-hand smoke. It's hard work. You deserve to celebrate!

**Remember**

Every small step counts to protect your children from second-hand smoke. Start with small changes and build on them. Soon you'll be smoking outside all the time.

## Handout Two

### Smoker's Survival Kit

---

Here are some tools to help you on your journey to becoming smoke-free. Use these to keep your hands busy instead of a cigarette:

- String games;
- Knitting;
- Sewing;
- Carving;
- Crayons and paper;
- Art supplies;
- Little drum;
- Pipe cleaners;
- Juggling balls;
- Beading;
- Keys;
- Stones; and
- Silly putty.

Things that will keep your mouth busy without a cigarette:

- Drink ice cold water (from a water bottle or with a straw);
- Dried meat or fish;
- Carrot or celery sticks;
- Apple pieces;
- Sugarless candies;
- Popcorn;
- Sugarless gum;
- Balloons;
- Harmonica; and
- Toothpicks.

To care for your body, mind, emotions and soul without tobacco, try:

- Prayers;
- Meditation;
- Verses from the Bible or other scriptures;
- Deep breathing exercises;
- Stretching exercises/Yoga;
- Walks;
- Journal writing;
- Bubble bath;
- Shower;
- Light a candle;
- Music;
- Dancing;
- Reading;
- Laughter;
- Massage;
- Naps and extra sleep;
- Drinking water; and
- Friendship.



Handout **Three****Am I Ready to Quit? Quitting Smoking Aids**

Some people blame smokers for not being able to quit. These people don't understand how hard it is to quit and that the tobacco industry spends billions of dollars every year to make sure women want to smoke.

Here are some facts about women, cigarettes and smoking.

- Nicotine is a drug that is more addictive than cocaine or heroin.
- There are 4,000 chemicals in tobacco smoke and many of them are addictive.
- More women die from lung cancer than from breast cancer.
- Lung cancer rates among Inuit in Canada are the highest in the world (three times higher than the national rate) and high smoking rates are a contributing factor.
- Every three hours a woman in Canada dies of lung cancer.

**Nicotine is an addictive drug.** It's more addictive than heroin or cocaine. If you smoke every day you can quickly become addicted to nicotine. Cigarette companies add many toxic chemicals to cigarettes. They want to make cigarettes as addictive as possible. Then smokers will have to smoke more.

**Your body gets used to the effects of nicotine.** Think back to your first cigarette. It probably made you feel dizzy or a little sick to your stomach. It probably didn't taste good either but your body soon got used to these effects. The more you smoke, the more your body gets used to the effects of nicotine.

**You become dependent on smoking.** Smoking is habit forming. You might have strong cravings when you drink a cup of coffee, get in the car, talk on the phone or do anything else that you usually do while smoking. These are called smoking "triggers." After you quit or cut down on smoking, you can learn new ways to deal with your triggers. After a while you will be able to be in these situations without smoking, and your cravings won't be as strong.

**You will have withdrawal symptoms when you quit smoking.** Your body adjusts to having nicotine in your system all the time. When you stop smoking your body tries to get back to normal. It takes time to adjust to living without nicotine and your body may experience withdrawal symptoms. This can include headache, sleeping problems, increased appetite, constipation and nausea. Most withdrawal symptoms go away after a week or two of not smoking. Your body is getting used to living without nicotine. Sometimes the withdrawal symptoms that affect your mood can last much longer. That's why it's so important to have an action plan to cope with cravings and triggers.

**Nicotine Replacement Therapies (NRT)** can help reduce withdrawal symptoms. They include the patch, nicotine gum, the inhaler, or the lozenge. NRTs give her body nicotine without all of the toxic chemicals in cigarettes. They work best the first two weeks after you quit smoking when withdrawal symptoms are the strongest. There are also quit smoking medications that do not have nicotine in them but work directly on your brain, making it easier to quit smoking. Talk to the community health nurse or doctor for more information on NRT and quit smoking mediations.

**Quitting smoking is hard for all these reasons, but it IS possible!**



## Handout **Four**

### Ready to Quit? Some Ideas to Help Me Quit Smoking

---

#### Step 1: Get ready!

- **Tell** your *Atii!* worker that you are interested in quitting smoking. Ask for information about quitting aids or other supports.
- **Start changing** your surroundings so you can only smoke in one place. This way your whole house won't be full of triggers. Try to make your new smoking place somewhere you don't usually spend a lot of time. For example, a small storage place would be a good smoking place.
- **Cut** out as many cigarettes as you can.
- **Practice** the *DEEDS* tips as often as possible (*Worksheet 5*).
- **Set** a quit date.
- **Start** getting rid of all your cigarettes, ashtrays and lighters. Empty the ashtrays into a glass jar and pour water in it. This will remind you of how many cigarettes you smoke each day. The sight and smell of stale butts is not pleasant!

#### Step 2: Get support and encouragement!

- **Tell** your family and friends you're quitting and that you need their support.
- **Think** of ways other people can help. Tell them how they can make it easier for you.
- **Ask** friends and family not to smoke around you or in your home.
- **Call** the Quit Help Line in your province or territory to see if you can get help with quitting.
- **Check** the Health Canada website at [www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php](http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php) or phone 1-866-318-1116.
- **Ask** your *Atii!* worker to refer you for more counselling if you need it.

#### Step 3: Prepare a week before!

- **Stop** carrying cigarettes with you and make them difficult to get to.
- **Fill** out *Worksheet 6*. This will help you get to know what triggers your smoking.
- **Practice** using *DEEDS* in each of the trigger situations.
- **Get** a new toothbrush and whitening toothpaste to use the day you quit.
- **Start** a money jar to hold all the money you saved by not smoking. Also make a list of both short term and long term rewards that you can use this money for.
- **Plan** your quit day. Make sure it is full and busy. One idea is to make your home clean and fresh. Wash your clothes, bedding, walls, ceilings and windows.
- **Learn** how to use quit aids properly.

#### Step 4: Quit day!

- **Wake** up and keep busy.
- **If you're using** a quit smoking aid, make sure you follow the directions.
- **Practice** *DEEDS* whenever a craving comes up.
- **Eat** breakfast and brush your teeth with the new toothbrush and toothpaste. Run your tongue over your teeth and feel the clean. Don't forget to brush your tongue so your taste buds can start to work properly again.
- **Open** the windows to let the smoke smell out.
- **Wash** the walls again, dust or clean the home. Do anything that keeps your hands busy and helps you feel like your home is clean and fresh.

**Handout Four***Ready to Quit? Some Ideas to Help Me Quit Smoking continued*

- **Place** things around the house that smell nice. You will notice how much more you enjoy the scent as your sense of smell recovers. It can be anything: perfume, vanilla in a little bowl, cut oranges, baked cookies or scented candles.
- **Do** something special with a non-smoker to celebrate, or plan a celebration dinner with your children.
- **Try** to put yourself first. Do things that make you feel good.
- **Include** your children by asking them to help you with your plans for today. Give them rewards for their cooperation and support.
- **Plan** ahead to avoid other smokers or triggers for your smoking.
- **Stay** away from alcohol and caffeine. Alcohol and caffeine can make it harder to resist a craving for a cigarette.
- **Stay** mentally strong.
- **Put** the money you would have spent on cigarettes in your smoking jar.

**Step 5: Keep going!**

- **Be prepared** for slip-ups, relapses and difficult situations. Find new ways to distract yourself from the cravings.
- **Remind** yourself why you're glad you quit. You could write down the reasons you quit and put them somewhere you can see them every day, like on your fridge or in your office.
- **Remind** yourself of how well you are doing, and reward yourself for a job well done.
- **Think** of yourself as a non-smoker.
- **Avoid** your triggers for as long as you need to.
- **Try** to eat a healthy diet and exercise when you can.
- **Notice** and appreciate the changes your body makes as it gets back to normal.
- **Don't** keep an emergency supply of cigarettes around after you quit.
- **Keep** looking over your triggers worksheet (*Worksheet 6*).







**Every time I quit smoking, I learn more about what works for me.**



## Handout Five

### What Happens When I Quit Smoking (Withdrawal Symptoms)









Withdrawal symptoms are strongest when you first quit. You might experience some or many symptoms or you might have none at all. You have to try to remember that withdrawal symptoms do not last long. They're a signal that your body is returning to normal. Talk to yourself and remember why you're trying to quit smoking. You can write down your reasons on a card and keep it with you.

Symptom	Description
 <b>Anger</b>	Anger is a normal withdrawal symptom. It is normal to be angry without a clear reason. Vent anger safely when you're away from your children. Try to be aware of your feelings rather than ignoring them or pushing them away. Pushing your feelings away can be stressful, which is a trigger for smoking. Discuss your anger with someone who understands how hard it is to quit. If your children are old enough to understand, explain to them it's not their fault that you're upset; it's just really hard to quit. Distract yourself. If possible do something you enjoy or try deep breathing exercises (see worksheet 10).
 <b>Boredom, Feeling Cooped Up or Restlessness</b>	Try new things to keep your hands and mind busy. Try to get outside more often. Always keep an activity book close by (such as Find-A-Word or crossword puzzles) or a deck of cards. Play games with your children.
 <b>Cough, Dry Throat/Mouth, Nasal Drip</b>	Your body is trying to get rid of mucus that has blocked airways and made it hard to breath. It's gross, but cough up that mucus! Coughing it up can last a few days. Sip ice water and drink lots of liquids (such as water, juice, or herbal tea). Try cough drops, chewing gum or hard sugarless candy.
 <b>Depression</b>	Think of other ways to deal with your feelings besides smoking. Call a support person. Use positive self-talk (e.g., I am a great person and a great mother. I can do this. I will do this). Don't put yourself down. Think of success and not failure. It's normal to feel sad, angry or confused when you quit smoking. These feelings will pass after a few weeks.
 <b>Dizziness</b>	After you quit smoking, your body gets extra oxygen which could cause dizziness. It can last a couple of days. Get some fresh air and don't stand up too quickly.
 <b>Fatigue/Tiredness</b>	Fatigue can last two to four weeks. Get extra sleep and try to exercise more. Take naps if you can and don't push yourself. If you feel tired when you first wake up, try to exercise for one-minute periods for 10 minutes (e.g., jumping jacks or running in place for one minute then stop for 30 seconds, etc.). Drink lots of water. It speeds up the healing process.



Handout **Five**

*What Happens When I Quit Smoking (Withdrawal Symptoms) continued*

Symptom	Description
 <p><b>Frustration</b></p>	Do some stretching exercises. Try to be aware of your body. Take deep breaths. Talk to a support person. Think of the positive reasons for quitting smoking. Take some time for yourself.
 <p><b>Headaches</b></p>	Take a warm shower. Try relaxation or meditation. Cut down on coffee and pop. Try herbal teas instead. Place a cool washcloth on your forehead.
 <p><b>Hunger, Cravings</b></p>	Sometimes when you quit smoking you can confuse craving a cigarette with hunger pangs. This can last up to several weeks. Drink water and low calorie liquids. Keep low calorie and low fat foods nearby (such as celery, carrots, pretzels and unbuttered popcorn). Chew a toothpick, gum, ice or fennel seeds. Try low calorie hard candy.
 <p><b>Insomnia/ Trouble sleeping</b></p>	Restless sleep and dreams about smoking are common and can last about one week. Take a hot shower, avoid caffeine after 6:00 pm, drink warm milk, try deep breathing or drink a cup of chamomile tea before bed.
 <p><b>Irritable, Grouchy, Tense</b></p>	When your body is craving nicotine you are in a chronic state of nervous stimulation. This means you might be irritable, grouchy and tense. This can last one to two weeks. Breathe deeply, stretch, exercise, chew nicotine gum or cut out caffeine from coffee, tea and pop.
 <p><b>Lack of Concentration</b></p>	Nicotine is a stimulant – a drug that makes you feel more alert. When you quit, give your body a few weeks to adjust. Change activities, get some fresh air, listen to music, watch TV, do more physical activity and avoid caffeine. Stay away from tasks that need your concentration for long periods of time.
 <p><b>Loneliness</b></p>	Cigarettes can often take the place of a close friend. When you quit smoking it can seem like you've lost that friend. When you feel lonely call your support person. Distract yourself. Knit, sew or sing along to loud music.
 <p><b>Tightness in the Chest</b></p>	Tightness in the chest could be from tension or sore muscles due to coughing. Your lungs are removing mucus and tar which causes coughing. Your lungs aren't used to getting extra oxygen. So the tightness in your chest can last a few days. It can feel like a sharp, burning sensation – like when you're running really hard. Don't panic. The discomfort will pass.

## Handout Five

### Nicotine Replacement Therapies (NRTs)

These are medications that give the body nicotine without the harmful effects of smoking. This means NRTs can help with physical withdrawal symptoms. You double your chances of quitting smoking successfully when using an NRT. If used properly, NRTs are effective. The side effects of each are different. The following information can help you decide which NRT is best for you.

### What is covered by Non-Insured Health Benefits (NIHB)?

Check with your local NHIB provider for a complete list.

- **Nicotine Gum 2mg and 4mg**  
Coverage is limited to 945 pieces during a one-year period.
- **Nicotine Lozenge**  
Coverage is limited to 945 during a one-year period.
- **Champix 0.5mg and 1mg Tablet**  
Coverage will be limited to 165 tablets during a one-year period. The year starts on the date the first prescription is filled.
- **Zyban 150mg Sustained Release Tablet**  
Coverage is limited to 180 tablets during a one-year period.
- **Nicotine Patch various strengths**  
The number of patches covered in the one-year period is:
  - HABITROL 84 patches;
  - NICODERM 70 patches;
  - NICOTROL 70 patches;
- **Nicotine Inhaler 10 ml inhaler**  
Coverage is limited to 945 pieces during a one-year period. The year starts on the date the first prescription is filled.

Symptom	Benefits	Drawbacks	Side Effects
<p><b>Champix</b> It is a non-nicotine pill that works in the brain to reduce cravings and withdrawal symptoms. It also decreases the pleasure that people get from smoking. It is thought to have these effects by working at the same receptors that nicotine from cigarettes affects.</p>	<p>This medication has no nicotine, and is not addictive.</p>	<p>Patients have reported changes in behavior, suicidal thoughts, and depression when taking this drug. It is not recommended for people with a history of suicidal behaviour or mental illness. Patients need to stay on the medication for 12 weeks.</p>	<p>Some side effects include nausea, constipation, fatigue and sleeping problems. Other side effects are flatulence (farting), stomach pain, dizziness, dry mouth, headache, heartburn, rash, and gingivitis (inflammation of the gums around the roots of the teeth).</p>
<p><b>Nicotine Gum</b> Releases nicotine into your bloodstream through the lining of your mouth. There is a special way to chew the gum. Ask your doctor or pharmacist about the right way to chew the gum. You can safely use from nine to 12 pieces each day.</p>	<p>The nicotine in the gum stops many physical withdrawal symptoms and cravings. It's easy to use. Whenever you get a craving chew a piece of the gum. It keeps your mouth busy.</p>	<p>Nicotine gum is not recommended if you have dentures or recent dental work. You need to learn how to chew the gum properly in order for it to work. You can become dependent on the gum if you use it too often or for too long.</p>	<p>Some side effects from nicotine gum are sore mouth or throat, dental problems, belching and mouth watering.</p>



Handout **Five**

*What Happens When I Quit Smoking (Withdrawal Symptoms) continued*

Symptom	Benefits	Drawbacks	Side Effects
<p><b>Nicotine Inhaler</b> A nicotine inhaler looks like a cigarette. It has a cartridge that contains nicotine. You inhale, and nicotine vapour is absorbed into your mouth and throat area. You don't absorb the nicotine into your lungs like you do with a cigarette. As a result, you don't get the same "hit" of nicotine as with smoking.</p>	<p>It mimics the hand-to-mouth action of smoking. Patients decide how often to use the inhaler. It also reduces the symptoms of nicotine withdrawal cravings and irritability. For best results, you should use at least six cartridges per day for the first three – 12 weeks.</p>	<p>It is possible to become dependent on the inhaler. The inhaler does not work properly in temperatures below 10°C, so it may not be a good choice if you plan to use it outside during winter months in a cold climate. Avoid drinking beverages, especially acidic ones (such as coffee, juices, and soda pop), for 15 minutes before and after you use the inhaler. They will wash the nicotine into your stomach instead of allowing it to absorb through your mouth.</p>	<p>Side effects include nausea, headaches, mouth or throat irritation, and an upset stomach.</p>
<p><b>Nicotine Patch</b> A patch that releases a steady stream of nicotine into your body, through the skin.</p>	<p>It's easy to use. After you put the patch on in the morning you don't have to remember to do anything else. It keeps a steady supply of nicotine in your bloodstream. This means you don't have as many cravings for a cigarette.</p>	<p>The patch is not recommended if you have skin problems or allergies to adhesive tape. It doesn't help keep your mouth busy. You can become dependent on it if you use it for too long.</p>	<p>Some side effects from the patch are itching, redness, burning or skin rash.</p>
<p><b>Zyban</b> This is a prescription drug that works by changing the brain's response to nicotine. It makes smoking less pleasurable and reduces cravings while patients change their smoking habits.</p>	<p>Zyban reduces withdrawal symptoms and cravings. You don't get dependent on it. It works well for people who have been smoking for a long time.</p>	<p>Zyban is not as effective for young smokers. You have to remember to take it every day. It takes up to four weeks before you feel the effects in your system.</p>	<p>Side effects from Zyban are excitement, anxiety, insomnia, restlessness, constipation, loss of appetite, dry mouth, dizziness, nausea and unusual weight loss. Some more serious side effects are confusion, irregular heartbeat and severe headache. If you have any of these, you should stop using Zyban and call your doctor right away.</p>



# Worksheets

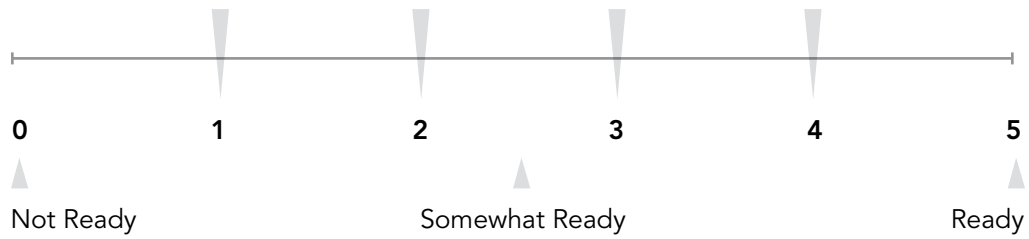
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# Worksheet One

## Readiness-To-Change Scale

How ready am I to reduce second-hand smoke on a scale of 0-5?



Talk to my *Atii!* worker or write about my readiness:

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## Worksheet One

### Readiness-To-Change Scale continued

#### Follow-up question suggestions

##### If the mark is on the left of center (0, 1):

- How will I know when it is time to think about changing?
- What signs will tell me to think about making a change?

##### If the mark is near the center (2, 3):

- Why did I put my mark there and not closer to the left? What might make me put my mark a little further to the right?
- What are the good things about the way I am trying to change? What are the things that are not so good?
- What would be a good result of changing?
- What are the problems with changing?

##### If the mark is on the right of center:

- What is one problem with changing?
- What are some things that could help me overcome this?
- Pick one of those things that could help and do it by

.....  
(specific date).

##### If I have already taken a serious step in making a change:

- What made me decide on that particular step?
- What has worked in taking this step?
- What helped it work? What could help it work even better?
- Can I break that helpful step down into smaller parts?
- Pick one of those parts and do it by  
.....  
(specific date).

##### If I am already changing and trying to maintain that change:

- Congratulations! What's helping me?
- What else would help?
- What makes it hard to keep up the change?

##### If I have "relapsed:"

- Don't be hard on myself. Change is hard and may take time.
- What worked for a while?
- What did I learn that will help when I try again?

(Source: Zimmerman et al., 2000)



# Worksheet Two

## Fagerstrom Test for Nicotine Dependence

This can be used in the first session and again after the program. Tick the box with your answer to each of the following questions:

1. How soon after you wake up do you smoke your first cigarette?
  - Within 5 minutes
  - Within 6 to 30 minutes
  - 31 to 60 minutes
  - After 60 minutes
  
2. Do you find it difficult not to smoke in places where smoking is not allowed?
  - Yes
  - No
  
3. Which cigarette would you most hate to give up?
  - The first one in the morning
  - Any other one
  
4. How many cigarettes do you smoke each day?
  - 10 or less
  - 11 to 20 each day
  - 21 to 30 each day
  - 31 or more each day
  
5. Do you smoke more often during the first hours after waking up than during the rest of the day?
  - Yes
  - No
  
6. Do you still smoke even if you are so sick that you are in bed most of the day?
  - Yes
  - No



Question	Answer	Score
1.	Within 5 Minutes . . . . .	3
	6-30 Minutes . . . . .	2
	31-60 Minutes . . . . .	1
	After 60 Minutes . . . . .	0
2.	Yes . . . . .	1
	No . . . . .	0
3.	The first one in the morning . . .	1
	Any other . . . . .	0
4.	10 or less . . . . .	0
	11-20 . . . . .	1
	21-30 . . . . .	2
	31 or more . . . . .	3
5.	Yes . . . . .	1
	No . . . . .	0
6.	Yes . . . . .	1
	No . . . . .	0

**Results Total:**



**Score Results:**

**0-5** = Low to medium nicotine dependence

**6-10** = High nicotine dependence

## Worksheet Three

### Cigarette Monitoring Form

This form will help you understand when and why you smoke. You will write down the times, places and situations where you smoke. This helps me see how much progress you've made towards reducing second-hand smoke. You can use this form to celebrate your successes! You can reward yourself every time you reduce the number of cigarettes you smoke around your family.

Time	Place	Activity	Emotion	Trigger	Situation

Daily log:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Total number of times I smoked							
Number of times I smoked near child(ren)							
Number of times I did not smoke around child(ren)							
Number of times others have smoked near child(ren)							



Worksheet

Three

Cigarette Monitoring Form continued

How many cigarettes do you smoke on an average day?

.....

What times do you smoke the most?

- Morning
- Afternoon
- Evening

What time do you seem to need a cigarette the most (e.g., first thing in the morning, after dinner)?

.....

.....

Where do you smoke most of your cigarettes?

.....

.....

.....

What are you doing when you smoke most of your cigarettes (e.g., on the phone, watching TV)?

.....

.....

.....

What is going on around you when you smoke most of your cigarettes (e.g., children crying, quiet)?

.....

.....

.....

What things make you want to smoke (e.g., children fighting, talking on the phone)?

.....

.....

.....

.....

.....

Did you notice anything else about your smoking patterns?

.....

.....

.....

.....

.....

.....

.....

.....



Worksheet Four

Short- and Long-Term Goals

These are my goals:

Short-Term Goal:

.....  
.....  
.....  
.....

Overall Long-Term Goal:

.....  
.....  
.....  
.....

Did I reach my short term goal for today?

Yes  No

.....

What are things that made it hard to reach my goal?

.....  
.....  
.....  
.....

Other comments?

.....  
.....  
.....  
.....

Tips for Short-Term Goal Setting

- **Be specific.** Include answers to *who, what, where, when* and *how*. For example, I will delay the morning cigarette until the children have left for school.
- **Talk about what works and what doesn't.** This will help me reach my goal.
- **Be supportive.** Have a list of things that will work, but remember that the decision is up to ME. I will be more successful if I believe in the changes I am making
- **Continue working on past goals.** Make sure to keep working on my past goals as I move onto new ones. A new short term goal could be to keep up my past goals.

The names of people who can help you reach your goals:

- .....
- .....
- .....
- .....

It's okay to have setbacks. What is more important is that I am making changes for both myself and my family's health.



# Worksheet

# Four

## Short and Long Term Goals continued

### Goals for My Home:

I would like to try to (place a check mark):

- Delay** my first cigarette of the day.
- Delay** my cigarette until I can go outside and smoke it.
- Delay** having my cigarette until my child has left the house.
- Delay** each of my daily cigarettes for ..... (10, 15, 30 , etc.) minutes.
- Put** a distraction (such as a stress ball, candy, sugarless gum or crossword puzzles) where I usually keep ashtrays or cigarettes.
- Make sure** no one ever smokes in my children’s bedroom.
- Use** a fan to blow smoke out an open window. Always smoke in front of the window with the fan blowing the smoke outside.
- Set** non-smoking times. For example, promise myself not to smoke between 9 pm and 9 am.
- Try** to stop smoking for 24 hours.
- Move** my smoking to a less comfortable place where I don’t usually smoke.
- Pick** a smoking place. Keep my ashtrays and lighters there.
- Not** smoke inside within three hours of my children returning home from school. For example, if my child gets home at 3 pm, I won’t smoke inside after lunch hour.
- Move** ..... (the number) of my daily cigarettes outside. Continue to add to this number.

- Not** smoke with my baby in my amautik.
- Chew** a piece of nicotine or sugarless gum, a hard candy, or a straw instead of smoking.
- Ask** guests to leave the room to smoke outside if my children are around or tell my children to go to another room to get away from the smoke.
- Make** my home non-smoking and stick to it especially with friends and family who smoke.
- Put** a no smoking sign in plain view at my house or put a blue light bulb into my porch light outlet to show everyone my home is smoke-free.
- Stay away from** places where others are smoking when my children are with me.
- Ask** friends and family to watch my children while I go outside to smoke.
- Ask** others to smoke outside my house or ask them to use my smoking place. Make sure they stick to my rules, it’s my house.
- Take** a few extra minutes to smoke outside the car before I get in.
- Not** smoke while driving in the car, skidoo or ATV.

### Other ideas:

.....

.....

.....

.....

.....

.....

## Worksheet Five

### Cigarette Fading, *DEEDS* and Finding a Smoking Place

#### Cigarette Fading and *DEEDS*

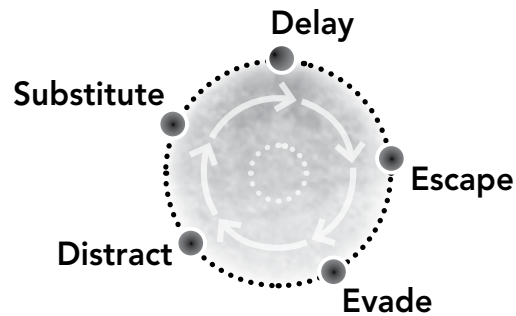
Two ideas to help with your cravings are *cigarette fading* and *DEEDS*. These are helpful for reducing second-hand smoke or for quitting. The ideas will help you delay smoking until you can go outside, get away from your children, or go to your smoking space.

Cigarette fading means slowly cutting down on the number of cigarettes you smoke each day. To get started, you will choose how many cigarettes you will allow yourself to have each day. Then you will only carry that number with you, or give them to a non-smoking friend to keep for you. Put the rest of the package in the freezer or another place that is difficult to reach. You can try to:

- figure out how long you go in between each cigarette (how many minutes or hours);
- slowly add to the time between each cigarette by 10 to 15 minutes;
- keep adding to the time between each cigarette; and
- stick to your schedule or it won't work. It's OK to wait longer if you can, but you can't smoke more than your schedule allows.

If you find it too hard to stick to your schedule, it's OK to go back to smoking more often until you're ready to increase time between your cigarettes again.

#### The *DEEDS* Strategy



#### Delay

A cigarette craving fades in 10 to 15 minutes, even if you don't smoke. Tell yourself, "This urge will pass" or "I'd like a cigarette but I don't need this one." When you have a craving, you can delay smoking for 15 minutes. It proves that your cravings don't last forever and gives you more control over your smoking. It gets easier with practice. Slowly, you will be able to delay for longer periods of time and will then smoke fewer cigarettes each day. You can try these ideas:

- Delay your first cigarette of the day. Eat breakfast before you smoke or wait until you get the children off to school;
- You can set certain hours that are smoke-free. For example, not smoking between 9 pm and 9 am; and
- You can put ashtrays and lighters in different places so smoking is less convenient.



## Worksheet Five

*Cigarette Fading, DEEDS and Finding a Smoking Place continued*

### Escape

If possible, leave the situation that triggers the craving. This isn't always easy, especially if you can't leave your children alone. Sometimes it's your children's behaviour that triggers cravings! Try these ideas:

- Keep your children busy with a DVD, an MP3 player or radio;
- Make a list of cool crafts your kids can work on when you need a break. Try to keep the materials on-hand;
- Act "as if" and pretend that you're a non-smoker for 15 minutes;
- Be realistic. You can take a five-minute break instead of wishing for the afternoon off;
- Take a mental vacation. Imagine the place you would most like to be. Include your children. Ask them where they would most like to be and why; and
- Put on headphones and listen to your favourite music or the radio. You can still see your children without hearing them.

### Evade

Try to stay away from situations where you know there will be smoking. When you are more able to resist cravings, you can slowly get back to a normal routine. Set non-smoking rules for your home and stick to them. Try these ideas:

- Set up a comfortable smoking place outside for your guests to use;
- Ask your guests to watch your children while you go outside to smoke;
- Go places where smoking isn't allowed, like playgroups or the library; and

- Hang out with friends who are non-smokers or who are also trying to protect their children from second-hand smoke. Visit friends who also have a non-smoking home.

### Distract

Think of things to do that will keep your mind off smoking. You can make a list of things that you can't smoke and do at the same time:

- Wash dishes, braid your hair, give the kids a bath;
- Play cards, knit, sew; and
- Chew sugarless gum or hard candy.

### Substitute

When you have a craving, you can replace it with something that keeps your hands and mouth busy. It must be something you can do quickly and have on-hand:

- Chew a sugarless candy or a straw;
- Chew sugarless or nicotine gum; and
- Brush your teeth or have a drink of cold water.

### Finding a Smoking Place

A great way to reduce second-hand smoke is to choose a special smoking place. It will help you avoid smoking around your children in your home. This strategy can also be used if you want to quit. It cuts down on the number of places where you can smoke and on your triggers. Here's how to choose your smoking place:

- **Pick** a place where you don't usually smoke;



## Worksheet

## Five

*Cigarette Fading, DEEDS and Finding a Smoking Place continued*

- **Choose** a place where you don't usually do other things like watch TV, use the computer, read the paper/mail, talk on the phone, send text messages or visit with other people. These are all triggers for smoking;
- **Try** not to do anything else in the place you have chosen except smoke;
- **Keep** all lighters, ashtrays and cigarettes in your smoking place. This will remind you not to smoke anywhere else in your home;
- **Pick** a comfortable place, but it shouldn't be your favourite place to be; and
- **If you forget** and start to smoke somewhere else, go immediately to your smoking place, or put the cigarette out until you can get to your smoking place.

### Things to try:

- It's **good** to take a smoke break in front of an open window with a fan behind you blowing the smoke out the window;
- It's **better** to take a smoke break on the balcony if you have one; and
- It's **best** to take a smoke break outside.

Your ideas for a smoking place  
(tick the best one):

- .....
- .....
- .....
- .....



Worksheet **Six****How to Identify my Triggers**

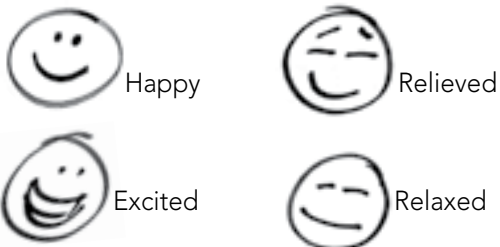
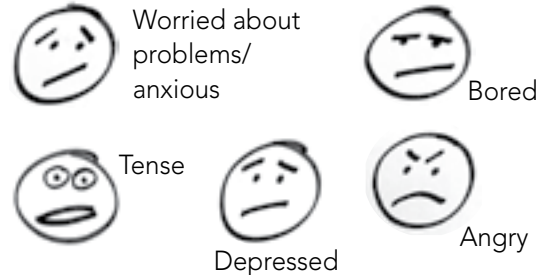
Refer to worksheet 2. This will help me understand my triggers.

**What is a trigger?** A trigger is something that makes you want to smoke a cigarette. Smoking can be triggered by how you feel. You might smoke when you're angry, stressed or tired. You might smoke when you feel happy and relaxed. Your children's behaviour can also be a trigger.

Triggers can also be many things you do every day. For example:

- Drinking coffee or alcohol;
- Being with your friends who smoke;
- Sitting down and putting your feet up; and
- Talking on the telephone.

These are activities, situations or feelings that can be triggers for smoking. Check the ones that apply to you.

**Positive Feelings/Thoughts****Negative Feelings/Thoughts****Activities**

- Watching TV
- Drinking coffee or alcohol
- Talking on the phone
- Taking a bath
- Reading a book
- Walking

**Situations**

- Taking a break
- Being around smokers
- Socializing
- Parenting challenges
- Not having enough money, time or help
- Waiting for something (i.e. ride)

## Worksheet

## Six

### How to Identify my Triggers continued

Other triggers:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

1. What activities/places are triggers for your smoking (e.g., smoking and talking on the phone, smoking and drinking coffee, etc.)?

.....

.....

.....

.....

What could you do instead (e.g., doodle while talking on the phone, take your coffee to another room or drink water instead)?

.....

.....

.....

.....

.....

2. What negative feelings or emotions are triggers for your smoking (e.g., anxious, sad, angry, etc.)?

.....

.....

.....

.....

How can you deal with your feelings (e.g., go for a walk/run, deep breathing exercises, talk to a friend)?

.....

.....

.....

.....

3. What good feelings are triggers for your smoking (e.g., relaxation)?

.....

.....

.....

.....

How can you congratulate yourself in a different way (e.g., ask a friend for a manicure)?

.....

.....

.....

.....



### Positives and Negatives of Smoking

This worksheet is important if your goal is to cut down or quit smoking. It will help you understand the good and bad parts of smoking, cutting down or quitting. It will help both you and your *Atii!* worker understand the reasons why you smoke. It also helps you to learn about possible problems and come up with solutions.

It can be easy to see or think about the downside of smoking and the benefits of quitting. But people often don't talk or think about the good parts of smoking and the bad side of quitting. Below are some examples and try to think of your own ideas for each section.

<p><b>What I <i>Like</i> About Smoking</b></p> <ul style="list-style-type: none"> <li>• It gives me a break from my children.</li> <li>• It helps me deal with anger or stress.</li> <li>• It's a social thing to do with my friends.</li> </ul>	<p><b>What I <i>Don't Like</i> About Smoking</b></p> <ul style="list-style-type: none"> <li>• It's bad for my health.</li> <li>• It costs a lot of money.</li> <li>• Second-hand smoke is unhealthy for my children.</li> </ul>
<p><b>What I <i>Like</i> About Quitting</b></p> <ul style="list-style-type: none"> <li>• I'll save money.</li> <li>• I'll be able to breathe better.</li> <li>• My children will stop nagging me to quit.</li> </ul>	<p><b>What I <i>Don't Like</i> About Quitting</b></p> <ul style="list-style-type: none"> <li>• I'll have to deal with my friends who smoke.</li> <li>• I won't know what to do with my hands.</li> <li>• I'm afraid my anger will get out of control.</li> </ul>

<p><b>What I <i>Like</i> About Smoking</b></p> <ul style="list-style-type: none"> <li>• .....</li> <li>• .....</li> <li>• .....</li> </ul>	<p><b>What I <i>Don't Like</i> About Smoking</b></p> <ul style="list-style-type: none"> <li>• .....</li> <li>• .....</li> <li>• .....</li> </ul>
<p><b>What I <i>Like</i> About Quitting</b></p> <ul style="list-style-type: none"> <li>• .....</li> <li>• .....</li> <li>• .....</li> </ul>	<p><b>What I <i>Don't Like</i> About Quitting</b></p> <ul style="list-style-type: none"> <li>• .....</li> <li>• .....</li> <li>• .....</li> </ul>

Worksheet Eight

Coping with Cravings

It's normal to have cravings for cigarettes when you are trying to make a change in your smoking. You can try to wait out the craving and tell yourself that it will pass after a few minutes. A good first step is to plan ahead. After you have figured out your triggers, you can plan ways to deal with them. Here are some ideas:

- Talk to a supportive friend;
- Take your children to the playground or for a quick walk outside;
- Hide the ashtrays and put your cigarettes out of sight;
- Take deep breaths;
- Throat sing;
- Have a drink of ice cold water;
- Suck on some ice;
- Chew sugar-free gum or eat breath mints;
- Try relaxation exercises;
- Take a shower;
- Clean your house;
- Do a craft or colour with your children;
- Do something with a non-smoker; or
- Reward yourself for delaying your smoking or changing your thinking about smoking.

Things you can do to deal with your triggers:

- .....
- .....
- .....

“My craving is gone completely. I don't have to have a cigarette as a dessert anymore. I have changed my way of dealing with my cravings.”

Annie B. Gordon, Aklavik, NT  
(Our Ancestors Never Smoked, pg. 74)

It isn't always easy to find time to do the things listed above. Instead, it might be easier to talk to yourself and change the way you think about smoking. Here are some ideas:

- Tell yourself to wait a bit longer to have this cigarette;
- Try to figure out why you're craving a cigarette;
- Remind yourself the craving will be over soon;
- Figure out what else you can do besides having this cigarette;
- Remember the changes you've made already;
- Remind yourself what a good job you're doing to protect your children from second-hand smoke. Not smoking around them means their health will be better;
- Think positive thoughts. Think of the benefits for you, your children, your pets and your home;
- Think of something you want to buy. You can put a quarter in a smoking jar every time you delay having a cigarette; and
- Don't think of a cigarette as a reward. Learn to reward yourself in other ways.



# Worksheet Eight

*Coping with Cravings continued*

Things that you can do to help you with cravings:

- .....
- .....
- .....
- .....

“ If someone asks me how to quit smoking I would say: have a partner [friend/buddy] who doesn't smoke or use chewing gum often and drink lots of cold water. Also go outside for fresh air. I think she or he would stop smoking. ”

Sarah Qumaluk, Sanikiluaq, NU  
*(Our Ancestors Never Smoked, pg. 67)*

## When the Smoking Urge Strikes

### Pause

- Notice the situation
- Don't judge yourself
- Ask yourself what I am feeling
- Take a few deep breaths

### Focus

- Is there anything you need to do or say to take care of yourself
- You have new choices

### Act

- In harmony with your goals
- Call a friend
- Share your thoughts/feelings with your group or *Atii!* worker
- Support/encourage yourself

*(Breathing Easy. pg. 50)*

**Whether I smoke or not, this urge will pass!**

Worksheet **Nine**

**Ideas to Keep My Hands Busy**

The best way to deal with cravings is to plan ahead. You can think of a list of things that you can do to help deal with cravings before they hit. The best ideas are things that you can't smoke and do at the same time. Here are some examples:

- Do a craft with your children;
- Brush your teeth or floss;
- Get your hands wet (so it's too difficult to hold a cigarette);
- Sew something, knit (or crochet) or do beading;
- Put together a jigsaw puzzle;
- Chew sugarless gum;
- Play with the *Atii! Reduce Second-hand Smoke* stress ball;
- Doodle;
- Do the dishes;
- Paint your nails;
- Dust; or
- Clean your house.

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

“ My advice on how to reduce cigarette use is to drink water then work outside, like shoveling or cleaning around the house. Keep your mind busy on other things. Another advice is to go walking and leave your cigarettes behind. ”

Juanasi Tulugak, Nunavik,  
(*Our Ancestors Never Smoked*, pg. 72)



