



Smoke Signals

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Once You've Quit

Once you've quit, the next step is to stay off. The first three months or so after quitting are the hardest time. Most people who return to smoking do so then. During those first three months, they've broken the physical addiction but not yet shaken their psychological dependence on cigarettes.

It often takes just one cigarette to put you back on the smoking treadmill. Have some ideas up your sleeve to fight temptation. For example, plan to take a bath, chew sugarless gum, sip some water, find something to do with your hands, or step outside for some fresh air when the urge to smoke hits you.

If you know you are going to be around smokers, be prepared. Practice an answer for when you're offered a cigarette. Seek out nonsmokers in the group. Don't apologize for not smoking. If you do smoke a cigarette, then you need to renew your decision to quit. Focus on learning from your slip, not on berating yourself for it. Figure out why you slipped up and how you might avoid doing so again.

Once your body's metabolism returns to normal, you may put on a little weight. The average is about 7 pounds. If you are worried about gaining weight, talk to your dietitian about changing your meal and exercise plans. You also need to stay in touch with your health care provider after you quit.

If you have diabetes, Your diabetes control will probably improve. If so, your health care provider may want to change your insulin dose or diabetes pill schedule. Similarly, if you are being treated for high blood pressure or high cholesterol levels, your condition may improve so much that your health care provider may want to change your treatment.

Remember - quitting smoking is probably the most important thing you can do for your health and for those around you.

Ready to stop smoking?
Call 894-2408
for more tips
to help you quit!

Dealing with difficult situations

There are many situations that can make staying a non-smoker all that much harder. Learn how to fight the enemies of success!

Boredom

Boredom is a state of mind. Smoking won't change that, but doing something might! Pick up a new hobby or even better, start doing something you once loved but have not had time to do.

Complacency

Many smokers report a danger time at about five or six weeks. Withdrawal symptoms are behind you, you're feeling physically better, mentally more alert and you may have forgotten just how bad you felt when you were still smoking. Beware! Complacency is dangerous. Remind yourself that there is no such thing as one cigarette. There never was before and there won't be this time either. Keep positive and stay focused.

Other smokers

Remind yourself that smokers are drug addicts who wish they didn't have to smoke (just like you used to). They are not enjoying smoking, they're simply feeding an addiction. Ask your friends not to offer you a cigarette and remember how much good you are doing yourself by not joining them.

Routines

Certain routines are likely to be inextricably linked with smoking. Many people see smoking as their treat or reward and this association can be hard to break. Break obvious routines. If you always smoked with a cup of coffee in the morning, try herbal tea or even hot water with lemon instead (water and cigarette smoke don't taste good together). Or use this time to do something completely different - take the dog for a walk, meditate or go for a swim. Remind yourself that the pleasure you associated with smoking was an illusion. It only seemed good because you were relieving your withdrawal symptoms. This is the basis of all drug addiction.

Tiredness

Excessive tiredness is normal in the early days of stopping smoking. Exercise is nature's antidote to lethargy and tiredness, and now that you are physically fitter, you'll be surprised at how much easier and more enjoyable exercise is. Do what works best for you - a regular walk in the park is just as good as an irregular workout in the gym - and your energy levels will soon rise. Stay motivated!