



QUITKIT

Respect Tobacco

A FIRST NATIONS GUIDE

QuitKit has been developed for First Nations people who want to stop using commercial tobacco.

QUITKIT GUIDEBOOK

This Guidebook comes together with the QuitKit Journal for reflecting on our reasons for quitting and picking action steps. QuitKit increases our chances by helping us plan and prepare.

**Remember it is not a race!
We learn and grow with every
quit attempt. As long as we
keep going, we will get there!**



First Nations Health Authority
Health through wellness

The background is a stylized illustration of a mountain landscape. In the foreground, there are numerous dark green evergreen trees of varying sizes. A bright blue river winds through the middle ground, bordered by light brown sandy banks. The background features rolling green hills and distant mountains with white snow-capped peaks under a light blue sky.

QUITTING IS A JOURNEY

QUITKIT SHOWS HOW TO DRAW A MAP,
PACK THE RIGHT SUPPLIES,
AND ARRIVE AT A SMOKE-FREE LIFE.



Respect Tobacco

A FIRST NATIONS GUIDE

ACKNOWLEDGEMENTS

QuitKit is inspired by the spirit and strength of Indigenous Peoples. This edition gratefully acknowledges the FNHA-Northern Region Team and the FNHA Respecting Tobacco Program.

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Designed by MAGPYE Productions

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First Nations Health Authority
Health through wellness

www.fnha.ca

QuitKit is intended to provide support and guidance for First Nations community members. Note that sources are not included in this guidebook as the information shared is in keeping with other quit smoking programs and readily available on the internet.

COMMUNITIES OF THE NORTHERN REGION

NORTHWEST

Anspayaxw (Kispiox) Village
Daylu Dena Council
Dease River Band
Gingolx Village
Gitanmaax Village
Gitanyow Village
Gitga'a't Nation
Gitlaxt'aamiks Village
Gitsegukla Village
Gitwangak Village
Gitwinksihlkw Village
Gitxaala Nation
Gitxsan Health Society
Hagwilget First Nation
Haisla Nation
Iskut Band
Kitselas First Nation
Kitsumkalum Band
Lax Kw'alaama First Nation
Laxgalts'ap Village
Metlakatla First Nation

Old Massett Village Council
Sik-E-Dakh Village
(Glenn Vowell)
Skidegate Band
Tahltan Nation
Taku River Tlingit Nation
Ts'il Kaz Koh First Nation
(Burns Lake)
Witset First Nation

NORTH CENTRAL

?Esdilagh Indian Band
Binche Whut'en
Cheslatta Carrier Nation
Kwadacha Nation
Lake Babine Nation
L'heidli T'enneh First Nation
Lhoosk'uz Dene
Government (Kluskus)
Lhtako Dene
McLeod Lake Indian Band
Nadleh Whut'en
Nak'azdli Whuten

Nazko First Nation
Nee-Tahi-Buhn Band
Saik'uz First Nation
Skin Tyee Nation
Stellat'en First Nation
Tl'azt'en Nations
Tsay Keh Dene
Ts'il Kaz Koh First Nation
Wet'suwet'en First Nation
Yekooche First Nation

NORTHEAST

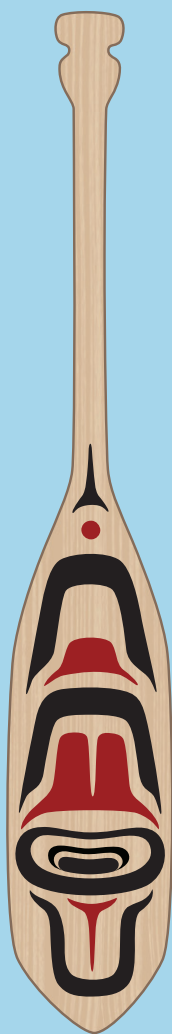
Blueberry River First Nation
Doig River First Nation
Fort Nelson First Nation
Halfway River First Nation
Saulteau First Nations
Tsaa Tse K'Nai First
Nations (Prophet River)
West Moberly First Nations

FIND IT FAST

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WELCOME TO THE JOURNEY!



You are in good company.

Every year, more First Nations peoples are choosing smoke-free lives.

It is never too late to quit.

Quitting can be hard, but the positive effects on our mind, body, and spirit are almost immediate.

The benefits of quitting start right away.

Quitting smoking is one of the biggest steps we can take to improve our health.

Be patient.

It can take time to get over being dependent on nicotine.

Wellness is intergenerational.

Quitting tobacco is part of creating a healthy future for ourselves and our families.

**Whether you have never
tried to quit—or tried many
times—QuitKit is for you.**

HOW TO QUIT

QuitKit breaks quitting down into manageable steps. Making a plan and taking time to prepare ourselves for the journey greatly increases our chances of success.



This Guidebook comes with a companion QuitKit Journal designed for reflecting on your journey. It's a great place to work through challenges and track progress.



STEP 1: MAKE THE DECISION

The first step in quitting is making the decision and committing to try until we succeed. Remember that it's a journey, not a race, and we will each reach the destination in our own time.

When we know our reasons, we are more likely to stay the course.

Learn more on page 15.

STEP 2: PLAN AND PREPARE

Plans are like maps. They chart a route to our destination and show us the turbulent waters so we can prepare. With proper preparation, we are less likely to lose our way.

Talk to a health care provider before quitting (i.e., pharmacist, nurse, doctor).

Change smoking habits before quitting to start moving nicotine out of your daily life.

Pack a Wellness Basket for success.

Learn more on page 39.



STEP 3: LAUNCH THE CANOE

Now that your map is drawn and your Wellness Basket is packed, it's time to push off on the journey towards a smoke-free future.

Ask for support from family, friends, and co-workers.

Consider talking to a trusted family member, friend, Elder, or knowledge keeper.

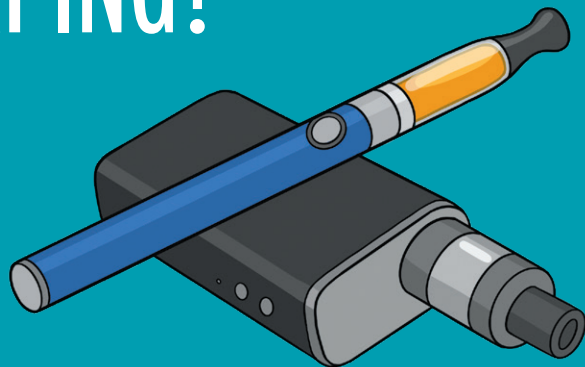
Navigate withdrawal—it typically lasts about 2 to 4 weeks.

Deal with cravings—each one usually lasts less than 5 minutes. You've got this!

Learn more on page 61.



WHAT ABOUT VAPING?



Vaping carries significant health risks even though it is marketed as a safer alternative to smoking,

What are vapes? Also known as e-cigarettes, vapes are battery-powered devices that heat a liquid (e-liquid) into an aerosol, which is then inhaled.

Vaping is not safe: While the number of toxic chemicals involved in vaping is generally lower than in smoking, it is still high and exposes users to chemicals that can harm the lungs, brain, and other organs. Some ingredients in e-liquids are labeled "food-safe" or "pharmaceutical grade," but the safety of inhaling these chemicals when heated is still uncertain.

Research is lacking: Because vaping is new, research on health effects is still ongoing, but Health Canada and other public health organizations have raised concerns about risks such as respiratory irritation, nicotine exposure, and other long term health effects that we do not yet fully understand.



Nicotine addiction: Giving up vaping involves a similar journey to quitting smoking because both require that we deal with our addiction to nicotine. This QuitKit Guidebook can help you prepare to successfully quit vaping.

For more information about vaping, see pages 19, 24, 32–37, 56 and 65.

RESPECT TOBACCO

For thousands of years, Indigenous people around Turtle Island have taught that tobacco is a sacred plant with strong spiritual and healing abilities. Not all Nations use tobacco, but when they do, the intended use is in ceremony and prayer. When we choose to quit commercial tobacco, we are showing respect for this sacred plant.

Traditional tobacco: Consider reaching out to an Elder or Knowledge Keeper and making sacred tobacco part of your journey. Then, instead of harming us, tobacco can be a source of strength.

Connect with spirit: In many communities, tobacco is burned to connect with the spiritual world through pipe ceremonies, smudging, or placing it directly on the fire.

Given in gratitude: It is common to give tobacco as a sign of respect when asking an Elder or Knowledge Keeper for help. Tobacco offerings are also placed in nature as a way of giving thanks.

Protection: Smudging with tobacco, sage, and sweetgrass cleans the space and clears out negative energy.



MAKE TOBACCO A SOURCE OF STRENGTH



**Respecting Tobacco:
Traditional vs Commercial Use**



Tobacco is Medicine

CHOOSE WELLNESS

Quitting smoking means that we are choosing wellness and striving to make new routines that can help us thrive. Wellness is unique for each of us. The Indigenous understanding of wellness speaks about finding balance between the parts of being human: mental, physical, emotional, and spiritual—and about honouring the different layers of our lives: family, community, culture, and land.

- Look for activities that include several and different parts of wellness. One example is walking on the land with a good friend.
- Talk to others about their wellness. Ask what they do to maintain their wellbeing.
- Consider doing a wellness challenge with family or a friend.

This Guidebook comes with a companion QuitKit Journal designed for reflecting on your journey. It's a great place to work through challenges and track progress.

- Turn to the Journal now to answer these questions.
- If you don't have the Journal, then use a notebook or your phone to record your thoughts.



JOURNAL ACTIVITY

Check in with yourself. Explore what wellness looks like for you. There is no right or wrong answer.

In the Quitkit Journal, answer the questions:

- Make a list of activities or times in your day that help you feel healthy and well (e.g., eating a good breakfast, going outside to welcome the day, smudging or praying, petting the cat, taking a walk after supper).
- What helps you to do these healthy activities?
- What gets in the way of doing them (e.g., schedule, business, confidence, and health)?
- What is a current habit that helps with your wellness?

DID YOU KNOW?

Some people say smoking helps them relax, but actually nicotine increases our heart rate and blood pressure. Nicotine also wears off fast—so we can be experiencing withdrawal between each cigarette. Withdrawal is a collection of physical and mental symptoms that occur when we stop using nicotine. This is why we feel relief—or relaxation—each time that we smoke, because it stops our withdrawals symptoms!

STEP 1

Make the Decision

We each have our own reasons for quitting. Let yours be the guiding stars as you launch your canoe and head off on this journey.

WHAT ARE YOUR REASONS?

- Get healthier and stay healthy longer
- Learn healthier ways to cope with stress
- Create a healthier home for our children and grandchildren
- Get free of addiction to nicotine
- Have a healthy pregnancy
- Look and smell better
- Be a good example for family and friends
- Honour our health and manage chronic conditions
- Stop wasting money
- Vote with our dollars to not support big tobacco anymore



BREAK THE CYCLE

When we smoke, it gives our kids the message that smoking is okay. It's the same when we quit smoking. **Wellness is intergenerational.** We can make it normal not to smoke and we can inspire others in our families and communities to quit too.



DID YOU KNOW?

Kids with even one parent who smokes are 3 times more likely to start smoking too.

Our brains are still developing into our mid-20s and exposure to nicotine can have lasting and damaging effects on brain development.

SAVE MONEY

It's incredible how much we spend on cigarettes! Saving money is a big reason for quitting.

If you smoke a pack a day, the cost adds up fast.

1 month = \$450

1 year = \$5,400

10 years = \$54,000



JOURNAL ACTIVITY

Figure out how much smoking costs you.

- How much do you spend each month?
- If you quit now, how much money will you save over the next 20 years?
- What would you do with that money?

SMOKING IS HARD ON EVERY PART OF THE BODY

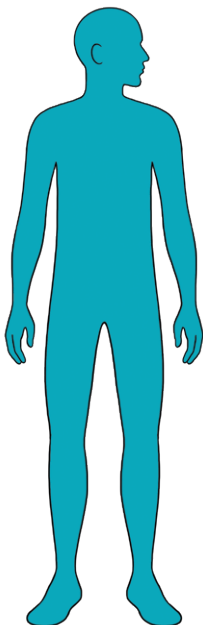
Stroke

Weakened
immune
system

Pneumonia
disease

Erectile
dysfunction

High
cholesterol



Poor vision

Coughing,
asthma,
bronchitis,
COPD

Heart
and heart
attack

Infertility

Circulation
problems
and even
gangrene

Lip | Mouth | Nose
Throat

Lungs

Stomach

Liver | Pancreas

Kidney | Bladder

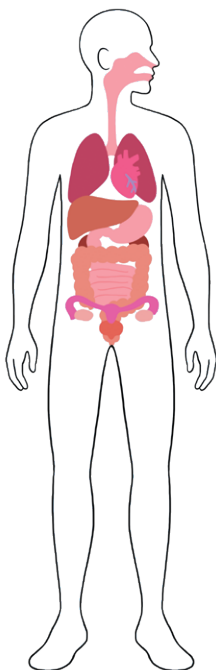
Colon

Rectum

Cervix | Ovaries

Bone marrow

Blood
and more



HEALTH RISKS OF VAPING

What are we inhaling? With vapes, we are not inhaling evaporated water, instead we are inhaling an aerosol-suspended gas with particles. Many of the elements in the aerosol are known to cause lung damage, respiratory disease, and increase our risk of cancer.

Toxic chemicals: The aerosol from e-cigarettes contains harmful chemicals including:

- **Heavy metals** such as lead, cadmium, and nickel. To list a few, these elements can be found in batteries, paints, plastics, electronics, etc.
- **Carbonyl compounds** like formaldehyde, acrolein, and acetaldehyde. Formaldehyde is used as a disinfectant and preservative for biological specimens. Acetaldehyde is used as a solvent in manufacturing of plastics.
- **Volatile organic compounds** such as toluene and xylene, which are used in solvents like paint, paint thinner, adhesives, glue, and gasoline.
- **Polycyclic aromatic hydrocarbons** (PAHs), which are found in vehicle exhaust, as well as tiny particles found in wildfire smoke.
- **Tobacco-specific nitrosamines** (TSNAs) are found in both vape aerosol and in cigarettes.

QUITTING CAN ADD YEARS TO YOUR LIFE

The benefits of quitting start right away.

20 minutes after quitting

Your blood pressure and pulse rate return to normal.

After 8 hours

You can breathe easier. Your oxygen levels are back to normal and your chance of having a heart attack goes down.

After 24 hours

Your lungs start to clear out the mucus. Coughing is actually a good sign.

After 48 hours

You are nicotine free.
Your senses of taste and smell begin to return.

After one year

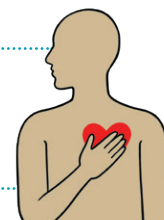
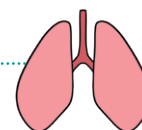
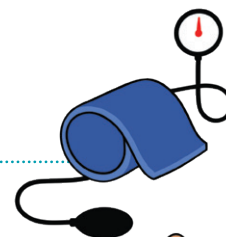
Your risk of having a heart attack is cut in half.

After 10 years

Your risk of dying from lung cancer is cut in half.

10-15 years after quitting

Your risk of coronary heart disease is the same as someone who has never smoked.



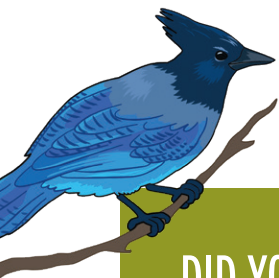
DO LUNGS REPAIR AFTER SMOKING?

Yes, your lungs can start to heal if you stop smoking.

After quitting, the swelling and extra mucus in your lungs begin to go away within weeks. In a few months, tiny hair-like structures in your lungs, called cilia, start to grow back. In fact, many parts of your body begin to get better after you stop smoking.

SECOND-HAND SMOKE IS SERIOUS

When we smoke, it is like those around us are smoking too. Second-hand smoke has 4,000+ chemicals and 70 are known to cause cancer. Children and Elders are most at risk because their bodies are more vulnerable and they may be unable to leave the room or ask us to stop. Babies are a lot smaller, so the quantity of chemicals entering their body is so much larger, relatively speaking. Also, babies put things in their mouths all the time. When we smoke, the surfaces in our homes will have chemicals on them that babies then put in their mouths.



DID YOU KNOW?

80% of cigarette smoke is invisible.

Smoke lingers in the home for more than 2 hours even with an open window.

Smoke residue can stay on surfaces for years, especially places like ceilings that we are unlikely to clean.

Quitting is good for our families.

When we quit, we protect our family members from

- Irritated eyes, nose, and throat
- Increased allergies and asthma
- Higher risk of lung cancer
- Higher risk of heart attack

Quitting is good for our kids.

Second-hand smoke is extra hard on kids because they breathe faster, pulling more smoke into smaller lungs. Their immune systems are still developing, so they have less defenses.

Getting rid of second-hand smoke helps to:

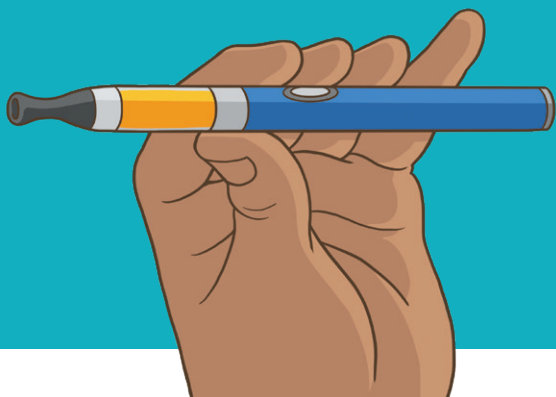
- Lower risk of Sudden Infant Death Syndrome (SIDS)
- Reduce asthma and bronchitis
- Reduce colds and ear infections

Quitting is even good for our pets.

Pets have faster respiratory rates compared to humans, so they breathe in more air per minute—which means more smoke per minute. This makes them more vulnerable to inhaling harmful substances. Quitting protects our pets from respiratory diseases, heart disease, and cancer caused by second hand smoke.

VAPING AND SECOND-HAND AEROSOL

The aerosol vapour that is exhaled when we vape contains chemicals known to cause respiratory distress and disease. Research on the health effects of second-hand exposure to e-cigarette vapour is relatively new, but Health Canada and other public health organizations have raised concerns about risks such as respiratory irritation, nicotine exposure, and other long-term health effects that we do not yet fully understand.



SMOKE GETS ON EVERYTHING

Third-hand smoke is the toxic, oily residue that smoking leaves behind.

- It clings to our skin and our clothes.
- It coats the surfaces in our house and cars.
- It can't be aired out, even with fans and fresh air.
- It can be very expensive to remove this sticky residue from our home and cars.

Say goodbye to third-hand smoke

- Wash walls with hot soapy water. Wear gloves and change cleaning rags often.
- Wash carpets, curtains, and blinds—or consider replacing them.
- Clear air ducts and replace filters.
- Clear your vehicle: wipe the dashboard, windows, upholstery.



BABY ON THE WAY

Pregnancy is a chance to make positive changes for our babies and for ourselves!

Reach out to a health care provider for advice.

Quitting at any time is good for baby, but earlier is better:

Smoking transfers harmful chemicals through the placenta that interfere with baby's development.

- Help baby get enough oxygen and food to grow.
- Prevent damage to developing lungs and brain.
- Reduce the chance of miscarriage and stillbirth.
- Increase the chance of a healthy birth weight.
- Lower the risk of birth defects like cleft lip and palate.
- Reduce the chances of colic and uncontrollable crying.
- Reduce childhood illnesses, especially asthma.
- Lower the risk of Sudden Infant Death Syndrome (SIDs).

Quitting also benefits moms.

- More energy to keep up with baby.
- Improve self-esteem from being a better role model.
- Save money for baby supplies or a special treat.
- The health benefits that come with quitting



After baby comes

Make a plan for staying smoke-free. Being a new mom is stressful. If you slip up, revisit your reasons for quitting and draw up a new plan.



DID YOU KNOW?

Nicotine and other chemicals are passed to babies through breast milk.

TRUE OR FALSE

- The stress of quitting will harm a fetus **FALSE**
- Smoking stresses the fetus by making it harder to get oxygen and food **TRUE**
- Childbirth is easier if you smoke . . . **FALSE**
- Women who smoke have a higher chance of miscarriage and risky births **TRUE**

Reduce the Harm

Here are some ways to protect loved ones from smoking-related toxins.

- Smoke outside at least 6 metres from the door.
- Always smoke in the same jacket and leave it outside.
- Don't smoke in vehicle with family members.
- Wash hands with soap after smoking.
- If possible, before holding a baby, shower and change clothes after smoking.
- If you are still smoking when you have a baby, wait until after breastfeeding to smoke. Although, quitting entirely is the healthiest choice for both you and the baby.



IMAGINE LIFE A YEAR AFTER QUITTING!

This is an important journey. Quitting is one of the single best things we can do to improve our health.

- Breathe easier
- Be able to be more physically active
- Reduce your risk of chronic diseases, or manage their impact
- Taste food
- Look and smell better
- Have more money

Quitting is also a powerful way to contribute to intergenerational wellness by being an example and breaking the cycle.



JOURNAL ACTIVITY

- What are the things that are keeping you smoking or vaping? Write them down.
- Make a list of your reasons for quitting. Then pick your top 3 reasons.
- Post them where you'll see them every day.
- Look at them regularly—they will help guide your journey.

DID YOU KNOW?

Vitamin C helps repair our bodies, but studies show smokers have lower vitamin C levels in the blood.

- Our bodies do not store vitamin C for very long.
- Traditional foods that are high in vitamin C include: berries, salmon eggs, seaweed, clams and oysters, deer liver, and rosehips.

Lower vitamin D levels are also linked to smoking.

- Smoking can impair the liver and kidneys, which are responsible for converting vitamin D into its active form.
- Lower levels of vitamin D can impact bone health, as vitamin D helps the body absorb calcium.

Our absorption of calcium can also be reduced by smoking.

- Smoking interferes with the production of certain enzymes that help the body absorb nutrients, including calcium.
- Without enough calcium, bones can become weaker over time, increasing the risk of osteoporosis.

Please consult with your doctor before starting any vitamin supplements.

VAPING AND E-CIGARETTES: WHAT YOU NEED TO KNOW

E-cigarettes, also known as vaping devices or ENDS (electronic nicotine delivery systems), are battery-powered devices that heat a liquid (e-liquid) into an aerosol, which is then inhaled.

HEALTH RISKS OF VAPING

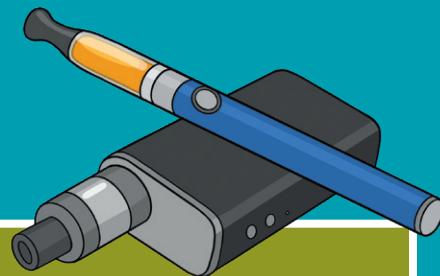
Toxic chemicals: The aerosol from e-cigarettes contains harmful chemicals known to cause lung damage and increase our risk of cancer. These may include formaldehyde, acetaldehyde, heavy metals like lead and cadmium, as well as propylene glycol, glycerol, flavorings, nicotine, propanal, diacetyl, and triacetin, etc.

Dual use: Dual use refers to using both e-cigarettes and traditional cigarettes. By using both cigarettes and e-cigarettes, we are exposed to a wider range of harmful chemicals from both products, leading to greater overall health risks. Both smoking and vaping provide nicotine, which is a highly addictive substance. Smoking cigarettes and using e-cigarettes together can result in higher nicotine intake, leading to an increased risk of developing a stronger addiction.

NICOTINE USE

Highly Addictive: Most vapes contain nicotine which is addictive and often results in changes to the brain that make us feel like we need nicotine to feel “normal.”

Withdrawal: Using nicotine in vapes or e-cigarettes can cause cravings and withdrawal symptoms like irritability, headaches, and trouble sleeping. Just as with smoking, withdrawal symptoms and cravings often make it difficult to quit vaping nicotine.



DID YOU KNOW?

Impact on youth: Vaping nicotine can have serious consequences for young people, including lung damage, impaired brain development, heart health effects, memory issues, and heightened risk of addiction.

Harm Reduction Tips

If you choose to vape, here are some ways to minimize harm:

- **Avoid high heat:** Overheating a vape device can increase the number of harmful chemicals inhaled. Try to use the lowest settings.
- **Follow safety instructions:** Always use your device according to the manufacturer's instructions.
- **Choose regulated products:** Only buy e-cigarettes and e-liquids from trusted, regulated sources with clear labeling. Avoid products with damaged labels or those from unregulated vendors.

REMEMBER: Even though e-cigarettes are marketed as a safer alternative to smoking, vaping still carries significant health risks.



KEY TAKEAWAYS

- **Vaping is not safe:** While often seen as a safer alternative to smoking, e-cigarettes still expose users to toxic chemicals that can harm the lungs, brain, and other organs.
- **Nicotine dependence is real:** Repeated use of e-cigarettes can lead to nicotine addiction, making it hard to quit.
- **Stay informed:** If you're considering vaping, be aware of the health risks and take steps to reduce harm.

DID YOU KNOW?

Some ingredients in e-liquids are labeled "food-safe" or "pharmaceutical grade," but the safety of inhaling these chemicals when heated is still uncertain.

Because vaping is so new, research on the health effects of second-hand exposure to e-cigarette vapour is ongoing, but Health Canada and other public health organizations have raised concerns about risks such as respiratory irritation, nicotine exposure, and other long term health effects that we do not yet fully understand.

HOW CAN I QUIT VAPING?

Giving up vaping will take you on a similar journey to quitting cigarettes because both are about dealing with an addiction to nicotine. This QuitKit Guidebook can help you prepare yourself for a successful journey away from vaping.

STEP 1: Make the Decision

The first step is making the choice and committing to the process.

See page 15.



STEP 2: Plan and Prepare

The second step is charting a route and filling your canoe with things to help you succeed.

- Talk to a health care provider about nicotine replacement therapy (NRT) and counselling options.
- It's also helpful to recognize and change nicotine-use patterns and try out wellness practices that can help along the way.

See page 39.



STEP 3: Launch the Canoe

The third step is to set a quit date and push off on the journey.

- Ask for support from loved ones and trusted advisors.
- Try out the ideas in this Guidebook as you navigate withdrawal and deal with cravings.

See page 61.



STEP 2

PLAN AND PREPARE

As with any journey, our chances of reaching the end without capsizing increase when we plan and prepare. We know our reasons for quitting—now we need to set a date and make a plan.

PACK A WELLNESS BASKET

Wellness habits will prove their usefulness over and over on the quitting journey. They will also become a source of strength for the rest of your life. Use this list as inspiration for choosing new healthy habits to develop before you push off in your canoe.

DRINK WATER: Water is life. Drinking water supports every system in the body and helps clean out toxins from smoking.

- Sip slowly. Hold the water in your mouth to reduce cravings.
- Add mint leaves or orange slices for a refreshing taste.
- Aim to drink 6-8 glasses a day.

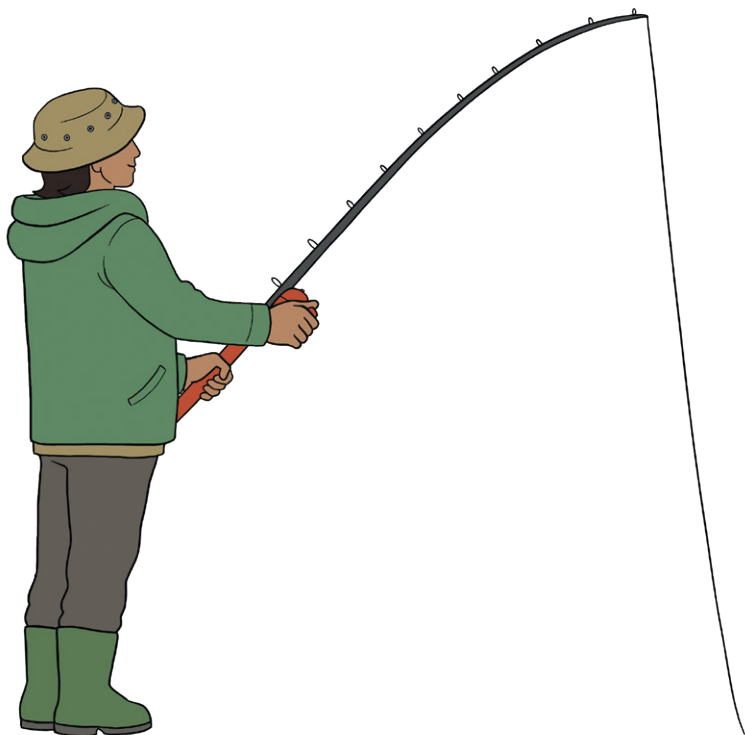


BE ACTIVE: Exercise is natural medicine that can reduce withdrawal symptoms. Even 5 minutes boosts “feel-good” chemicals in our bodies.

- Walking is great. Aim for 30 minutes a day.
- Find the movement that works for you: walking, running, going to the gym, going hunting or fishing, enjoying the park, swimming, biking, or even dancing around the kitchen.

GET INTO NATURE: Going onto the land is a time-honoured part of wellness.

- Take a walk in the woods or on the beach, or in your local park.
- Get involved with traditional food harvesting.
- Take up canoeing or kayaking.



PRACTICE TRADITIONAL WELLNESS:

Culture is a source of strength passed down by our ancestors.

- Learn more about keeping tobacco sacred.
- Engage in activities like drumming, dancing, and ceremony.
- Learn about harvesting and preserving traditional foods.

BREATHE DEEPLY: The simple act of taking a deep breath tells our nervous system to calm down. The more we practice, the better we get.

- Take slow breaths, pushing the stomach out when inhaling.
- Count to at least 3 on each inhale and each exhale.
- Practice this every day.

EAT HEALTHY FOODS: It is normal to be more hungry after quitting—partly because food tastes better. Also, sometimes people use smoking as a way to reduce hunger cravings. Making good food choices can limit weight gain and support overall health.

- Keep healthy snacks on hand: veggies, fruit, nuts.
- Eat traditional foods.
- Eat balanced meals to support stable blood sugar.

PAY ATTENTION TO SLEEP: Sleep is when our body repairs—it improves the immune system, memory, and mood. Most adults need 7 to 9 hours each night.

- Try going to bed and waking up at the same time each day.
- Avoid caffeine, alcohol, and nicotine before bed.
- Keep the TV, computers, and phones out of the bedroom.

CLEAN YOUR HOME: Cleansing practices from our cultural traditions are a good way to get a fresh start.

- Smudge your home and car.
- Simmer cedar or juniper on the stove.
- Include your children or ask an Elder for help.
- Simply organizing, de-cluttering or wiping down your space can help.

KEEP YOUR MOUTH BUSY: Instead of putting a cigarette in your mouth, try doing something else.

- Use a tooth pick or a floss stick.
- Chew sugarless gum.

DEALING WITH STRESS: Instead of using smoking to cope, develop healthier responses to tough moments.

- Go for a walk. Make it a daily habit.
- Reach out to family or friends for support.
- Talk to an Elder or find a good counsellor.
- Reach out to professional supports if needed.



Mental Health
and Wellness
Supports

KEEP HANDS BUSY: Anything that keeps our hands busy can help keep us from reaching for a smoke.

- Try gardening or harvesting food.
- Learn a cultural activity like beading.
- Reach for fidget toys, crosswords, or adult coloring books.
- Crochet, knitting, sewing.



JOURNAL ACTIVITY

Review the ideas in the Wellness Basket.

- Which one appeals the most to you?
- Write it down and make a plan to start doing it tomorrow.

DID YOU KNOW?

MYTH: Quitting will make me gain weight.

FACT: Not all former smokers gain weight—and there are ways to prevent weight gain.

Nicotine is an appetite suppressant, so when you quit your appetite will improve. Also, our sense of smell and taste improve so we can enjoy the food we are eating a lot more. Some people who quit smoking gain between 5 to 10 pounds in the first 1 to 2 months, however this is not true for everyone. Light smokers who are less addicted to nicotine will likely gain less than former heavy smokers.

Here are some ways to prevent weight gain during your quit journey.

- Add an extra 30 minutes of exercise a day—even walking can help.
- Make changes to your diet—eat less fast food and sugar, add more veggies and fruit.
- Talk to your health care provider (doctor, nurse, dietician, nutritionist, etc.) about helping you make the changes you need to stay at a healthy weight.



GET READY TO QUIT

CHANGE OUR MINDS

Part of quitting is changing our beliefs about the value of smoking. Many smokers believe that smoking offers escape, relaxation, and enjoyment. This leads to believing that we need cigarettes to get through the day. But in fact, the chemical imbalances that nicotine creates put stress on our hearts and other organs. In truth, there is more relaxation and enjoyment to be found in living smoke-free.



JOURNAL ACTIVITY

Do you dread the idea of quitting? Instead of thinking about what you'll miss, focus on the things you don't like about smoking. Write them down.

- How does smoking affect you?
- How does it affect those you love?

Imagine yourself as a non-smoker.

- How do you feel?
- How is your life now?
- What is the best thing about not smoking?
- What challenges did you have to overcome to get here?

CHANGING OUR ROUTINES

When we quit, our old smoking habits are constant reminders that can trigger cravings. This is why it's smart to shift some of our habits before we butt out.

- Start creating smoke-free zones in your day.

Look at your smoking habits: The first step is seeing our smoking patterns and the things that we do to make smoking easier and more convenient.

Make smoking less convenient: Look for small ways to make smoking more difficult.

- Only buy one pack at a time.
- Stop smoking inside the house or car.
- Stop keeping extra lighters around.
- Get rid of extra ashtrays.



Stop smoking inside the house or car.



JOURNAL ACTIVITY

WHAT ARE YOUR SMOKING ROUTINES?

Observe your habits. Make notes about them.

- When is your first cigarette of the day?
- How long do you go between smokes?
- What time of day do you most want to smoke?
- Are there any emotional triggers that make you want to smoke?
- What do you do to make smoking more convenient?

Create smoke-free zones in your day.

- Think about two things you can do to make smoking harder—like don't smoke in the car, don't keep extra lighters on hand, only buy one pack at a time, stop smoking during work breaks.
- Write them down and start doing them.

Remember that small changes to your routine can make a big difference!

BE PREPARED FOR TRIGGERS

It's okay to say "No." Smoking with other people can be one of the toughest habits to break. Social bonds are strong and it will probably feel weird not to smoke with friends or family.

- When people ask us to join them for a smoke, we are allowed to say "No." We don't have to explain why if we don't feel like sharing. Simply say: "No thanks. I'm not smoking today."
- Or you can choose to open up and share something about your reasons and how important the choice to quit is for you. Asking your friends and family to support you can help strengthen your resolve and help you recover from struggles and setbacks.

Quitting is about paddling your own canoe. While many people will be supportive, there may be some who push you to "just have one." Peer pressure is real at any age and can be hard to resist.

- Think about drawing boundaries and taking charge of your own journey.
- Tell family and friends you are quitting and ask for support.
- Connect with non-smokers and seek out their company.
- In the first weeks, consider staying away from places where people smoke.



REMEMBER: We don't have to smoke together to be close.

BEFORE YOU QUIT

Consider taking these steps to help prepare for a successful quit journey.

- Buy comfortable walking shoes.
- Carry a water bottle.
- Keep gum and healthy snacks in the car.
- Find a place to get into nature that is close to home or work.
- Stock up on fruit, vegetables, nuts, and traditional foods.

REMEMBER: Culture can contribute to the quitting journey. Seek out an Elder or Knowledge Keeper to learn more.



JOURNAL ACTIVITY

WHAT ARE YOUR TRIGGERS?

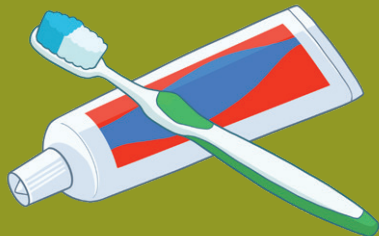
Reflect on the situations that make you want to smoke.

- List out the situations that make you want to smoke.
- Make a plan to deal with each situation in a different way.

PRACTICE NEW HABITS BEFORE QUITTING

- Drink coffee without a cigarette.
- Stop smoking while driving—chew sunflower seeds or gum instead.
- Stop taking smoke breaks at work—walk around the block instead.
- After a meal, brush your teeth right away.
- Instead of smoking on the phone, get headphones and go for a walk while you talk.
- Change where you watch TV. Keep a water bottle handy.
- Bored? Play games on your phone. Try a new hobby. Play music.
- Feeling lonely? Reach out. Call a family member. Text a friend. Contact a counsellor.
- Need to relax? Get some fresh air.

Acknowledgement—quitting smoking can be difficult because you are making changes to your lifestyle and routine. This is a difficult thing to do and you should be proud that you are looking to make these changes.



PICK A WAY TO QUIT

This section is about the different methods for quitting smoking. Learn about the options, then pick the approach that feels right for you.

Talk to a pharmacist, nurse or doctor:

They are a trusted source and can explain the benefits of different methods.

Contact Talk Tobacco: This Indigenous program provides free, proven service to help you quit smoking or vaping.

Call or talk to a Quit Coach at

<https://smokershelpline.ca/talktobacco/home>.

They are also on Facebook at Talk Tobacco.



Costs are covered: Prescription medication and nicotine replacement therapy (NRT) like the patch, gum, and lozenges are paid for by First Nations health coverage up to certain limits.

- BC Smoking Cessation Program covers medication or NRT for up to 12 weeks each year.
- First Nations Health Benefits covers NRT for up to a 24-week supply each year.
- Contact FNHA Health Benefits for more information or questions on your coverage

Phone 1-855-550-5454

Email: HealthBenefits@fnha.ca

METHODS THAT ARE EFFECTIVE

Nicotine replacement therapy (NRT)

Comes as nicotine patch, gum, lozenges, or inhaler. NRT delivers nicotine slowly to help reduce withdrawal symptoms and cravings. NRT provides a "clean" form of nicotine, free from the toxins found in commercial tobacco.

- Learn to use each NRT properly.
- It is important to lower the dose of nicotine over time.
- Note that inhalers are covered by FNHA health benefits and not by BC Smoking Cessation.

BE AWARE:

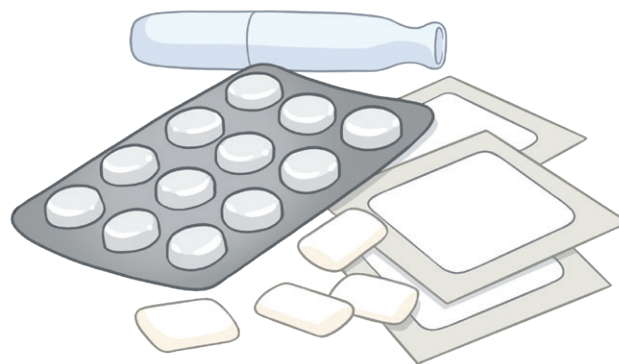
Quick Facts on Nicotine Replacement Therapy (NRT)

- An NRT releases nicotine without the tar, carbon monoxide, and other harmful chemicals of cigarettes.
- NRT helps relieve cravings.
- The dosage is gradually reduced over time until the body no longer experiences withdrawals or cravings.
- Talk to a health care provider before using NRT.



DID YOU KNOW?

When people smoke, especially cigarettes, they inhale carbon monoxide, which is an odourless, colourless gas produced by the burning of organic matter like tobacco or wood. When inhaled, carbon monoxide enters the bloodstream and binds with hemoglobin, which is the molecule responsible for carrying oxygen in the blood. This reduces the ability of our blood to carry oxygen, leading to lower oxygen levels throughout the body.



Combine NRTs: You can pair the long-acting patch with a short-acting gum or lozenge to help with challenging situations.

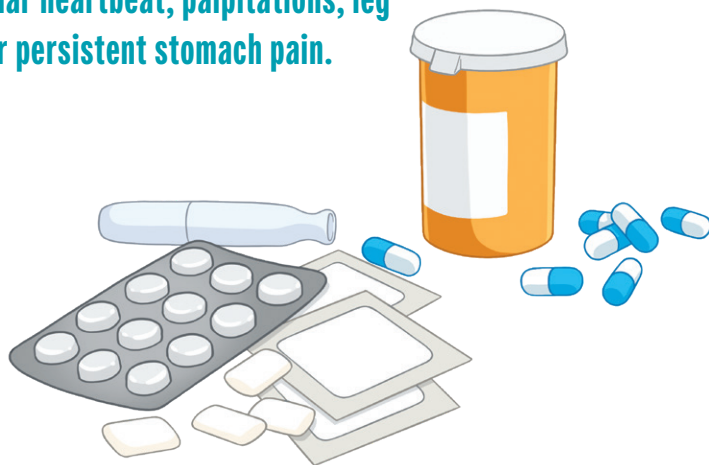
- Talk to your doctor or a pharmacist before using any combination of NRT.

Prescription medication: Reduces cravings and withdrawal symptoms by changing how nicotine interacts with our brain.

- Varenicline (brand name Champix) blocks effects of nicotine, reduces cravings, and lowers feelings of withdrawal.
- Bupropion (brand name Zyban) makes smoking less pleasurable and reduces cravings for nicotine.
- Speak to your doctor to see which one is better suited to you.

Combine prescription medication and NRT: These can be used together to help with severe cravings.

WARNING: Stop using immediately and see your doctor if you have chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach pain.



Counsellors and support groups:

Coaches or counsellors are valuable additions to any quitting journey.

- Contact Talk Tobacco for culturally appropriate Quit Coaches. There is no charge for the service and they can be contacted at any point during your quit journey.
- Talk to a health care provider about support groups.
- Look on the internet for local resources. e.g., <https://quitnow.ca>

BEST OUTCOMES: Use NRTs together with a coach, counsellor, or support group.

OTHER APPROACHES

Cutting down: Reducing even a single cigarette is a valuable harm reduction strategy that can aid in the transition to a healthier lifestyle. Taking the step to cut back is an important move toward a brighter, healthier future.

Acupuncture or hypnosis: There are success stories but no consistent evidence that they work.

Cold turkey: While this works for some—most of us are not prepared for the intensity of withdrawal, so relapse is common. Studies suggest 5% success.

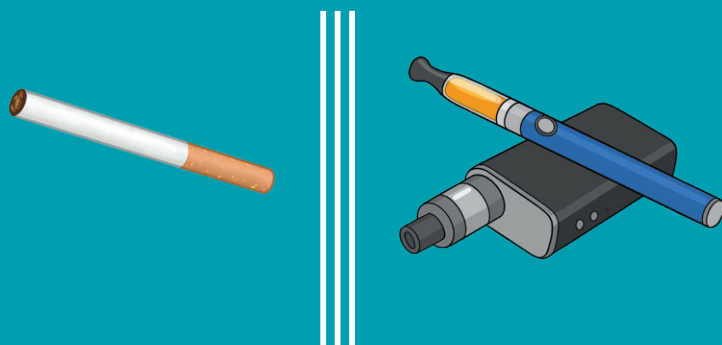
SMOKING AND VAPING: NOT RECOMMENDED

E-cigarettes or vaping: While some people have used vaping as part of their process for quitting smoking, the World Health Organization warns against using e-cigarettes for quitting tobacco use. They point out that e-cigarettes with nicotine are highly addictive and harmful to our health.

Dual use: One of the dangers of using vaping to quit smoking is we can end up using both e-cigarettes and commercial cigarettes at the same time. This increases our exposure to a wider range of harmful chemicals because both products release toxic substances when used. If you dual use, the current recommendation is to quit smoking all together and only vape.

Talk to a health care provider about vaping.

To learn more about vaping or e-cigarettes, turn to the **vaping section** of this Guidebook. See pages 32–37.



DID YOU KNOW?

MYTH: Quitting cold turkey is the only way to do it.

FACT: Smokers have quit successfully using many different ways.

You can find the option that works best for you. You can double your chances of quitting successfully by using a combination of Nicotine Replacement Therapy (NRT) and counselling. NRT refers to the use of nicotine patches, lozenges, gum, or inhaler to help with the cravings due to the nicotine addiction. NRTs are covered through the BC Smoking Cessation Program and First Nations Health Benefits. Ask your pharmacist, nurse, or doctor for more information.



Harm Reduction Tips

Cutting Down: If you are not ready to quit, reducing how often you smoke can be a way to reduce risks and start the journey in the direction of your final quitting destination.

- Choose a quit date several months ahead and slowly reduce.
- Include daily wellness habits like exercise and healthy eating.
- Look for ways to make smoking less a part of your daily life.
- Meet with a counsellor or Elder to gain tools for personal change.
- Use NRT like the patch, gum, or lozenges to reduce smoking.
- Talk to your health care provider about taking vitamin A, B, D and omegas—all of which are impacted by smoking.



DID YOU KNOW?

Diabetes is harder to control when we smoke.

- Nicotine raises blood sugar levels.
- Smokers with diabetes often need larger doses of insulin to keep blood sugar near target levels.



BE AWARE: Sugar Spikes

Reduce sugar: While on your quitting journey, be careful with pop, energy drinks, fancy coffees, and even fruit juices because they are full of sugars that can make withdrawal symptoms worse. Impacts can include:

- Blood sugar spikes and crashes
- Poor digestion
- Tooth decay
- Weight gain
- Trouble sleeping

STEP 3

LAUNCH THE CANOE

Quitting is easier when it is broken into smaller steps. Steps 1 and 2 share tools for drawing a map and filling a Wellness Basket so you can reach our new smoke-free life.

Now it's time to push off. Step 3 explains the symptoms of withdrawal and offers tips for navigating rough waters. By staying the course, you will soon be free of the worry and guilt of smoking. You will get your freedom back. You can stop wasting money on cigarettes. You've got this!

**You are strong enough to
put love for yourself and
your family above smoking.**

STEP BY STEP

Before launching the canoe, let's take a moment to review what we've done to prepare and to consider what lies ahead.

STEP 1: MAKE THE DECISION

- Know our reasons.
- Choose to quit and commit to try until you succeed.

STEP 2: PACK A WELLNESS BASKET

- Understand why smoking is so addictive.
- Decide on a method of support.
- Change how you see smoking.
- Identify your smoke habits and start to break them.
- Start filling a Wellness Basket with habits to replace smoking.

STEP 3: LAUNCH THE CANOE

- Pick a quit date.
- Remember that withdrawal symptoms only last 1-4 weeks.
- Use the tools in your Wellness Basket.
- Remember that cravings only last 3-5 minutes.
- Reach out for support.

REMEMBER: The first few days of quitting are often stressful. Avoid or walk away from situations that give you the urge to smoke.

QUIT TIP

PICK A DATE: Think about when, where, and with whom you will smoke your final cigarette.

- Consider marking the event with a prayer or small ceremony asking for support.
- Don't pick a date when there are stressful things going on—like big work or family commitments.



JOURNAL ACTIVITY



Think about your Wellness Basket and look back at the ideas on page 39–43.

- What are some wellness activities that you are already doing?
- What wellness activities can be added to your life? Write them down.
- Identify one way that you will start practicing a new aspect of wellness.
- Start doing it tomorrow.
- Remember, anything is better than nothing! Even if you do a wellness activity once a week—or you try a few different things—this is still a great step towards figuring out what works for you.

DID YOU KNOW?

Double your chances of getting through withdrawal by using a NRT or prescription medications. Talk to a health care provider about these supports and follow directions on dosages.

Check your prescriptions: Some medications are affected by smoking. For example, individuals who take some anti-psychotic medications may need their dosages adjusted to avoid experiencing sedation after reducing the amount of nicotine they consume.



REMEMBER: Withdrawal is temporary—but your health lasts a lifetime! The worst of it usually ends in 3-7 days.

NAVIGATING NICOTINE WITHDRAWAL

Withdrawal symptoms affect our mind, body, and emotions. This is why it's so valuable to plan ahead. Taking time to prepare ourselves helps in more ways than one.

- It's a chance to get our willpower fired up.
- We can break links between smoking and our daily lives.
- We get to practice some new wellness habits.
- We can bring family and friends on board.

By planning ahead, we're way more likely to get through the first week when withdrawal symptoms are at their worst.

QUITTING VAPING

Using nicotine in vapes or e-cigarettes can cause cravings and withdrawal symptoms like irritability, headaches, and trouble sleeping—and just as with smoking, this often makes it difficult to quit. Giving up vaping will take you on a similar journey to quitting cigarettes because both are about dealing with an addiction to nicotine.

WITHDRAWAL SYMPTOMS AND YOUR EMOTIONS

TIPS FOR RESTLESSNESS

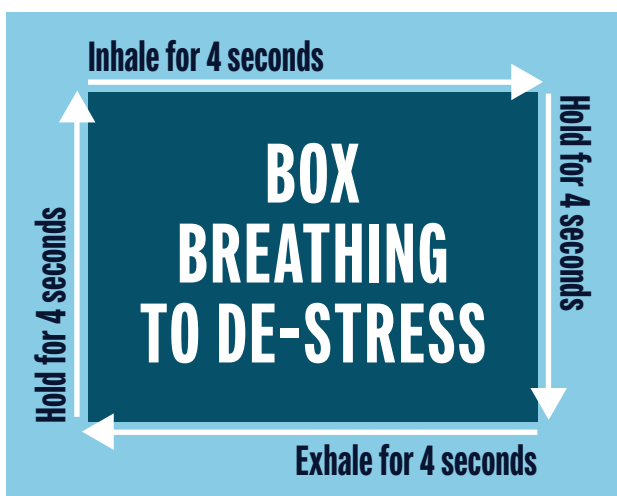
Being on edge is normal. The anxiety usually stops within 2 weeks as your body gets used to being without nicotine.

- Drink less caffeine.
- Step outside—get into nature.
- Do relaxation exercises.

TIPS FOR FEELING LESS IRRITABLE

Feeling grumpy and even angry is common, especially in the first week. Remember that these feelings will go away.

- Soak in a warm bath.
- Do a traditional wellness practice.
- Take deep breaths for 3 minutes. Box breathing can help reduce stress and calm the nervous system. Inhale slowly through your nose while counting to 4. Hold for a count of 4. Breathe out steadily through your mouth for a count of 4. Wait for a count of 4, then repeat the pattern.



TIPS FOR FEELING DOWN

It is normal to be sad or not ourselves. Quitting is a big change: physically, emotionally, and socially. If feelings of depression last for more than a month or become extreme, talk to a health care provider.

- Get out into nature.
- Choose a daily traditional wellness practice like smudging or prayer.
- Watch a funny TV show.
- It's okay to ask for help. Speak with a friend, counsellor or Elder.



WITHDRAWAL SYMPTOMS AND YOUR BODY

TIPS FOR BEING TIRED

Getting energy levels back can take up to a month.

- Take cat naps or rest breaks.
- Be gentle with yourself.

TIPS FOR SLEEP

Nicotine withdrawal can interfere with sleep for a few weeks as your body adjusts.

- Drink less caffeine, especially in the afternoon and evening.
- Try relaxation, prayer, breathing exercises, or meditation before bed.
- Turn off electronics like the TV, computer, and phone at least 30 minutes before bed because the blue light can disrupt sleep.

TIPS FOR FEELING HUNGRY

An increased appetite is common. This is partly because your body is confusing nicotine cravings with food cravings.

- Eat smaller amounts more often.
- Follow a well-balanced diet.
- Keep lots of healthy snacks on hand.
- Use sugar-free gums or mints if needed.

TIPS FOR DIGESTION

Constipation and gas are normal in the first few weeks.

- Drink lots of water.
- Get some exercise every day.
- Eat fruits, veggies, and grains for fibre.

TIPS FOR A DRY THROAT

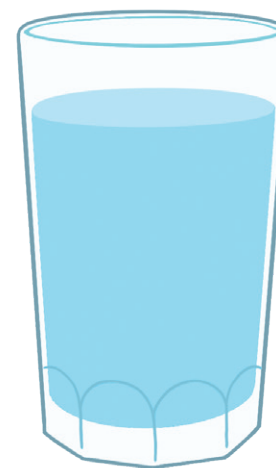
Coughing, nasal drip, and feeling like you've got the flu can be part of withdrawal.

- Drink lots of fluids.
- Try herb tea with honey.

TIPS FOR FEELING DIZZY

You can feel dizzy as your body adjusts to getting more oxygen.

- Sit down and rest until it passes.
- If dizziness persists or is severe, please contact your health care provider.



DRINK WATER: SIP SLOWLY.

WITHDRAWAL AND OUR MINDS

TIPS FOR FOCUSING

Nicotine is a stimulant that helps us stay alert. When you quit, you can have trouble concentrating at first.

- Keep blood sugar levels up by eating small snacks every few hours.
- Take regular breaks.
- Get outside to refocus.
- Run cold water on your face or hands.

REMEMBER: Withdrawal is the feeling of our body healing!



BE AWARE: Harm Reduction Tips

Smoking and drinking are like an old couple who are always together. And of course, the more we drink, the less self-control we have to resist “just one more smoke.” So we need to be extra careful about drinking, especially for the first couple of weeks after we quit. If we are drinking, it is a good idea to switch back and forth between alcohol and water.

DEALING WITH CRAVINGS

Cravings are strong urges to smoke. They are common in the first weeks after quitting, but they will soon get fewer and farther between.

Physical cravings are the result of nicotine withdrawal. They feel like a tightness and tension in the body and are common in the first 3-7 days after quitting.

Mental and emotional cravings are brought on by positive thoughts about smoking. This is why preparing to quit includes changing how we think about smoking by focusing on its negative impacts in our lives. Another reason cravings come up is because we have linked smoking with many of our habits and emotional states. We feel stressed and reach for a smoke—or we step outside after dinner and light up. This is why preparing to quit also includes changing smoking habits to make smoking less convenient.

STOP When cravings come up, acknowledge them. Then pick an activity to shift focus off the craving. Find what works for you.



REBUILD YOUR RELAXATION RITUAL

Smoking is often seen as stress relieving because doing a ritual is relaxing. Look for ways to create new healthier rituals that will eventually provide a similar feeling of relaxation and stress relief.

REMEMBER: Wait 5 minutes and the urge will pass.

Here are some things to do while you wait for the craving to pass.

- Do a short guided meditation.
- Slowly sip water and hold it in your mouth.
- Take a shower.
- Walk the dog.
- Brush your teeth.
- Revisit your reasons for quitting and imagine your smoke-free future.

Keep Your Hands Busy

- Do a craft: Tie flies, draw, quilt, bead.
- Clean or de-clutter your home or yard or car.
- Garden, harvest foods, or pick berries.
- Play a game on your phone.
- Learn to knit or sew.
- Try colouring books, puzzles, or cards.



Keep Your Mouth Busy

- Chew gum.
- Chew on a toothpick or a straw.
- Munch on healthy snacks like:
 - Sunflower seeds, nuts, and raisins
 - Apples, oranges, berries
 - Carrots, celery, and other raw veggies
 - Popcorn or pretzels

REMEMBER: Cravings are intense, but they only last 3 - 7 minutes. You can do this!



JOURNAL ACTIVITY

If you are feeling anxious or just need something to distract you, turn to the QuitKit Journal and try your hand at some of the colouring pages included there. If you find these helpful, consider trying adult colouring books. Many people have found that they are a good way to relax because they can help calm the amygdala, that part of the brain that controls the stress response. Repetitive activities like colouring allow us to shift our focus to the page and let go of worries.

SMOKING DOES NOT RELIEVE STRESS

Stress is part of life. Even happy things can be stressful—just ask anyone on their wedding day! Building healthy patterns to manage stress is part of quitting. Explore options and find what works. For most of us, it's a combination of things that help us keep our canoe on the quitting journey.

- Go for a walk in nature.
- Talk to a friend.
- Go fishing.
- Take up beading.
- Do a few minutes of deep breathing.
- Learn about plant medicines in your area and start doing medicine walks.
- Call a Talk Tobacco counsellor or a crisis line.



BE AWARE: Harm Reduction Tips

Drink less coffee: Smoking lowers the buzz we get from caffeine—and it makes the buzz wear off faster. This is because nicotine speeds up how we metabolize caffeine.

When we quit smoking, caffeine gives a stronger jolt than we are used to. So drinking our usual amount of coffee will put us on edge and increase anxiety.

SETBACKS

We learn something every time we try to quit. Don't be discouraged if several attempts are needed to get off tobacco. If one approach does not work, figure out why it didn't work, and try another.

SLIP UPS

Having one or two smokes is a slip up. These are usually accidents or caused by a trigger. They are common and can be opportunities to learn and grow. Slip ups are a chance to remember our reasons for quitting—then return to our plan with firm resolve to follow through.

- Acknowledge the mistake.
- Recommit to the quitting journey.
- Talk to someone who supports you.
- Figure out why you slipped.
- Make a plan for what to do next time.



JOURNAL ACTIVITY

Reflect on the circumstances where you slipped up.

- Why did you choose to smoke again?
- Revisit your reasons for quitting. Can you add more to this list now?
- What can you do next time to resist the urge? Write this down.

RELAPSE

A relapse is going back to smoking. This calls for a new plan. Revisit your reasons. Maybe it's time to choose a different approach. If you tried going cold turkey, consider using nicotine gum or another NRT.

Don't be discouraged if it takes a few tries to quit. Each time gets you closer to succeeding.

STARTING OVER

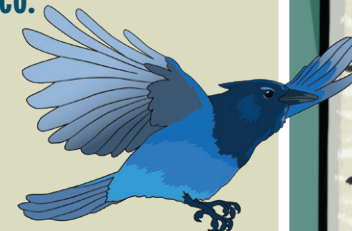
Every quit attempt is valuable. Some people quit on their first try, but many relapse. Often the first time is a practice run. Here's how to start again.

- Forget about blame and guilt—quitting is a learning process. It can take up to 30 attempts on average for a person to quit.
- Think about your triggers and think about the things that helped you to cope.
- Identify how you can do things differently next time.
- Revisit your reasons for quitting.
- Talk to a counsellor or health care provider or an Elder and get a bit more help.
- Check out the Talk Tobacco website and use the resources there.
- Set a new date and make a new plan.

Quitting smoking is like learning to ride a bike. Sometimes we fall off, but as long as we try again, we'll find the right balance.

Revisit your reasons for quitting.

Call or talk to a Quit Coach at Talk Tobacco.



Set a new date and make a new plan.



IDEAS FROM COMMUNITY

Others who have already quit can be a good source of ideas for getting through the rough waters of withdrawal.

- I would ration myself one less cigarette each day.
- I'd pick the times to smoke when I knew I'd enjoy it the least.
- Take a shower. There will be no trigger because it's impossible to smoke in the shower.
- Brushing my teeth after each meal stopped the cravings.
- Throw your cigarettes away properly:
I soaked mine in water and soap.
- I took up painting pebbles. If I had a paint brush in my hand, I couldn't hold a cigarette.
- For the first two weeks, I wrote the number of days since my last cigarette on my smoking hand as a reminder of my progress.
- Holding a clothes peg was surprisingly satisfying. Half a peg is the size and weight of a cigarette. You can also chew on them and snap them under your thumb, which was extra helpful.



HELPING OTHERS QUIT

Want to help someone you love to quit? Encouragement from friends and family can play a huge role. Here are some ways you can help others who want to quit.

- Don't offer unsolicited advice and don't talk about quitting all the time.
- Listen when they need to talk about it.
- Be patient when they are dealing with withdrawal.
- Help take their minds off smoking with a cup of tea or walk in the park.
- Join them in making healthy choices.
- Celebrate milestones: one week, one month, one year.
- Offer encouragement instead of shame—slip ups and relapses are common.



EACH SMOKE-FREE DAY IS A VICTORY!

Remember that the more you navigate cravings and refrain from smoking, the stronger you get and the weaker the addiction will become. Urges will become shorter and happen less often.

Because the habit of smoking is often taken up by our kids and grandkids, the decision to quit can start a legacy of wellbeing for generations to come!

Giving up smoking is one of the biggest things we can do for our health and the health of our families—today and in the future.

CELEBRATE THE JOURNEY

EACH SMOKE-FREE DAY IS A VICTORY!

Quitting smoking is one of the best gifts we can give ourselves.

Celebrate!

Be proud of this achievement!



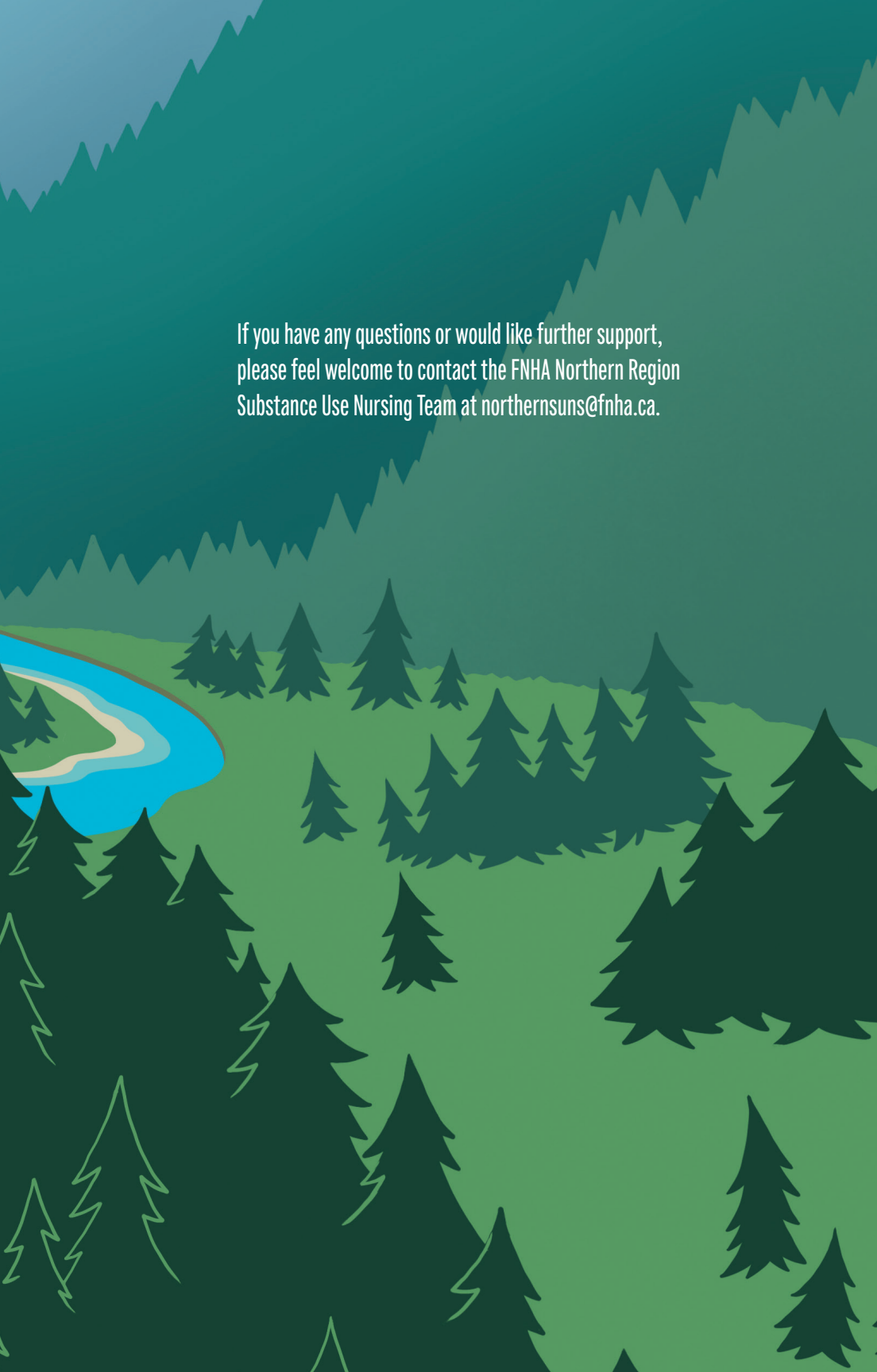
ABOUT THE ARTIST

Ray Desjarlais

Born and raised in Northern British Columbia, Ray has spent his life dedicated to the arts. He is a member of the Sauteaux First Nation through his father. He is currently living in his mother's territory of Lheidli T'enneh.

Ray works as a freelance artist on projects ranging from murals to merchandise. With a decade of work experience in the TV animation industry as both an animator and designer, Ray brings a wide variety of skills and experience into the mix.

Ray hopes to use his experiences as an Indigenous member of the LGBTQ+ community to promote inclusivity and acceptance for all walks of life.



If you have any questions or would like further support,
please feel welcome to contact the FNHA Northern Region
Substance Use Nursing Team at northernsuns@fnha.ca.

EACH SMOKE-FREE
DAY IS A VICTORY!



