



QUITKIT

Respect Tobacco

JOURNAL



The decision to quit smoking today can start a legacy of wellbeing for generations to come! Taking time to plan and prepare increases our chances of success.

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

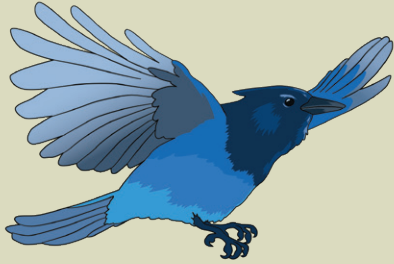
This journal is a companion to the QuitKit Guidebook. Use this journal to keep track of your personal plan. It is also a great place to reflect on your progress as you paddle towards a smoke-free life.

WELCOME TO THE JOURNEY!



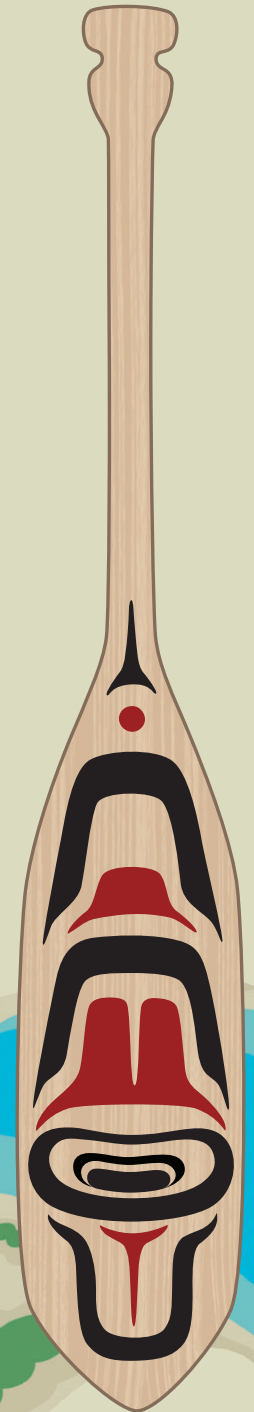
First Nations Health Authority
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QUITTING IS A JOURNEY



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

**“You, too, can walk the
beauty way of life.”**
—Elder Gerry





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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.

Illustrated by Ray Desjarlais

Designed by MAGPYE Productions

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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.

FIND THE WAY THAT WORKS FOR YOU

This Journal is a companion to the QuitKit Guidebook. QuitKit supports First Nations to give up commercial tobacco by helping plan and prepare for the challenge.

The GuideBook shows how to draw a map, pack the right supplies, and reach the final destination of a smoke-free life. At each step along the journey, the GuideBook poses questions and opportunities for reflection.

This Journal is a safe place for working out reasons for quitting, picking action steps, charting progress, and regrouping whenever the going gets tough.

We learn with every attempt to quit. As long as we keep going, we will get there!



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.



Wellness: family, community, culture, and land.

PACK A WELLNESS BASKET

Packing a personal Wellness Basket *before* we quit, makes us more likely to succeed. What we put in our Wellness Basket will help deal with cravings and get through the first weeks of not smoking.

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.

Step 2 in the Guidebook shares many activities that we can pack into our Wellness Basket.

Here are three vital areas where we can increase our wellness.

Be active: Becoming more active is great for helping us get through nicotine withdrawal and establish healthier patterns for lifelong wellbeing.

Eat healthy: Making good food choices while we are giving up commercial tobacco means we're less likely to gain weight or develop an unhealthy dependence on sweets.

Nurture spirit: Paying attention to our mental and spiritual health includes getting into nature, learning new ways of managing stress, and drawing on traditional wellness practices. Doing these things makes it easier to resist the urge to smoke.

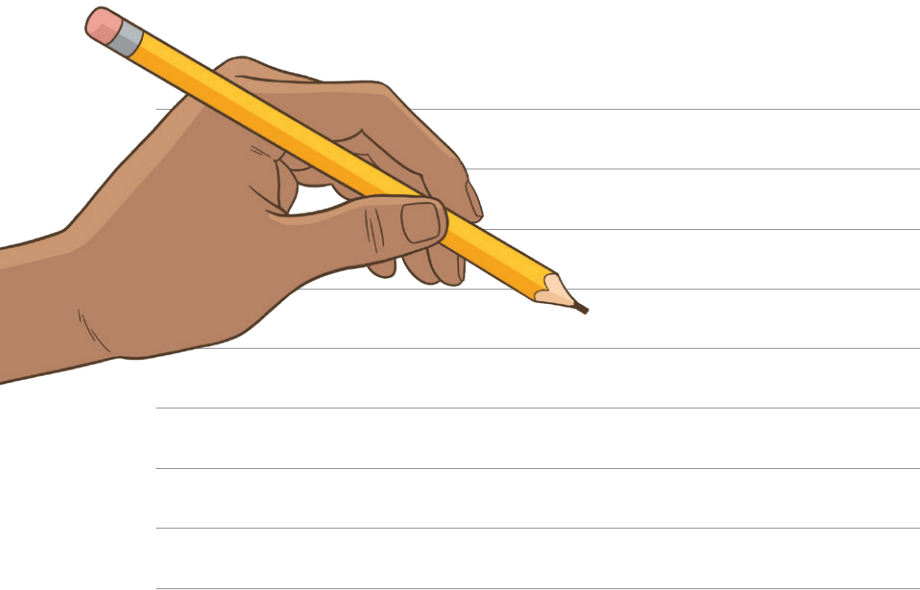


CHECK IN WITH YOURSELF

Explore what wellness looks like for you. There is no right or wrong answer. Wellness means choosing daily habits that help us to thrive. Think about the four parts of being human: mind, body, emotion, and spirit. Think about the layers of family, community, culture, and land.

Look for activities that feed several areas of wellness. For example, going for a walk in the woods with a friend contributes exercise to your physical wellbeing, socializing to your emotional wellbeing, and can also provide a spiritual connection to the land.

Talk to others about their wellness. Ask what they do to maintain wellbeing in their lives. Consider doing a wellness challenge with a friend.



Quitting is about paddling your own canoe.

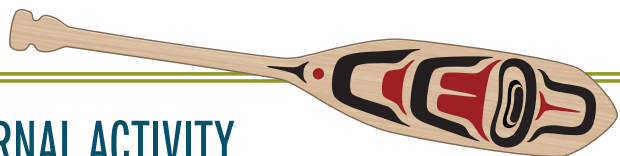
JOURNAL ACTIVITY

If you are feeling anxious or just need something to distract you, 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.





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



JOURNAL ACTIVITY

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

- 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, health)?
- What is a current habit that helps with your wellness?

Take charge of your own journey.

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

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



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.

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.

SAVE MONEY

It's incredible how much we spend on cigarettes!
If you smoke a pack a day, the cost adds up fast.

1 month = \$450

1 year = \$5,400

10 years = \$54,000



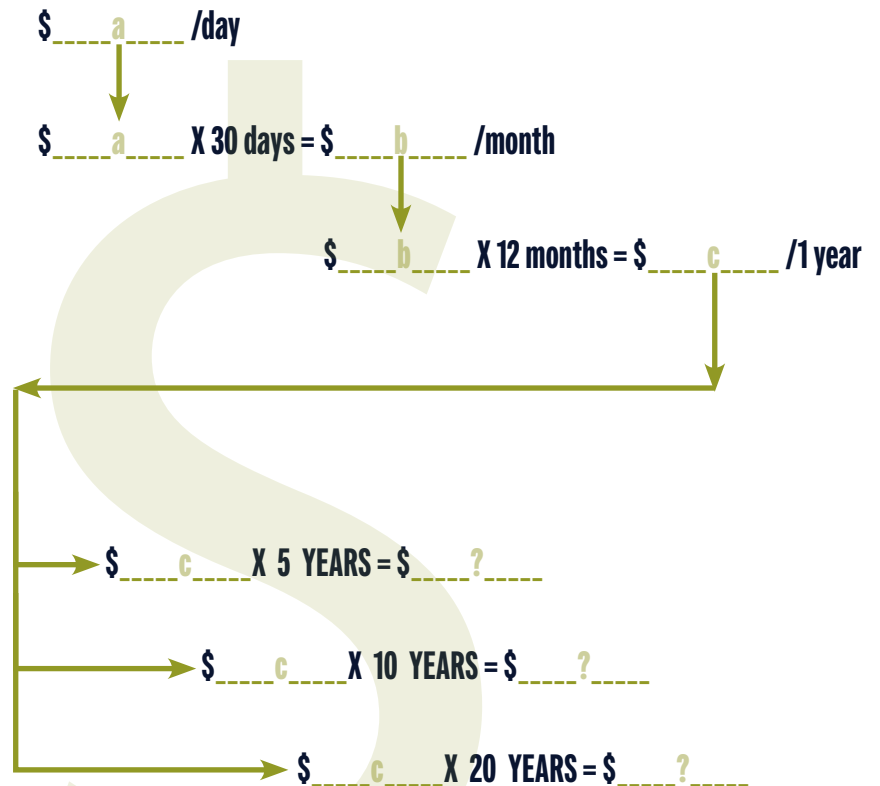
JOURNAL ACTIVITY

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?

Saving money is a big reason for quitting.

HOW MUCH DO YOU SPEND EACH MONTH?

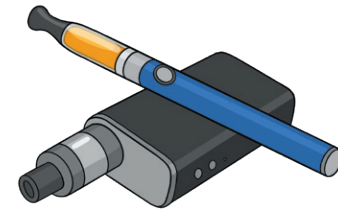


Imagine life a year after quitting!



- [illegible]

Quitting can add years to your life.



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

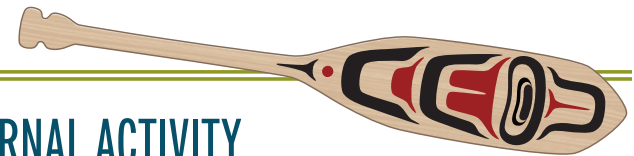


STEP 2 PLAN AND PREPARE

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

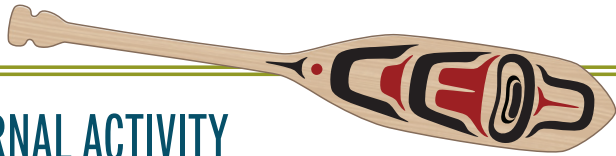
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JOURNAL ACTIVITY

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.



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.

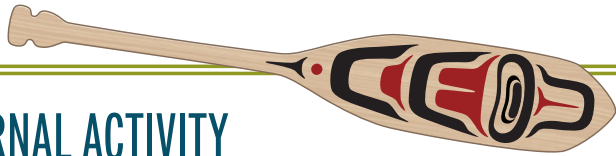
- How does smoking effect you?
- How does it affect those you love?

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?

Reach out to a health care provider for advice.

Quitting is good for our families.



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?

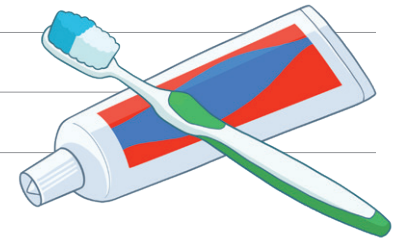
Create smoke-free zones in your day.

- 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!



Create smoke-free zones in our lives.



After a meal, brush your teeth right away.

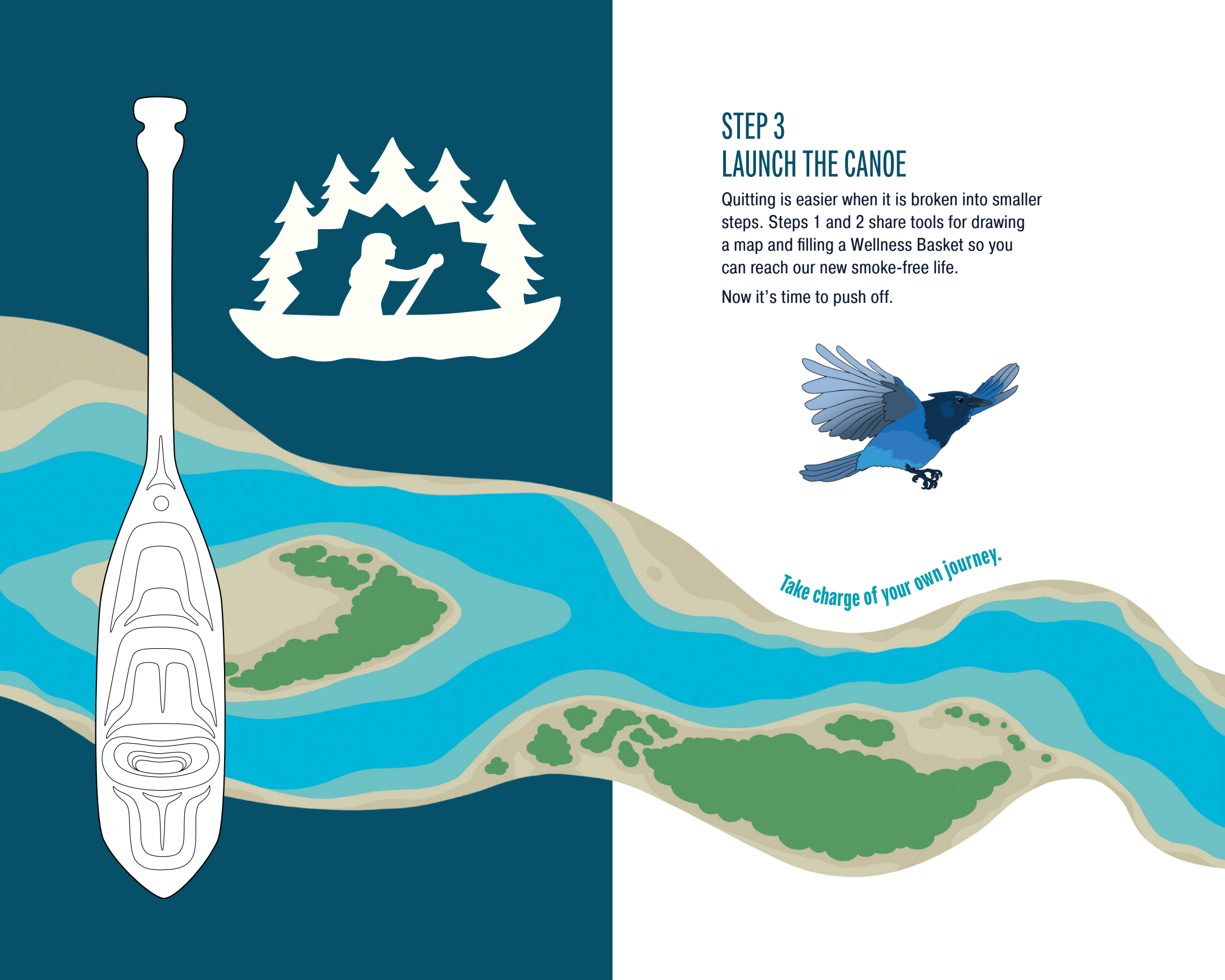


Reflect on the situations that make you want to smoke.

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

Drink less coffee.

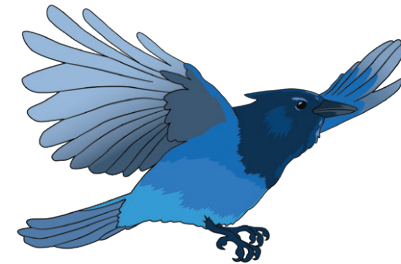




STEP 3 LAUNCH THE CANOE

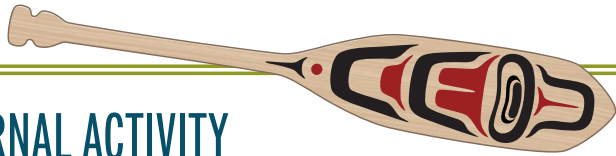
Quitting is easier when it is broken into smaller steps. Steps 1 and 2 share tools for drawing a map and filling a Wellness Basket so you can reach our new smoke-free life.

Now it's time to push off.



Take charge of your own journey.

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



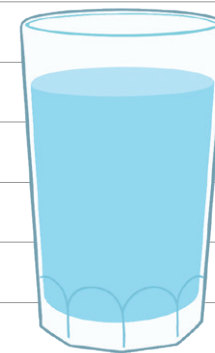
JOURNAL ACTIVITY

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

- 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.



Keep healthy snacks on hand: veggies, fruit, nuts.



Drink water: sip slowly.

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.



MAKE TOBACCO A SOURCE OF STRENGTH



Tobacco is Medicine



- 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.

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

Be patient.

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.

Breathe deeply.

Be proud of this achievement!

CELEBRATE EACH
SMOKE-FREE
DAY!





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 Saulsteaux 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.



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