

KEY Smoke Free MESSAGES

It is Never too Late to Quit Smoking

- Quitting smoking at any age has health benefits. When you quit, the healing begins.
- Breathing easier or deep coughing that clears the lungs are two signs of recovery.

Make your Home, Vehicle or Cabin Smoke Free

- You can start quitting by limiting the places where you smoke – it is one of many quit strategies.
- Second hand smoke is harmful.
- Smoke free spaces provide fresh air for everyone.

When You Get the Urge to Smoke — Think of Ways to Cope (Nicotine withdrawal lasts for 2-3 weeks)

- Energize – walk indoors or outdoors, “walk and talk” with a friend, stretch, take deep and relaxing breaths, go dancing, join a gym or exercise class.
- Keep hands busy – brush and floss teeth, snack on healthy foods such as vegetables and fruit, handle a straw (cut it in two and pretend it is a cigarette), do crossword puzzles or play cards, enjoy an activity that interests you.
- Still craving? Chew on a tooth pick, piece of sugarless gum or a small mint. Drink water.
(Cravings will last from 20 seconds to 2 minutes)

Get Support

- Tell your doctor that you want to quit smoking. Tell your dentist, hygienist or nurse practitioner.
- Phone the Smokers’ Helpline for free counselling, self help materials and group programs. Receive a free information kit and speak to a counsellor about tips to quit and stay smoke free. Call 1-800-363-5864.

Stay Positive

- Several quit attempts are normal. Some people have reported twenty or more.
- Quit attempts are not failures – they get a person closer to their goal of living smoke free.

Eat Healthy • Stay Active • Manage Stress • Prevent Injuries • Live Smoke Free

Thank You
to the Smoke Free Teams of
Happy Valley-Goose Bay,
Sheshatshiu and North West River,
Port au Port, Twillingate,
St. John's and Trepassay.

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Smoke Free — It is Never Too Late



**Supporting older adults and seniors
who want to reduce or
QUIT smoking**



**How to Plan a
Smoke Free
Information Session**

Seniors Resource Centre Newfoundland and Labrador

(709) 737-2333 or Toll Free 1-800-563-5599
www.seniorsresource.ca

A healthy living project in partnership with



Keep Trying — Don't quit QUITTING!!

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This guide is designed for SRC-NL Peer Advocate groups,
and any person or organization wanting to support adults
in their efforts to live smoke free.

Know what to say when someone in your community wants to reduce or quit smoking.

It is hard to believe that smoking a few cigarettes can start a lifetime of addiction.

Nicotine, found naturally in the tobacco leaf is a powerful drug. Nicotine can be inhaled or chewed and reaches the brain in seven seconds.

Brain waves are altered producing pleasant feelings and relaxed muscles. It is easy to understand the attraction to a product that makes you feel so good.

The Canadian Lung Association reported that 90% of smokers in Canada want to quit. (2008)

For two years, the Seniors Resource Centre worked with the Smokers' Helpline supporting adults around the province who wanted to reduce or quit smoking.

While **Smoke Free** messages are for all ages, there is one fact that will be of interest to seniors and older adults.

It is Never too Late to Quit Smoking.

Quitting smoking at any age has health benefits. When you quit, the healing begins.



Smoke Free Team Leaders receive a CARE Award from the Smokers' Helpline NL for exemplary work in tobacco cessation — Niki Legge, Ed Wade, Roberta Frampton Benefial, Mary Hynes, Margaret Manuel and Josephine Waddleton.

"Don't tell me why I should quit – tell me HOW to quit."

Plan a Smoke Free Information Session

A **Smoke Free Information Session** can be for one – two people or a group. A session can be a:

- quick exchange at a grocery store or social event
- leisurely chat at a kitchen table, or coffee shop
- walk and talk
- booth at a Health Fair or Festival
- organized session at a community meeting place

Get the conversation started

Ask questions such as:

- Do you remember your first cigarette?
- What is motivating you to quit?
- How many times have you tried to quit?
- What quit strategies work for you?
- What do you think it will take to quit smoking?

Other ideas:

- Discuss the "Key Smoke Free Messages" in this Guide
- Use the DVD: **I Quit – How to Stop Smoking**
- Invite a guest speaker who knows about smoking cessation

Support someone who wants to quit smoking

- listen
- share stories
- have a few laughs
- provide information
- answer questions (if you can), or
- refer to the "Available Resources" section

End the **Smoke Free Information Session** with a referral to the Smokers' Helpline NL



It's free, it's friendly, and it will help you breathe a little easier

Available Resources

(ideas, information, brochures, self-help materials, promotional items or guest speakers)

Smokers' Helpline

www.smokershelp.net • 1-800-363-5864

Seniors Resource Centre NL

www.seniorsresource.ca
709-737-2333 or Toll Free 1-800-563-5599

NL Regional Health Authorities

Labrador-Grenfell Health — 709-454-3333, ext. 346
Western Health — 709-637-5000, ext. 5355
Central Health — 709-651-6239
Eastern Health — 709-752-4142 or 709-466-6316

Heart and Stroke Foundation

www.heartandstroke.com • 709-753-8521

Canadian Cancer Society

www.cancer.ca
Happy Valley-Goose Bay — 709-896-4500
Corner Brook — 709-634-6542
Grand Falls-Windsor — 709-489-5822
St. John's — 709-753-6520

ACT – Alliance for the Control of Tobacco

www.actnl.com • 709-753-0079

Things to Consider

- Find a **free** meeting place to hold the session.
- Advertise using posters and **free** public service announcements in local media.
- Gather **free** brochures, self-help materials, pens, magnets and Coping Kits. (Coping Kits available at SRC-NL)
- **Borrow** the DVD, "I Quit - How to Stop Smoking" from the local library.
- A cup of coffee, tea or juice is always appreciated!