

Khmer Quit Now 7 Steps to Freedom

Congratulations!

On choosing Quit Now! to help you to stop smoking! For more than 30 years we have helped millions quit smoking. This is your personal guide to becoming a non smoker. It reveals 7 vital steps to quitting. Every steps is important. Follow the plan and discover how to quit now.

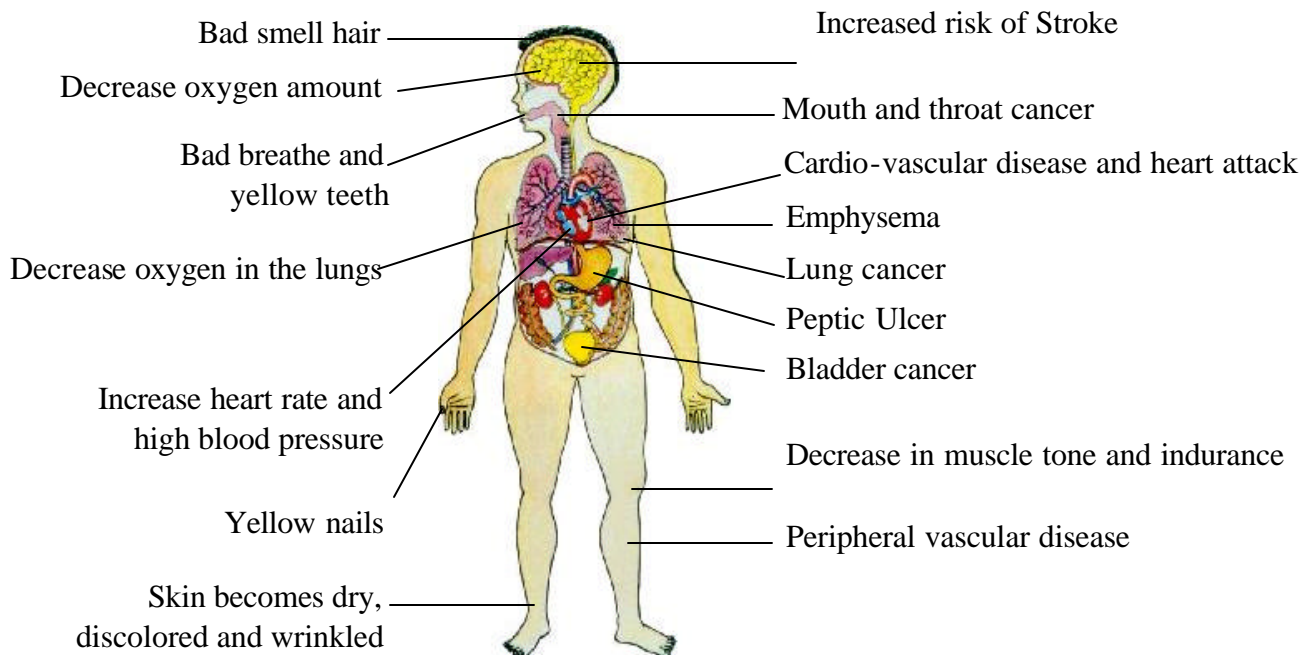
Restoring your freedom



Your 7 Steps to Freedom

1. Getting Ready to Quit
2. It's Time to Quit
3. Conquering Nicotine Addiction
4. Choosing New Habits
5. Living Smoke-Free
6. Staying Stopped
7. Winning at Life

The effect of smoking



Getting Ready to Quit

Discover why you smoke

Why stop smoking?

Decide your quit date

How to get ready to stop



Discover why you smoke

Before you start let's look at your smoking habit.

Your smoking habit

Age started

Years smoked

Cigarettes per day

Times tried to quit

Why did you start smoking?

Present from friends

Advertising

Family

Why do you smoke now?

Habit

Addicted

Pleasure

Discover why you smoke

What benefits do you gain from smoking?

Understand when and why you smoke.

Keep a record of your craving and smoking patterns. This will help you plan coping strategies.

Why stop smoking?

There are many good reasons to stop smoking.

Choose the benefits you desire. Maintain your motivation by reminding yourself of these reasons:

Better Health

Less disease

Breathe easier

More energy

Better health of family

Save money

Family request

Good role model

Social acceptance

Improved taste/smell

In control of my life

Doctor's advice

Other reasons:

What's in a cigarette?

The smoke from one cigarette contains:

- ? 4000 chemicals-many poisons and irritants
- ? 43 cancer causing substances
- ? Carbon monoxide- a deadly gas
- ? Nicotine-an addictive drug:
 - Remains in your body for 60 hours
 - Constricts blood vessels
 - Increases blood pressure and heart rate
 - Paralyses the cilia in your lungs



Good reasons to stop

After one day

- Nicotine levels down
- Carbon Monoxide levels reduced
- Blood pressure is lowered

After one week

- Breathing easier
- Taste and smell return to normal
- Most withdraw symptoms disappear

After one month

- Lung function improves
- Risk of infections reduced
- Exercise becomes easier

After one year

- Risk of heart disease and cancer decrease significantly

Decide your Quit Date

Freedom from Smoking Contract

I choose to stop smoking on:

Day_____ Date_____ Time_____

Contract Terms (Tick all items you commit to and sign.)

- Stop smoking completely on quit date
- Dispose of all cigarettes/lighters
- Seek support of family and friends
- Get a good sleep each night
- Avoid tea, coffee and alcohol
- Attend all Quit Now! sessions

Signed_____

It is important that you decide when you want to quit.

How to Get Ready to stop

Begin Now

Set your Quit Date

Countdown

Cut down on the cigarettes you smoke

Cut down tea and coffee use

Day before

Get at least 8 hours sleep

Buy fruit juice and mineral water

Ask family and friends for support

Quit Date

Get rid of all cigarettes, lighters etc.

Quit smoking completely

Plan ways to cope with cravings

It's time to Quit

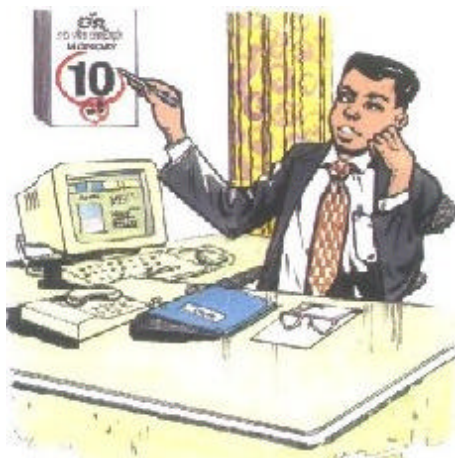
How to Break free of cigarettes

6 Ways to cope with a craving

Follow the Winner's Diet

Ask family and friends for help

Now is the time to stop smoking completely



How to Break Free

Cigarettes are now your enemy

Plan to break all links with smoking.

Celebrate by saying “I’m free!”

Crush cigarettes, throw out lighters etc.

Clean out all ashtrays

Call someone– tell them you have quit

Confirm your choice.

“I choose to be a non-smoker!”

“I choose to be smoke-free”



Six Ways to cope

Here are 6 ways to cope with a craving for a cigarette:

1. Declare (Repeat this over to yourself)
“I choose to be non-smoker.”
2. Delay
Wait for 10 minutes. Most cravings will only last 3-5 minutes
3. Deep breathing
Two or three deep breaths will relax you.
4. Drink Water
Slowly sip a glass or two
5. Do something else
Walk, relax, chew gum, shower, hobby
6. Depend on God
Meditate, pray, seek support from a Higher power.



Adopt the Winner's Diet

The Quit Now! Winner's Diet give you the greatest chance if success.

You will reduce withdrawals, have more energy and stay alert.

Day one

Drink only fruits for the first 24 hours.

Have lots of water and fruit juice

If you require food-eat lightly of fruit and dry biscuits.

Avoid tea, coffee and cola drinks containing caffeine

Avoid alcohol while you are quitting

All this week

Contain drinking lots of fluids

Eat mostly of fruit and vegetables

Eat smaller meals-avoid high fat and sugar foods

Have a good breakfast

Ask for help

Ask your family and fiends for their support.

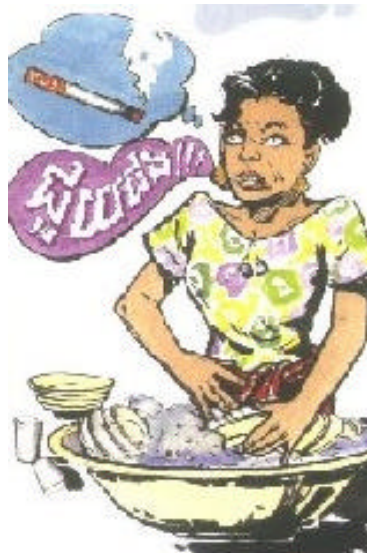
Support partners:

Tell them of your decision to quit.

Ask for their encouragement and support

Contact them each day

Share your experiences



Step 2 Checklist

Tonight Select your support partners
Get a good sleep

Tomorrow -Drink 1-2 glasses of water before breakfast
-Tell your friends about your decision
-Record craving patterns
-Follow the Winner's Diet

Exercise plan Walk whenever you have the chance

Success strategies - Practice deep breathing when an urge strikes
- Avoid smokers, and smoking situations
- Report "I choose to be a non-smoker"

Conquering Addiction

How nicotine hooks you
Understand withdrawal symptoms
Break your craving patterns
Change your thinking
Reward yourself for not smoking



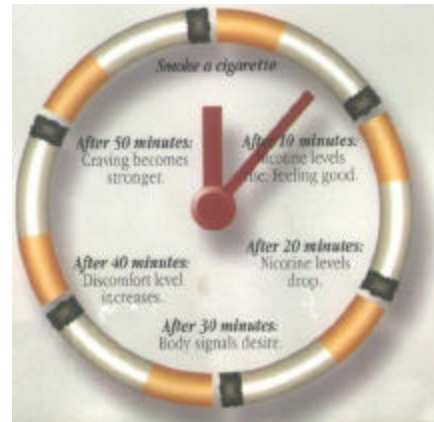
How nicotine hooks you

Problems with nicotine

A powerful acting drug
Effects the mind and body
Stimulates the nervous system
Also acts as a depressant
Produces withdrawal effects

How you can win!

Stay smoke-free
Break the nicotine cycle
Drink fluids
Change your emotional dependence



Understand withdrawal

Many smokers experience withdrawal effects when they stop smoking. Don't be alarmed. Your body is adjusting to life without nicotine.

What withdrawal effects do you have?

Craving a cigarette
Irritable/angry
Unable to concentrate
Unable to sleep
Too sleepy
Headaches/body aches

Withdrawal facts

Most effects only last 3-4 days
Some smokers experience no withdrawal

Break craving patterns

In the past your cravings for a cigarette were associated with certain habits and feelings. Now you can break this pattern by choosing positive alternatives.

On walking in the morning
After meals
When drinking alcohol
When drinking tea or coffee
When angry or stressed

Ways that work
Avoid smoking situations
Delay-wait 10 minutes
Escape-do something else
Substitute another behavior



Positive Solution

Change your thinking

Break the emotional dependence on tobacco with new ways of thinking. Here is your formula for freedom called the ABC's of Winning.

Attitudes-your emotional outlook

Develop positive attitude about being a non-smoker
Then act like you are a winner in life.

Beliefs-your life values

Keep believing you can and you will win
See yourself as a non-smoker

Choices-your willpower in action

Repeat: “It’s great being free from cigarettes!”

Experience freedom-lives as a non-smoker

Cost of your addiction

Cost of one pack smoked:

Multiply by number of packs each week:

Cost of smoking each week:

Cost of smoking in one year:

Savings in next 10 years:



Reward yourself

Reward yourself for not smoking.

Use the money you have saved to reward yourself.

Time not smoking

My reward

After 2 days

1 week:

1 month:

3 months:

Reward suggestions

Eating out

Book

Video

Movie

Clothes

Holiday



Step 3 Checklist

Daily Plan

Relax with a warm shower on bath.
Go to bed early and have a good sleep.

Diet

Drink 6-8 glasses of water daily.
Keep eating fruit, vegetables and low-fat foods.
Avoid caffeine drinks—use fruit juice.

Coping Skills

Use your Coping Strategies.
Apply the ABCs of Winning
Walk when you have an urge to smoke.

Withdrawal

Be patient. The worst of withdrawal effect will soon be over.

Special Activity

Plan a reward for going 2 days without smoking!

Choosing New Habits

Replace smoking habits
Strengthen your mind power
Develop an exercise program
Use spiritual power



Your mind Power

Strengthen your mind power

Becoming a non-smoker is a journey. First you stop using cigarettes. Then you must break your dependence on nicotine. Now you must practice thinking like a non-smoker.

Think your way to success

Begin with a mental picture of a non-smoker

Use positive self-talk

Focus on benefits

Extend your mind power

“I will not touch a cigarette for 3 months.”

“I will feel good about my new lifestyle.”

Your thoughts can take you wherever you want to go.

Replace smoking habits

As a smoker you took your habit with you wherever you went. Now you must choose new habits or replace those associated with your past lifestyle.

New Habits to Replace smoking

Home Walking up

Relaxing/TV

After meals

Work

Stress

Talking on the phone

Social

Parties

Eating out

Exercise program

Develop an Exercise program

Regular exercise is vital. It will improve your sleep and sense of well-being. You will cope better with stress, manage your weight and be healthier.

Which exercise is best?

Walking, swimming, cycling, jogging are all good aerobic exercises. However be sure to have a medical check-up if you're over 40 and unfit.

A walking program.

Start slowly-walk 15-20 minutes each day during the first week.

Gradually increase your speed and walking time.
Aim to walk for 45 minutes, 4-5 times weekly.



Use spiritual power

Already you have used mental, physical and social strategies in becoming a non-smoker. You still have another asset to help you win-spiritual power.

If you have belief in Higher Power-pray, meditate and claim that help.

Fore steps to recovery

- 1 Admit you need help – break the denial factor.
- 2 Ask God for help-then believe you have received it.
- 3 Always give thanks for help.
- 4 Act as a non smoker.

More things are achieved by prayer than this world knows of!

Step 4 checklist

Daily plan

Be ready for any emergencies.

Think as a non-smoker.

Practice your replacement habits.

Winner's Diet

Keep drinking 6-8 glasses of water daily.

Eat plenty of fruits, vegetables and whole grains.

Avoid high sugar and high fat foods.

Eat a good breakfast and a light evening meal.

Stay away from tea, coffee and alcohol.

Exercise

Start a regular exercise program

Motivation

Think about your values and beliefs.
Meditate, pray for power

Withdrawal

This could be a difficult day. Don't despair you're almost there.

Living Smoke-Free

Don't make exercises to light up.
Review your benefits.
Eat smart to control weight.
Act like a non-smoker.



Don't make excuses

Don't Make Excuse to Light-up

Many people use common excuses when returning to their smoking habit. Identify any reasons that may tempt you to have a cigarette in the future.

Excuse

“I'll gain weight.”
benefits.

Reality

Maybe, but you'll gain far greater

“It’s not a good time to stop”

There’s no better time. Now you have started, don’t give up.

“Just one won’t hurt.”

“Hey! That’s how you started smoking.

“This is a crisis.”

Smoking doesn’t solve problem.

Review your benefits

What benefits have you already enjoyed by stopping smoking?

Physical

Emotional

Family

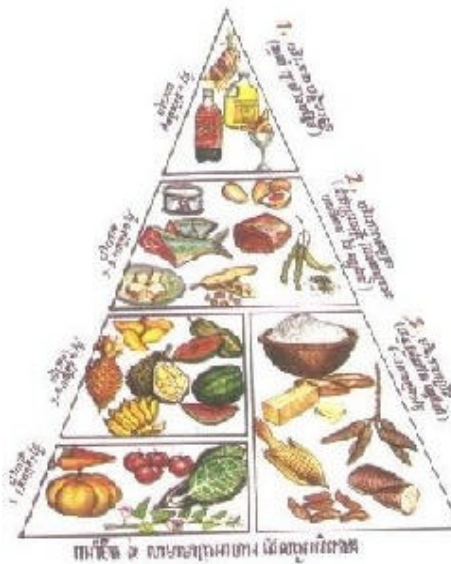
Social

Financial

Eat smart

Eat smart to Control Weight

Many smokers worry about adding weight after quitting. These simple steps can help you avoid weight gain and enjoy a healthier lifestyle.



- 1 Lose weight gradually. Crash diets don't work.
- 2 Eat less fat.
- 3 Have variety but don't over-eat.
- 4 Eat mostly of fruit, vegetables and whole grains.
- 5 Eat a good breakfast-a smaller evening meals.
- 6 Avoid junk foods.
- 7 Have regular meal times.
- 8 Exercise regularly. Balance food intake with physical activity.

Act like a non-smoker

Before you can live as a non-smoker you must learn to think like a non-smoker. Here are some more skills to help you live smoke-free.

Practice visualization

Imagine yourself as a non-smoker

See yourself:

Dealing with daily cravings

Saying "No" when offered cigarettes



Believe in yourself

Remember you don't need a cigarette to enjoy life.

You can unlearn bad habits-it just take times.

Use positive self talk

Keep reminding yourself of the benefits of quitting

Say: "It's great being free from smoking!"

Step 5 Checklist

Daily plan

Don't let yourself get bored. Start a hobby.
Spend time with non-smoking friends.

Winner's diet

Keep drinking 6 or more glasses of water.
Eat a balanced diet. Avoid between meal snacks.

Exercise

Continue your exercise activities.
Discover other enjoyable exercise activities.

Motivation

Use regular positive self talk.

Special activity

Visualize being a non-smoker.

Life is a party without smoke!

Staying Stopped

Understand why people go back to smoking

How to manage stress

Keys to success



Smoking huts others

You are another day closer to being a non-smoker

Your decision also helps others close to you.

Passive smoking

Children, pregnant mothers and those with respiratory problems are most at risk. By stopping smoking you reduce their risks as well as your own.

Even one cigarette can hurt your baby.



Understanding relapse

You are well the way to success! However this time can also be a danger period for any new non-smoker.

A Most relapse occur in the first three months.

B The major causes of relapse are :

Alcohol

Stress

Boredom

Negative feeling

C Many fail because they :

Lower their guard

Stop using coping strategies

Think that “One cigarette won’t hurt”

Lose motivation and confidence.

If you do relapse, start again!

Failure is only failure if you fail to try again.

How to manage stress

Many people smoke because they believe it helps them cope with the pressure of life.

Learn to control stress without smoking

Awareness

Identify symptoms of stress :

Identify causes:

Balance

- ? Take steps to get life into balance
- ? Relaxation techniques
- ? Time management
- ? Effective communication
- ? Assertive behavior

Control

- ? Choose new lifestyle options
- ? Exercise, recreation, rest, good food
- ? Humour / positive attitudes

Key to success

Learn to relax

Practise mental and physical relaxation techniques.

Keep using the strategies that worked

- ? Deep breathing
- ? Drinking water
- ? Walk after meals

Make plans for difficult situations

- ? Practise non-smoking responses and behaviour
- ? Watch out for alcohol and crisis situations

Don't give negative feelings

- ? Be positive, believe in yourself, ask for help

Avoid the relapse trap "Just one cigarette"

Step 6 Checklist

Daily plan

- ? Use relaxation techniques
- ? Laugh every day

Winner's diet

- ? Eat smart for health and weight control

Exercise

- ? Keep up with regular exercise

Motivation

- ? Repeat "it's great being free!"

Winning at life

- ? How to be a non-smoker for life
- ? Share your success
- ? Celebrate your success



A non-smoker for life

Welcome to a smoke-free future and your final step to freedom

How to be a non-smoker for life

Maintain your commitment and motivation

Use the skills you have learn to stay a winner!

Discovery your full potential-the future is in your hands

No one can calculate the worth of a human being, Value what you have. You have been a winner over cigarettes. You have achieved a fantastic change in your lifestyle. Now apply the same winning ways to the rest of your life.

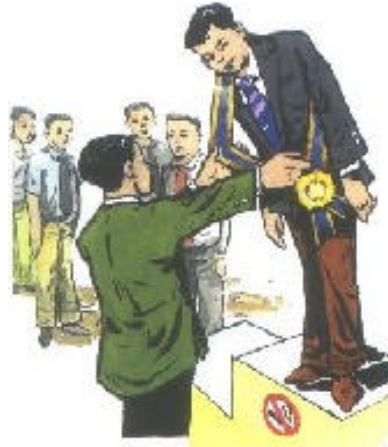
If you can dream it and believe it, you can achieve it.

Share your success

The best way to remain a non-smoker is to help other to stop smoking.

Help yourself by helping others

- Set an example to young people
- Share your experience with others
- Don't pressure people be positive
- Promote a smoke-free environment
- Join a Quit Now! club
- Be active in tobacco control activities



Celebrate your success

Congratulation on your achievement!

Your challenge now is to maintain the decisions you have made and reward yourself for the effort.

- What skills and strategies will you continue to use?
- How are you going to celebrate your smoke-free life?
- Today
- In 3 months
- In 12 months

Checklist for the future

Weekly plan

Maintain a Positive, Balanced Lifestyle

- ? Winner's Diet
- ? Exercise, relaxation
- ? Think positively
- ? Practise my coping skills to avoid a relapse
- ? Enjoy my non-smoking freedom
- ? Help someone else to be smoke-free

Special Activities

Plan special rewards to celebrate

- ? 3 months
- ? 6 months
- ? 12 months free of smoking

Important notes

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Important notes

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Your non-smoking record

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