

Choosing to Quit

Congratulations!

- You will feel better about yourself
- You will be healthier and have more energy
- You will be a good role model to children and other smokers
- Your sense of taste and smell will improve

Benefits of Quitting

Quitting smoking is probably the one best thing you can do to improve your health. Your body will start to heal on the very first day. After one year, you will be a lot healthier, and your risk for some major health problems will have dropped by half.

Within 8 hours of quitting

Your oxygen levels in your blood return to normal.

Within 2 to 3 days of quitting

Your risk of having a smoking-related heart attack is already reduced. Your sense of taste and smell start to improve. Your airways relax, and it gets easier to breathe.

Within 3 months of quitting

Your lungs work much better. You'll find it easier to walk and do other kinds of exercise. Your circulation improves. Because your blood moves better, you may enjoy warmer hands and feet.

Within 6 months of quitting

You cough less, and feel less stuffed up.

Within 1 year of quitting

Your risk of having a smoking-related heart attack is now half what it was before.

Within 10 years of quitting

Your risk of developing lung cancer is cut in half. Your risk of developing other types of cancer (for example, mouth cancer) is also lower.

Within 15 years of quitting

Your risk of heart attack is back to normal, as if you had never smoked.

For more information:

www.GoSmokefree.ca

Tips to Help You Quit

Quitting is tough, but worth it! Find a replacement activity from this list that works for you or create your own.

- Put suggestions of activities to do in a jar (things that take between 2 to 5 minutes to accomplish) like sweeping the floor. Every time you have a craving, draw an activity and do it. It keeps you busy just the time needed to overcome the craving and to change your mind.
- To keep your mouth and hands busy, try chewing gum, drinking a glass of water, doing sports, eating a fruit or vegetable, play with the kids, bring out your beading, make tools, sew, etc.
- If you're worried about weight gain, choose low-calorie snacks, and increase exercise and physical activity.
- If you believe you're someone who smokes to deal with stress, look into new ways of coping; there are many. Here are a few:
 - Find one or two people to talk to.
 - Try relaxing by listening to music or go for a walk.
 - Increase your physical activities.
 - Learn to deep breathe to help cope with stress.
 - Learn positive self-talk. Take a moment to clear your mind and then replace the negative talk with positive self-talk. Examples of positive self-talk include:
 - It will get better in time.
 - I've handled things tougher than this.
 - I don't have to smoke. I can do something else right now.
 - I only have to deal with one day at a time.
- Go ahead and create your own list of replacement activities!

Benefits of Quitting

Quitting smoking is probably the one best thing you can do to improve your health. Your body will start to heal on the very first day. After one year, you will be a lot healthier, and your risk for some major health problems will have dropped by half.

Within 8 hours of quitting

Your oxygen levels in your blood return to normal.

Within 2 to 3 days of quitting

Your risk of having a smoking-related heart attack is already reduced. Your sense of taste and smell start to improve. Your airways relax, and it gets easier to breathe.

Within 3 months of quitting

Your lungs work much better. You'll find it easier to walk and do other kinds of exercise. Your circulation improves. Because your blood moves better, you may enjoy warmer hands and feet.

Within 6 months of quitting

You cough less, and feel less stuffed up.

Within 1 year of quitting

Your risk of having a smoking-related heart attack is now half what it was before.

Within 10 years of quitting

Your risk of developing lung cancer is cut in half. Your risk of developing other types of cancer (for example, mouth cancer) is also lower.

Within 15 years of quitting

Your risk of heart attack is back to normal, as if you had never smoked.