



# QuitPack News

Vol. 1 No. 5

April 2006

Welcome to the fifth edition of the QuitPack News. This monthly newsletter helps us keep in touch with Yukoners who are moving toward becoming smoke-free with the help of a QuitPack. Here's how you can use this newsletter:

- Send in your comments about the QuitPack for us to share in upcoming newsletters— likes, dislikes, articles you'd like to see, etc.
- Let us know **your** tips for others as they try to quit.
- Suggest articles you'd like to see in the next issue.

We look forward to hearing from you!

*The Staff at Health Promotion*



## Social Aspects of Smoking

Smoking is deeply connected to everyday social activities. For many, it is a social ritual shared with family, friends, co-workers, and even strangers. When other people light up or go for a smoke, it seems natural to join them. Some smokers only smoke in social situations: offering a cigarette can be used to break the ice, talk to and bond with people.

Smokers often light up when they are getting together with other family members or friends who smoke, even if they don't really feel the need to smoke at that time. Smoking becomes associated with common social activities like talking with a friend over a cup of coffee, having a drink in the evening, going out together, or after sharing a meal.

These social aspects of smoking and the interactions with other people during smoking make it hard for many smokers to imagine becoming smoke-free, if their family, friends and co-workers continue to smoke. The routine of smoking with family, friends, or co-workers is also often perceived as a barrier to becoming smoke-free by a smoker who is thinking about or trying to quit smoking.

The social aspects of nicotine dependence are difficult to overcome; after quitting, former smokers continue to be exposed to social situations that remind them about smoking. When someone becomes smoke-free, he or she gives up activities that may have been part of daily routines and friendships with other people. The challenge is to maintain those important relationships without relapsing to smoking.

Many people have found that they need to strongly say "NO" when someone offers a cigarette. They also try to avoid other smokers in the early stages of quitting until they are comfortable being smoke-free.

Others found it helpful to spend time with friends and family in places where smoking isn't allowed, or do something active (like cycling, playing Frisbee or skateboarding) so they can't smoke.

If your partner or spouse is a smoker, try to quit at the same time if possible. Early on, try to avoid situations where the social pressures will be hard to resist, rehearse your polite refusal when offered cigarettes, ask your smoking friends to be considerate of your efforts and to support and encourage you.

Here are other ideas to help you become smoke-free as part of your friendships:

- Make becoming smoke-free a shared goal with a friend, family member or co-worker who smokes.
- Let your friends and partner know what they can do to help you become and stay smoke-free. (con't)



Find out who influences you to smoke by creating a Web of Tobacco Friends  
[www.ayn.ca/quit/en/c5\\_8\\_being\\_free.asp](http://www.ayn.ca/quit/en/c5_8_being_free.asp)

## Did you know? *Facts on Caffeine and Quitting*

Smoking increases the metabolism of caffeine. That means, when you smoke, the caffeine is processed through your body more quickly than when you don't smoke. So, you pee it out more quickly. That's why many smokers can drink a lot of coffee without getting the jitters.

When people stop smoking and *don't* change their caffeine intake, the caffeine levels in their blood increase by 50–60 percent from drinking the same amount of coffee or caffeinated drinks.



Many people, who recently quit smoking, may experience increased anxiety and restlessness due to the effect of *caffeine* rather than nicotine withdrawal.

Web site of the month:  
[www.tobaccofreeca.org](http://www.tobaccofreeca.org)



## *Social Aspects of Smoking (continued from Page 1)*

Ask them to help you by:

- reminding you of your reasons for becoming smoke-free when you are tempted to smoke
- rewarding successes (even small ones) instead of emphasizing failures
- encouraging healthy alternatives such as physical activity
- helping you get back on track after a slip or relapse

Find alternatives to smoking with friends and family: create new rituals and routines, find new activities to replace old ones:

- go for bike rides
- go the movies and other places where smoking is not permitted
- try out a new outdoor activity like golf or rollerblading
- explore creative activities like painting, carving, or sculpting
- go shopping – spend some of that money that you are saving by not smoking!

For more info on social aspects of smoking email: [health.promotion@gov.yk.ca](mailto:health.promotion@gov.yk.ca)

## Imagine growing up in a smoke-free world? *Californians Do!*

For more than a decade, California's Tobacco Control Program (CTCP) has helped save lives and has impacted the health of every Californian. Through grassroots programs designed and implemented by local health departments, community coalitions and organizations, statewide projects, ethnic networks, schools, and a statewide mass media campaign, the program has significantly benefited the lives of millions of Californians.



The program has aimed to raise awareness among both adults and youth about the dangers of tobacco use. **As a result, California's youth are growing up in a state where it is not socially acceptable to smoke. They attend smoke-free schools, shop in smoke-free stores, and work in smoke-free environments, and the majority live in smoke-free homes.**

California is a healthier and stronger state thanks to reduced adult and youth tobacco smoking rates, decreased consumption, greater protections from dangerous secondhand smoke toxins, efforts to expose and counter the tobacco industry's negative influences, and policies to help keep tobacco products out of the hands of children.

For the full article, and more information, visit [www.tobaccofreeca.org](http://www.tobaccofreeca.org)

### QuitPack Tip: Use your water bottle!

Drinking lots of water while you are quitting smoking helps in these ways:

- 1) Helps your body **detox** from the nicotine
- 2) **Distracts** you when you have a craving
- 3) Helps with **symptoms** like dry throat, coughing and hunger when you quit.

Please send your comments & suggestions for next month's QuitPack News to [health.promotion@gov.yk.ca](mailto:health.promotion@gov.yk.ca) or call the Smokersline toll-free 1-866-221-8393.

