WELCOME to the 5-day Plan to stop smoking and to better living!

The Five-Day Plan to Quit Smoking

For a long while now you have wanted to give up smoking. You may even have stopped smoking, for a period of time, on several previous occasions. So, you are probably aware that to stop smoking permanently is not an easy thing to do. Smoking is a very complex habit, linked with so many of our daily activities. There is also the problem of nicotine, which is a very strong addictive drug. However, the growing medical evidence is beyond dispute. Smoking adversely affects every organ of the body.

There is also the increasing cost to consider, and social pressure towards a non-smoking society. For one or more of these, or for your own personal reasons, this time you have decided you really MUST STOP.

This programme will take you through a 5-day step-by-step programme to change your daily habits and achieve your goal to quit smoking. The 5-day Plan is based on sound psychological and physiological principles. Through psychological motivations (such as affirmation statements) and physical changes (such as dietary modifications), the Five-Day Plan works to break your smoking routine and eliminate cigarette cravings to make a permanent break with tobacco a very real possibility. As you put the plan outlined into practice, your will-power will be strengthened and your choice become permanent. You may have a few difficult hours ahead, but remember, they can be greatly reduced *if you will faithfully follow this daily plan!* To modify the programme in any way to suit your personal convenience is not very unwise, in that it usually leads to an extension of any unpleasant withdrawal symptoms. The craving for a smoke will continue as long as you have nicotine in your body. Therefore, take in no more nicotine, and seriously follow the first 24-hour programme which is designed to get nicotine out of your system as quickly as

possible. This is one of the vital differences between your past failures, and the possibility of permanent success this time.

The plan also addresses issues such as weight gain and symptoms associated with nicotine withdrawal, along with alternative activities to overcome such concerns and remain smoke-free.

Prepare the section at the end of day one [p.8], by printing, or by saving on desktop etc, so it is placed that you can see it throughout the day.

Day One – Plan to get to bed a little earlier tonight

1. Because good rest will help prepare you for the experience of a day without nicotine intake.
2. So that you can get up earlier than usual and avoid the additional stress that often comes with an early morning rush.
3. To give yourself time for a warm bath or shower before starting the day.

Before bed this evening

1. Go for a short walk. Practice rhythmic breathing - inhale for 4 paces, hold breath 2 paces, exhale 6 paces, pause 2 paces before inhaling as before.
2. Have a warm, *not hot,* relaxing bath or shower.
3. If you have been in the habit of taking a warm drink (such as Ovaltine or malted milk), this is all right - but for your own sake NO TEA, COFFEE or ALCOHOL during this time.
4. Restate your decision several times: "I CHOOSE NOT TO SMOKE." Especially remember this at times of craving.
5. Place this booklet near your bed. You will need it first thing on waking.

Set an alarm for a half-hour earlier than usual.

Waking thought -

"I choose not to smoke no matter how strong the urge."

- - - Repeat several times - - - Repeat several times. ☺

I choose **not** to smoke because ……
……..….
……..

- Take a relaxing shower or bath before breakfast. Warm water helps soothe nerves. Dry vigorously with a rough towel as this stimulate circulation promoting a sense of well-being.
- Drink one or two glasses of water - warm, if possible. If you prefer make a herbal tea [with some lemon.] This week will be easier if you avoid coffee, tea, and energy drinks for the week as they are stimulants, that can increase your craving for nicotine.
- Ideally eat lots of fresh fruit, salads and drink fruit juices for the first 24 hours. These foods provide essential elements your body needs at this time. Try a variety of fresh fruits, such as bananas, berries, melons, grapes, or whatever is in season.

Now is the time to tell you: - Don't let the thought of any increase in weight worry you. The most important thing now is to **stop** smoking. Weight control, if necessary, can wait.

After breakfast:

- deep, rhythmic breathing of fresh air (3 deep breaths can help to calm your nerves.)
- a 5-minute/15-minute walk, if possible.

Deep breathing and walking are vital - do both after *every* meal. If you are not on a regular exercise programme, consult your doctor as to what is best for you.

Here you are at class or work … watch it! tensions can build. Remember: you HAVE stopped smoking.

What to do if a craving strikes -

1. Exercise your will-power and say to yourself: "I choose not to smoke, NOW," and mean it.
2. Drink a glass of water slowly.
3. Start deep, rhythmic breathing in time with your steps while you get some water.
4. Chewing sugarless gum or sucking on mints may be helpful, including celery stick, carrots, or other crunchy vegetables and stay away from sweets and chocolates.

6. Call a friend.

Check to be sure that you have drunk at least 3 glasses of water or juice between 8:00 am and noon.

1._____ 2. _____ 3. _____

Aim to drink 3 more glasses between noon and your evening meal. Fluids weaken cravings. Each craving you resist strengthens your will.

Mid-day Thought – "*It may be difficult, but right now I'm actually, breaking the smoking habit."*

Noontime

1. If possible, avoid eating lunch with someone who smokes.
2. If you feel you must eat something other than fruit, try this recommended lunch:
   - ❖ Wholewheat sandwich (avoid fried or spicy meat)
   - ❖ salad, either fruit or vegetables (little or no dressing)
   - ❖ soup, mildly seasoned
   - ❖ fruit juice.

After lunch

1. Immediately get outside for a 15-minute walk. Breathe deeply. Again, deep breathing will blunt the edge of a craving.
2. Say to yourself: "Sure, it may be hard, but right now I'm not smoking!"

BENEFITS: You will lose your hacking cough and shortness of breath, and avoid things like upper respiratory infections, emphysema, early wrinkles, lung cancer, and heart attacks. Smoking contributes to all of these.

Your first afternoon

During the early afternoon, contact a supportive friend or partner who is also trying to stop smoking. Ask how they're doing - your encouragement might come at just the right time.

My partner's name: _____
Phone & Email address: _____

Afternoon is a danger time for many. Withdrawal symptoms such as tack of concentration, sleepiness, and headache, may become very apparent. Remember though that these withdrawal symptoms are good

signs that your nicotine level is dropping. Therefore, do not weaken and smoke, or much of the good you have done so far will be undone. Withdrawal symptoms may be unpleasant, but they are the first stage on your way to permanent success. Whenever a craving occurs, re-state your decision, "I choose not to smoke". Each time you make this decision, will-power grows stronger and the craving diminishes.

Afternoon drinks - Keep up the internal cleansing process. Remember, nicotine is water soluble. Drink water or fruit juice at regular intervals. Check to be sure…

Afternoon fluid intake: 1._____ 2._____ 3._____

Weaken that craving

In the late afternoon, don't get let down -

1. Check the section on "what to do if a craving strikes."
2. Remember that you are on the way to a smoke-free life.
3. Restate your decision: "I choose not to smoke."
4. Keep the printout of this page with you.

Don't forget the 2nd day of the Five-Day Plan and print out the Day Two page that will carry you through the next 24-hours.

At home, after class or work

Avoid idle time. Keep occupied with something you enjoy, if only for a short period. Above all, stay away from:

- a favourite chair or place where you often smoked
- **alcoholic beverages -** one small drink can lead to a cigarette.

Smoking is responsible for much ill health and resulting absenteeism from work, about 50 million working days per year in Britain.

Tonight's dinner

Fruit and more fruit: If you feel you are about to fall apart, eat a light meal like you may have at lunch:

- soup with very light seasoning
- salad - cottage cheese or vegetables, with little or no dressing
- whole wheat bread or toast
- milk or juice

Don't linger too long: Don't stay at the table after a meal. Good food, good conversation - these can make you crave an after-dinner smoke. Use your willpower and break that habit, get away from the table.

Immediately after dinner

1. Watch out! Again, stay away from that favourite chair or place where you used to smoke.
2. Breathe the fresh air for a few minutes and go for a five-to-ten-minute walk. Deep breathing can help calm your nerves.
3. Rinsing with mouthwash could help eliminate the urge to smoke after a meal.

Did you know...

- There are over 4,000 chemical compounds in tobacco smoke. Over 40 of these can cause cancer.
- At some point during the next few days, you will hit a period where your cravings are worst - but after that, your cravings will start to lessen.

If you did smoke ... What if you smoked a few cigarettes today? Remember this: You may have lost a battle, but that doesn't mean you lost the war, so …

1. Follow the plan more carefully.
2. Tonight's therapy session is to help strengthen your willpower.

"Each year more people die from smoking-related diseases than from AIDS, drug abuse, car accidents, and homicide combined."

At home tonight

1. Go for a short walk - practice deep breathing.
2. Take a relaxing shower or bath, but make sure it's not too hot.
3. Set an alarm early enough for a morning bath or shower and an unhurried breakfast.
4. Keep this page at your bedside to look at first thing in the morning.

The next 24 hours are crucial to your success. Keep that will-power working for you. Try to be alert and anticipate your danger times. Have a plan of attack and know what you will do during peaks of craving, or should someone offer you a smoke. Remember your will-power and ability to choose not to smoke will be stronger, and increases in strength, the longer you continue making this positive choice.

My personal record of Withdrawal symptoms
Five-Day Programme: DAY ONE

Please mark the items you have noticed as you quit smoking.

Date: _____. Name: _____

Headache

Type: __vice-like __pressure __bursting
__pressure __sharp stabbing
__dull ache.

Location: __all over __ back of head __left side
__front/above eyes __right side
__back of neck.

Duration: __all day __half a day __none
__at night __two hours or less.

Nervousness

__irritability __dizziness __felt 'trembling' inside
__eyes not focusing __trembling hands
__difficulty concentrating __seeing specks
__blacking-out/fainting __eye pain.

Appetite

__no appetite __nausea __taste change
__craving food __vomiting.

Craving to smoke

__very severe __severe __slight
__little __none.

Muscles

__muscle twitches __aching muscles __prickly sensation
__muscle cramps.

Other symptoms

__tired __sleepy __sweating hands __sore throat.

Other:

_____

_____

_____

I CHOOSE **NOT** TO SMOKE

I CHOOSE
NOT
TO SMOKE

I CHOOSE **NOT** TO SMOKE

I CHOOSE
NOT
TO SMOKE

You may like to print these and then place them in places where you will SEE them continually… screen on phone, toilet door, car dashboard…

Day Two

Waking Thought …

1. Reach for this page and use your willpower and say again, "I choose not to smoke today."

2. Early morning drinks are important. Drink 2 glasses of water on rising, preferably warm. Remember, **no** tea or coffee today. We want to avoid the drug stimulation of caffeine. There is a strong association linkage between coffee and tea drinking and smoking, so that even the taste will trigger the desire for a smoke.

3. This morning, try 'cold-mitten friction.' Rub briskly with a cold, wet wash cloth to get your blood moving, rubbing until you are pink or feel a warm glow. Start with lukewarm water until your body adjusts to the cold.

Breakfast

Focus on fruit again, either fresh or canned. Apples, oranges, or bananas are ideal. Other suggestions include:

- whole-grain cereal with raisins or other fruit
- skim milk or yogurt
- whole-wheat toast or waffle with peanut butter
- boiled eggs
- warm drink such as herbal tea or decaffeinated tea/coffee, as caffeine can trigger a craving to smoke.

If possible, get out in the fresh air and walk immediately after breakfast.

On your way to school or work

- If traffic is bad or you have a long walk ahead of you, reach for a stick of sugarless gum, sugarless mints, or cinnamon sticks.
- It may be hard to quit, but smoking is harder on the nerves. Nicotine first stimulates nerves, then paralyzes them. Take a

deep breath, drive or walk carefully, and think of a nice holiday - you're saving money for it by giving up smoking☺

At work or school

When tension mounts, a glass of water or fruit juice can help stop the craving for a smoke.

- Deep, rhythmic breathing at every opportunity will help those tense nerves.
- Remember: operate your willpower - you are choosing **not** to smoke!

During breaks or between classes

Don't let it get to you!

- Stay clear of your friends if they are smoking
- Keep drinking lots of fluids. Try difference juices (cranberry or apple for a change), as well as water. Fluids are essential to help your body get rid of all the tobacco residue
- Have something ready to snack on (carrots, celery) if you feel the need
- Avoid caffeinated coffee and tea, which could trigger cravings.

Lunch - Try this menu:

- ✓ baked potato with low-cholesterol margarine
- ✓ whole grain bread
- ✓ legumes (peas, lima beans, etc.)
- ✓ fresh green salad
- ✓ cooked vegetables
- ✓ non-fat milk or tomato juice
- ✓ fresh fruit for dessert

Mid-day thought – *I really do want to stop smoking; therefore, I choose not to smoke this afternoon.*

This afternoon - Let your friends know you are choosing not to smoke and you may be edgy. If you get a headache, a mild over-the-counter pain reliever like ibuprofen or paracetamol won't hurt and is much better than taking in one of the 4,000 chemicals found in tobacco.

Furthermore, you are on your way to better health, a better lifestyle and lessening your chance of cancer and coronary heart disease

from smoking. The body has wonderful restorative powers. Give it a chance.

The good news: You reduce your chances of heart disease, chronic lung disease, lung cancer and at least 6 other cancers when you stop smoking.
"Stopping smoking at any age reduces the progression of lung function loss and also provides an immediate improvement in lung function." Journal of American Medical Assn., June 1993.

Mid-afternoon

- ❖ Call your partner. He or she may need encouragement right now
- ❖ Keep drinking fluids
- ❖ If the telephone is getting to you, talk slowly, take a deep breath between each sentence, and keep the conversation short. Have some water at hand
- ❖ If you are at home and others are getting to you, hop in the shower for a break
- ❖ For the next few days, eat a light supper and a bigger breakfast and lunch. You will sleep better and help restore your energy.

After dinner, beware - Don't sit in your favourite chair or go to your favourite smoking place after dinner – it is loaded with tobacco smoke. That smell is all that is needed to start a craving.

Go for a walk! Do not linger at the table.

On the way home

Congratulate yourself! Your willpower is becoming stronger. *You have stopped smoking.* Keep up the good work.

Think of all the health hazards you will miss and all the health benefits you will gain. Write them down.

"Smoking remains the single most preventable cause of death in our society."
U.S. Surgeon General.

Dinner tonight

You might be very hungry. Be careful - choose plain, simple foods.

- ▪ Avoid foods containing mixes of high fat, cream, and butter
- ▪ Avoid fried foods or foods highly seasoned with spices and condiments

- Beware of getting too full. A large meal topped with a rich dessert saps energy you need to resist cravings.

Did you know that -

many people find it hard to stop smoking because of what they eat? Certain foods are stimulants - they trigger a craving for tobacco. You would be wise to avoid pepper, spiced foods, mustard, vinegar, ketchup, pickles, rare or spiced meats, strong cheese, fried foods and all heavy, rich desserts. Remember that the suggested restrictions in diet and drinks are all based on sound scientific evidence, and are outlined for your benefit. Your self-denial in this area will pay rich dividends in shortening the period of craving for a smoke.

Check your Record of Withdrawal Symptoms experienced today on page 12.
Under NO circumstances should you allow yourself to become discouraged.
Refresh your mind on the reasons for being a NON-smoker [page 2.]

My personal record of Withdrawal symptoms
Five-Day Programme: DAY TWO

Please mark the items you have noticed as you quit smoking.

Date: _____ Name: _____

Headache

Type: __vice-like __bursting __sharp stabbing
__dull ache __throbbing __pressure.

Location: __all over __back of head __right side
__back of neck __left side
__front/above eyes.

Duration: __all day __at night __half a day
__none __two hours or less.

Nervousness:

__irritability __trembling hands. __seeing specks
__dizziness __felt 'trembling' inside __eyes not focusing
__blacking-out/fainting __difficulty concentrating __eye pain.

Appetite:

__no appetite __nausea __taste change
__craving food __vomiting.

Craving to smoke:

__very severe __severe __slight
__little __none.

Muscles:

__muscle twitches __aching muscles __prickly sensation
__muscle cramps.

Other symptoms:

__tired __sleepy __sweating hands __sore throat.

Other:

_____
_____
_____
_____

Day Three
So *far, so good*

You are starting your third day without smoking. To some it may seem like 3 months. It has only been 48 hours!

You might feel as if you are 'dragging.' Don't worry. In a few days this and other symptoms will disappear.

Have you cleaned your clothes to get rid of the smell of smoke? If not, do; you will start smelling it tomorrow when your nerves and sense of smell begin to recover.

Today is critical - be careful -

1. Review your control sheets
2. Continue to drink fluids
3. Enjoy cold-mitten friction
4. Keep your resolve strong - "I choose not to smoke today, no matter how strong the urge."

Avoid major problems today: If at all possible, avoid any major stress for the next few days. Give yourself every advantage: postpone problems a day or so. Make life as simple as possible.

At breakfast

- ✓ Concentrate on having a nourishing breakfast
- ✓ Remember fresh fruit and juices high in vitamin C
- ✓ Include extra B-vitamins from foods such as whole-grain breads and cereals.

After breakfast, enjoy a 10- to-15-minute walk. (You may need to set your alarm a half-hour earlier to have time for both a good breakfast and a walk.)

Savour your ability to not smoke after a meal.

Keep an eye on your fluid intake again this morning. If you have 2 glasses of water before breakfast, get in at least 2 more before noon and 2 more in the afternoon.

Did you know? - "Lung cancer has overtaken breast cancer among women who smoke."

What about your partner? - It is easier to stop smoking if you make the effort to encourage someone else who is also stopping. Be sure to contact your partner, if possible.

The irresistible urge - When it comes, it will be a real emergency.

Here is a proven emergency plan that will work for you if you follow it:

1. Decide immediately not to smoke for 2 minutes. Say "I choose to hold out for 2 minutes."

You *can* hold out for that long. Yes you can….

2. Stand or sit up straight. Breathe rhythmically
3. Silently say, "Give me strength. I can do this!"
4. At the end of 2 minutes, say "I choose to hold on 2 more minutes," and doit.
5. Remember - the urge will weaken. Hold on.
6. Force your mind to think of anything else during strong periods of craving: music, clothes, money, cars, a holiday, etc.

Lunchtime

Have you noticed how much better things now taste? Why? Tobacco deadens your sense of taste. Now that you have stopped smoking, your taste buds are waking up.

How do you feel? - Many people feel much better physically during these days because they know they are battling and winning over a dangerous habit. However, some days will be rough, but hang in there. You can make it!

Rewards

- ❖ I can taste and smell better
- ❖ The craving may be strong, but it doesn't last very long
- ❖ My partner, friends, and family are proud of me
- ❖ My withdrawal symptoms are not as severe as they were

- ❖ I have already noticed these things:
- ❖ _____
  _____
  _____

Elated or depressed? - Your emotions can take a real beating since nicotine affects your nerves. Some feel depressed when stopping; others feel good. Since your nerves are in need of all the help they can get, be sure to keep up the deep breathing, water intake, and avoid stimulants such as tea, coffee, or energy drinks.

Get extra vitamins and minerals, especially the B-vitamins and vitamin C for healthy nerve function. Increase your intake of whole grain breads and cereals to get more B-vitamins and foods such as citrus fruits, green vegetables, tomatoes, peppers, and fresh potatoes to increase your vitamin C intake.

B-vitamins can be depleted by an excess of sugar. Skip the sugar and desserts for the next few days - give your body and nerves a chance to recover.

After dinner

- Exercise and enjoy the fresh air
- Get ready for the next day
- Get a good night's sleep.

"Those once smoking a pack or more a day, who have given up smoking for at least one year, have a death rate less than half that of those who have continued smoking." American Cancer Society

My personal record of Withdrawal symptoms
Five-Day Programme: DAY THREE

Please mark the items you have noticed as you quit smoking.

Date: _____ Name: _____

Headache

Type: __vice-like __bursting __sharp stabbing
__dull ache __throbbing __pressure.

Location: __all over __back of head __right side
__back of neck __left side
__front/above eyes.

Duration: __all day __at night __half a day
__none __two hours or less.

Nervousness:

__irritability __trembling hands. __seeing specks
__dizziness __felt 'trembling' inside __eyes not focusing
__blacking-out/fainting __difficulty concentrating __eye pain.

Appetite:

__no appetite __nausea __taste change
__craving food __vomiting.

Craving to smoke:

__very severe __severe __slight
__little __none.

Muscles:

__muscle twitches __aching muscles __prickly sensation
__muscle cramps.

Other symptoms:

__tired __sleepy __sweating hands __sore throat.

Other:

_____
_____
_____
_____

Day Four

Today

Today, you can go all day without smoking once. Why?

- Your body has been getting rid of the poisons
- Making the right choices has strengthened your will
- You have learned what to do when a craving strikes.

Read the points above, again and again.

Today you are in control: Begin to run your own life without tobacco dictating you. Today you refuse to be a slave any longer. Choose to think of something else besides that cigarette.

"I choose not to smoke"

Let's go, then!

1. Begin with cold-mitten friction and 2 glasses of water before breakfast
2. Get additional vitamins, especially B-vitamins
3. Make a special effort to encourage your partner who is also breaking the habit
4. Know you have the power to break free
5. Refuse to be a slave to tobacco any longer
6. Say, "I choose not to smoke again."

"Three key lifestyle approaches must be addressed in preventing heart disease, diabetes, hypertension, and lung disease: smoking, diet, and exercise." World Health Forum, 1991.

Have you had a headache? - Headaches can be a withdrawal symptom, and you are freeing yourself from a form of drug addiction.

Craving still there? - Certain condiments, such as mustard, black pepper, or horseradish, can trigger a craving for a cigarette. You can also increase cravings by indulging in rich sauces and rare steaks.

A new you is in the making. Change your lifestyle. Give yourself every advantage that you possibly can. Review how to handle irresistible urges at unexpected moments.

Motives for quitting

- Avoid cancer, heart attacks, impotence, infertility, and premature skin wrinkles
- Save money
- Get rid of the smell and gain fresher breath
- Set an example for others
- You control your life, not tobacco
- Not smoking makes a better lifestyle
- List your motive: -

_____

_____

_____

Nonsmokers exposed to second-hand smoke at home or at work have about a 25% to 30% increased risk of heart disease and a 20% to 30% increased risk of lung cancer. BMJ Group 2007.

Staying physically healthy

Exercise - In addition to a short walk after each meal, plan 20 to 30 minutes of exercise each day - walking is excellent. Check with your health care provider before starting a vigorous exercise programme.

Food - In the morning, feast like a king; at noon, dine like a prince; at night, eat like a pauper.

Weight - When your weight is healthy, exercising 3 times a week for 20 to 30 minutes will help curb those urges to smoke and keep your heart strong.

Don't forget: - Stick with the programme. You can make it. The only people who fail are those who give up. Be ready for the next day.

My personal record of Withdrawal symptoms
Five-Day Programme: DAY FOUR

Please mark the items you have noticed as you quit smoking.

Date: _____ Name: _____

Headache

Type: __vice-like __bursting __sharp stabbing
__dull ache __throbbing __pressure.

Location: __all over __back of head __right side
__back of neck __left side
__front/above eyes.

Duration: __all day __at night __half a day
__none __two hours or less.

Nervousness:

__irritability __trembling hands. __seeing specks
__dizziness __felt 'trembling' inside __eyes not focusing
__blacking-out/fainting __difficulty concentrating __eye pain.

Appetite:

__no appetite __nausea __taste change
__craving food __vomiting.

Craving to smoke:

__very severe __severe __slight
__little __none.

Muscles:

__muscle twitches __aching muscles __prickly sensation
__muscle cramps.

Other symptoms:

__tired __sleepy __sweating hands __sore throat.

Other: _____
_____
_____

Day Five

On awakening

This is your fifth day of the programme. You have successfully given up smoking.

Congratulations! But don't let your guard down. Your all-out assault on cigarettes has paid off for four days, and if you keep these sheets in hand and follow the good habits you have begun, you will continue to be smoke-free.

*Right **now …***

- Try cold-mitten friction over the entire body, if possible
- Drink 2 glasses of water before breakfast
- Eat a good meal, but forget caffeine
- A 10-to-15-minute walk will get you off to a good start again today
- Repeat often: "I choose not to smoke."

Don't be tired: - It is easy to get tired from working so hard. Your concern now is to establish good habits as firmly as the bad ones you are now giving up. During the past few days, you have discovered how to break the smoking habit - keep it broken by enjoying and practicing a lifestyle that will increase your life expectancy, health, and happiness.

Your valuable body: Your body is the most delicate and valuable machine in the entire world. Then why do millions of people willingly clog it, gum it up with tobacco tars and nicotine? You're far too intelligent to treat your body that way ever again.

Gaining some weight? - There are several reasons why you might gain weight now, and there is something you can do about it.

- ✓ Snacking between meals puts weight on fast. Chew sugarless gum instead of sweets [candy] or nuts. Keep celery and carrot sticks available for snacks
- ✓ A large evening meal helps create extra pounds. If possible, have your dinner earlier in the day with a lighter meal in the evening
- ✓ Tobacco upsets certain digestive and metabolic functions. These must be readjusted. You will begin utilizing your food with greater efficiency. Your appetite is increasing because of this
- ✓ With exercise, a healthy lifestyle, and a low-fat, low-sugar, low-cholesterol diet, you can control your weight and feel good about it
- ✓ Continue exercising at least 3 times a week.

Remember, you are psychologically around the corner when:

- You see others smoking and don't feel sorry for yourself
- You feel sorry for others still addicted to nicotine
- You have more willpower. Your choices have built up your self-confidence
- You have an improved self-image
- You are showing others that they can stop.

Shift to the positive

List the benefits of giving up smoking, especially the ones you have noted:

1. _____
2. _____
3. _____
4. _____

Add more as you think of them. Keep your list on the fridge, desk, dresser, or calendar.

Remember last time: - You may have quit smoking, started to experience less withdrawal symptoms, or noticed your cravings are less and don't occur as often. Maybe you had a rough day and almost gave up. But be assured: give yourself another 24 to 48 hours and you, too, will see a difference. Do not forget that you might have been smoking

for many years, and you have only had a few days of being a non-smoker.

Keep at it. You can make it!

Explore

- ❖ Try a new hobby. If it requires some cash, you will have it - you aren't spending money on tobacco anymore!
- ❖ Look around and find someone you can help. Don't try to force them - just say, "I made it, so can you!"
- ❖ My hobby is: _____

Tips for the weekend

- ❖ Plan on doing something special. If you are not a people person, head for nature or someplace quiet where you can be alone with yourself or friends.
- ❖ If being alone is stressful, stay with the crowd. Try one of the recreational facilities, or a favourite place.
- ❖ Avoid a big feast, alcoholic drinks, tea, coffee, and energy drinks. These can all trigger an urge. Stay in control. Treat yourself to a fruit salad at your favourite restaurant. Remember to sit in the non-smoking section, if you are out of town for the weekend!
- ❖ Start your new hobby.
- ❖ Keep in touch with your partner or nonsmoking friends for support.

Don't forget: The Follow-up Session!

My personal record of Withdrawal symptoms
Five-Day Programme: DAY FIVE

Please mark the items you have noticed as you quit smoking.

Date: _____ Name: _____

Headache

Type: __vice-like __bursting __sharp stabbing
__dull ache __throbbing __pressure.

Location: __all over __back of head __right side
__back of neck __left side
__front/above eyes.

Duration: __all day __at night __half a day
__none __two hours or less.

Nervousness:

__irritability __trembling hands. __seeing specks
__dizziness __felt 'trembling' inside __eyes not focusing
__blacking-out/fainting __difficulty concentrating __eye pain.

Appetite:

__no appetite __nausea __taste change
__craving food __vomiting.

Craving to smoke:

__very severe __severe __slight
__little __none.

Muscles:

__muscle twitches __aching muscles __prickly sensation
__muscle cramps.

Other symptoms:

__tired __sleepy __sweating hands __sore throat.

Other:_____
_____
_____
_____

Follow-up

What you learned in five days

Our bodies are designed to keep us in good health if we follow the simple, but important, rules of the Five-Day Plan. Each part is important to help you stay free from nicotine and maintain a healthy lifestyle.

Remember:

- "I choose not to smoke."
- Use deep rhythmic breathing.
- Drink 6 to 8 glasses of water daily.
- Enjoy cold-mitten friction.
- Exercise at least 3 to 5 days a week.
- Get adequate rest, sleep, and relaxation.
- Eat a balanced diet, cutting down on fat, sugar, and cholesterol.
- Avoid overeating.
- Avoid alcohol, tea, and energy drinks.
- Avoid places where others smoke.
- Start a new hobby or a new interest.
- Think of all the benefits of not smoking.
- Encourage others to quit smoking.

The Five-Day Plan to Quit Smoking

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The Five-Day Plan is one of the oldest and very effective smoking cessation programmes. First published by J. Wayne McFarland, M.D. and Elman J. Folkenberg in 1964, the Five-Day Plan has gone on to be conducted in countries around the world with over 20 million participants. The plan has also received recognition from the World Health Organization [WHO].