

## FIGHTING THE URGE TO SMOKE

First, remind yourself that you have quit and that you are now a non-smoker. Look closely at your urge to smoke and ask yourself:

- Where was I when I got the urge?
- What was I doing?
- Who was I with?
- What was I thinking?

When you feel the urge, try to:

- Remind yourself why you are quitting
- Call a friend or family member for support and encouragement.
- Keep your hands busy – doodle, knit or text.
- Chew on gum, a straw or a mint toothpick.
- Find activities like exercising, gardening, washing the car or showering that make smoking difficult.
- Spend more time with non-smokers.
- Change your surroundings; get up and move around and do something else.

## COPING WITH RELAPSE

Mistakes happen, and if you have a relapse remember that it is just a slip. Don't let it be an excuse to continue smoking.

- Set a new quit date or **renew** your resolve to quit smoking.
- Call your support team and ask for encouragement to try again.
- Make a plan to cope with whatever triggered your smoking.

## LET'S TALK ABOUT MARIJUANA

Canada is legalizing the sale and use of recreational marijuana to those above the age of majority. The Lung Association aspires to a future free of lung disease, and with this in mind we caution the public against smoking marijuana because of the risks it poses to lung health.

Knowledge about the long-term effects of marijuana smoke is limited, but we do know that inhaling smoke, no matter the source, releases toxins and carcinogens into the lungs. Smoking cannabis with tobacco has a significant negative impact on lung health, and you should **never** combine the two. We urge New Brunswickers to use alternative means of consumption of cannabis, if they choose to consume it at all.

## FREE HELP

### SMOKER'S HELPLINE

1-877-513-5333  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

### THE LUNG ASSOCIATION

[info@nb.lung.ca](mailto:info@nb.lung.ca)  
1-506-455-8961 ext 107  
[www.nb.lung.ca](http://www.nb.lung.ca)  
65 Brunswick St.  
Fredericton, NB



# TAKE THE LAST DRAG

**QUIT SMOKING TIPS FOR**  
LESBIAN, GAY, BISEXUAL,  
TRANSGENDER, QUEER,  
AND TWO-SPIRIT PEOPLE

**B R E A T H E**  
the lung association



## YOU'RE NOT ALONE!

Lesbian, gay, bisexual, transgender, queer and two-spirit (LGBTQ2+) people have a higher smoking rate than the general population. This may be due to the discrimination, stress and social pressure this community faces. In addition, the tobacco industry actively targets people by making smoking look attractive, fun and relaxing.

The good news is that many people in the LGBTQ2+ community have successfully stopped using tobacco, and you can too.

## PREPARING TO QUIT

### EVEN THINKING OF QUITTING IS A POSITIVE FIRST STEP!

Make a list of all the reasons you want to quit. Writing them down can help motivate you, and strengthen your resolve to quit. Some common reasons for quitting include:

- I will breathe easier.
- I will be healthier.
- I will save money.
- My body and clothes won't smell like tobacco.
- My friends and family won't be exposed to secondhand smoke.

### SET A QUIT DATE

Decide on a day you will stop smoking and make a plan to quit. Know your smoking triggers. Make a list of your smoking triggers and plan how to avoid them. For instance:

• I smoke when I'm stressed. Instead, I can take deep breaths, learn relaxation techniques, or focus on an activity that's good for my body and mind.

## DECIDE ON A QUIT PLAN

There are many ways to quit smoking. Decide on which method(s) are best for you, then create your personal plan.

**Tapering:** Beginning on your quit date, gradually cut back on the number of cigarettes you smoke each day. Mark on your calendar the day you will no longer smoke.

**Cold Turkey:** This means you stop smoking all at once on your quit date. It's a good idea to throw away your cigarettes and lighters and avoid triggering situations and places.

**Nicotine replacements:** You can buy nicotine patches and gum at any pharmacy or drug store to help manage withdrawal. They work by releasing small amounts of nicotine into your body. A nicotine nasal spray is available by prescription.

**Non-Nicotine prescription:** Your medical provider may prescribe medications such as Zyban to help control nicotine cravings or Chantix, a nicotine blocker.



## PLAN AHEAD FOR SUPPORT

Quitting smoking can be hard. Having support can help you stick to your plan and get through rough parts. You can:

- Call one of the free quitlines listed on the back of this brochure.
- Join a cessation group so you can be with others who are quitting.
- Ask an ex-smoker in the community to be your guide and support person.
- Make a list of people you can call when you have an urge to smoke.
- Tell friends and family you are quitting and ask them for their support.

## QUIT DAY CHECKLIST

- ☐ Stock up on healthy snacks, gum, and quitting supplies.
- ☐ Throw away all your cigarettes, matches, lighters and ashtrays.
- ☐ Clean your house, car and clothing to get rid of cigarette smells.
- ☐ Announce your quit date to friends and family.
- ☐ Plan something special to celebrate your quit day.
- ☐ Make a list of things you'll be able to afford now that you've quit smoking.