



# **ARE YOU READY TO QUIT SMOKING?**

## **INFORMATION HANDOUT TO SUPPORT ACUPUNCTURE TREATMENTS**

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Read through this document and fill in the questionnaire. It has been prepared as an aid to get you thinking about why you want to give up smoking and the difficulties that might arise for you during the process.

Acupuncture will definitely help reduce your cravings but it will not be able to stop you giving up if you don't want to. Determination and commitment is a must if you want to really give up.

## **WHICH CIGARETTES SHOULD YOU GIVE UP?**

Although every smoker is different, there are certain situations that increase the chances of you 'lighting up'. Think about your individual smoking behaviour, and choose from the list which cigarettes you could cut out most easily and which are more difficult for you.

### **The social cigarette**

Which you smoke when you are socialising with your friends or family?

### **The stress-related cigarette**

Which you light up when you feel things are getting on top of you?

### **The reward cigarette**

Which you smoke because you feel that you have 'deserved it'

### **The peer pressure cigarette**

Which you smoke because you're in a group with other people who smoke

### **The boredom cigarette**

Which you smoke when you've got nothing else to do

Fill in the below questionnaire, it has been developed to get you thinking about what steps you need to take to give up.

**YOUR NAME** .....

**DATE**.....

1) HOW SOON AFTER YOU WAKE UP DO YOU SMOKE YOUR FIRST CIGARETTE?

- Within 5 minutes
- 6-30 minutes
- More than 30 minutes

2) WHICH OF THE FOLLOWING STATEMENTS BEST DESCRIBES YOUR INTEREST IN QUITTING?

- I wish to quit now
- I want to quite smoking soon, but not right away
- I want to continue smoking, but have thought about quitting
- I want to continue to smoke and have no interest in quitting

3) HOW MANY SERIOUS ATTEMPTS HAVE YOU MADE IN THE LAST YEAR (ONE OR MORE DAYS)

- 0
- 1
- 2
- 3
- 4
- 5
- 6 or more

4) HOW MUCH PRESSURE DO YOU GET FROM FAMILY MEMBERS OR CLOSE FRIENDS TO STOP SMOKING?

- No pressure
- Lot of pressure

4) DO YOU WORRY THAT YOU SMOKE MORE THAN IS SAFE?

- Not at all
- Sometimes
- Most of the time

5) WHAT METHODS HAVE YOU TRIED TO STOP SMOKING IN THE PAST?

- Cold Turkey
- Nicotine patch
- Nicotine Gum
- Hypnosis
- Group stop smoking program/clinic
- Acupuncture
- Other .....

6) HOW MANY YEARS HAVE YOU BEEN SMOKING?

- Less than 5
- 5 to 10
- 11 to 15
- 16 to 20
- More than 20

7) WHICH OF THE FOLLOWING WOULD KEEP YOU FROM SUCCEEDING IN STOPPING SMOKING?

- Little support from family or friends
- Cravings to smoke are too intense
- Fear of weight gain
- No will power
- Fear of failure
- Too much stress

8) IN AN AVERAGE DAY, HOW MANY CIGARETTES DO YOU USUALLY SMOKE?

- Less than half a pack a day
- Half to one pack
- 1 to 2 packs
- 2 to 3 packs
- More than 3 packs

## HOW ACUPUNCTURE CAN HELP YOU GIVE UP SMOKING

- Acupuncture is an effective tool to enable one to quit smoking by minimizing cravings, calming the nervous system and strengthening will power. Acupuncture can only work if you are ready to quit and willing to commit to the process.
- Acupuncture intercepts messages sent by the brain to the body that demand more nicotine, thereby disrupting the addictive process. It can eliminate most cravings, but not the habit. Generally the treatment reduces craving moments from 20 plus times a day to only 3-5 a day. It is your responsibility to make it through those few cravings, we will discuss this in more detail throughout this handout.
- You will need to come for three consecutive acupuncture treatments. It is best, although not essential, to come in the morning for the first treatment and if possible for the following treatments. Do not smoke before you come for the treatment.
- It is then recommended that you then come for 2-4 weekly treatments and then we can review your case.
- There are a lot of triggers that can cause relapse. Cigarettes can act as a shield to insulate uncomfortable feelings and situations. A new non-smoker can feel vulnerable and confused when trying to handle a stressful situation. There is a breathing technique included in this booklet, but in addition, Acupuncture treatments provide support and bring you back into harmony.

### REMEMBER

THE URGE TO SMOKE ONLY LASTS A FEW MINUTES, AND WILL THEN PASS. THE URGES GRADUALLY BECOME FURTHER AND FURTHER APART AS THE DAYS GO BY

## FOUR THINGS TO DO BEFORE YOU GIVE UP

- 1) **Choose your day to give up. Make it easier on yourself and do not choose a really stressful day.**
- 2) **Write a list of your main reasons for giving up below**

'I want to give up smoking because:-

1. ....
2. ....
3. ....
4. ....
5. ....

- 3) **What triggers make you want to smoke? What can you do to avoid them?**

Trigger	Your plan to avoid trigger

- 4) **Choose some simple treats that you can rewards yourself with at the following milestones (e.g. massage):-**

End of first day .....

End of first week .....

End of first month .....

End of three months .....

## **USEFUL TIPS**

### **GET A SUPPORT TEAM:**

The decision to stop smoking can elicit uncomfortable emotions. Ask someone who is available to you in the next few weeks to act as a sounding board and provide encouragement when needed.

On your quit day, hide all ashtrays and destroy all your cigarettes, preferably with water, so no part of them is smokeable.

### **CHOOSE A POSITIVE AFFIRMATION:**

An affirmation is a positive statement repeated often to create desired changes in your life. Repeating the affirmation helps not only to remind you why you are no longer smoking but imprints a new image of health so that the body can produce health.

E.G. 'I am a non smoker. I make healthy choices for my life'

### **SETTING BOUNDARIES:**

Set up contracts with other smokers to refrain from smoking in your presence. This includes spouses. When possible stay away from smokers until you feel confident with your non-smoking status.

### **DRINK WATER:**

Research shows that dryness causes craving. Sip water frequently throughout the day.

### **REFRAIN FROM DRINKING COFFEE:**

Research shows that coffee causes cravings and dehydrates the body.

### **FOOD CRAVINGS:**

Eat a lot of carrots, celery and other vegetables throughout the next few days. Sweets upset the blood sugar level in your body, which can aggravate smoking-withdrawal symptoms. Sugar substitutes such as Nutra-sweet are sweeter than sugar and cause further sugar craving.

### **MANAGING CRAVINGS**

Cravings feel like it will last forever but actually fade in two minutes. Plan what you will do during a craving. E.g. Repeat an affirmation, breath deeply (see breathing technique), walk to another place, sing a song, dance, call your support person.

# BREATHING EXERCISE TO HELP REDUCE YOUR CRAVINGS

DEEP BREATHING IS PERHAPS THE SINGLE MOST POWERFUL AND IMPORTANT TECHNIQUE Every time you want a cigarette, do the following. Do it three times.

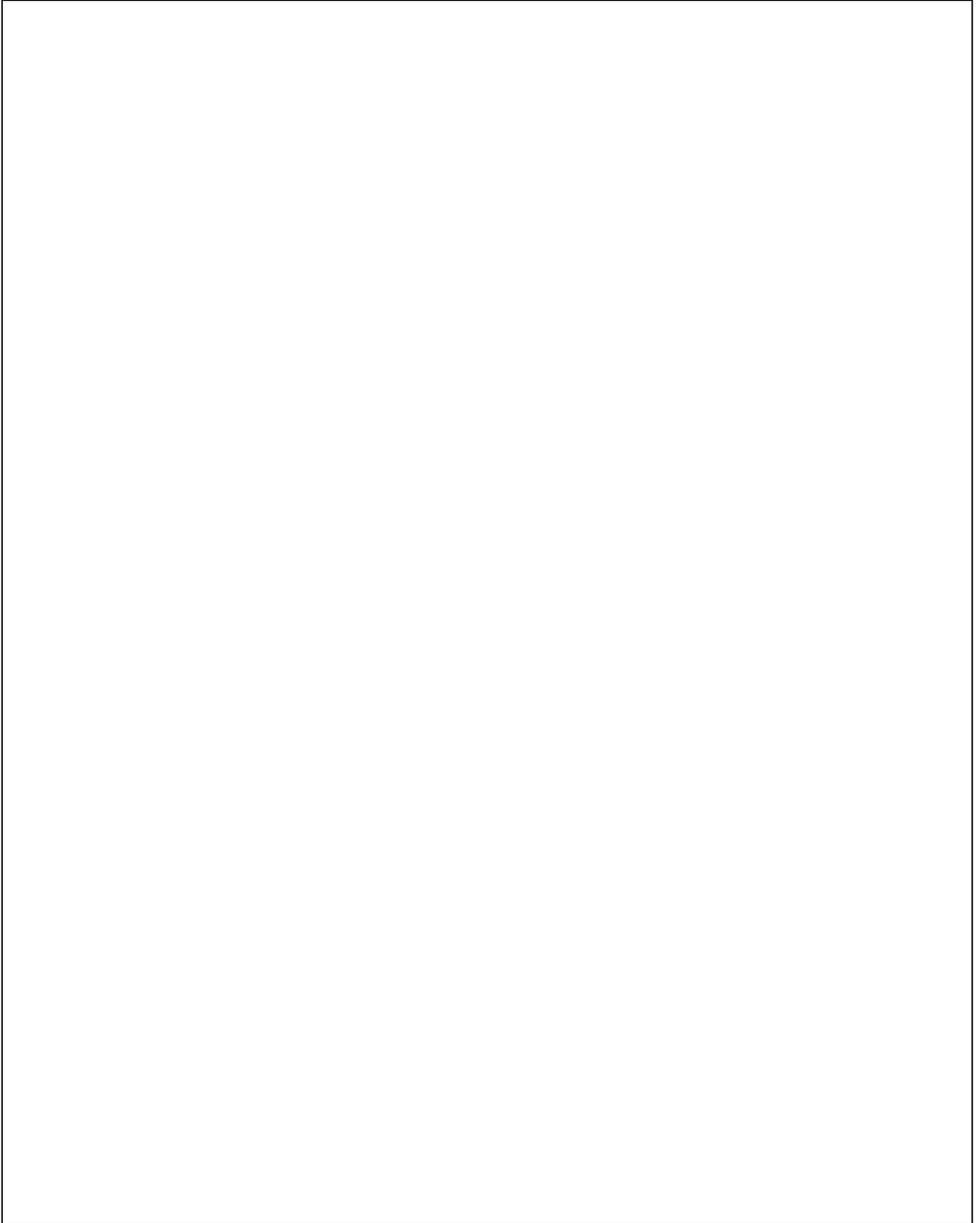
Inhale the deepest lung-full of air you can, and then, very slowly, exhale. Purse your lips so that the air must come out slowly.

As you exhale, close your eyes, and let your chin gradually sink over onto your chest. Visualize all the tension leaving your body, slowly draining out of your fingers and toes, just flowing on out.

This is a variation of an ancient yoga technique from India, and is centering and relaxing. If you practice this, you'll be able to use it for *any* future stressful situation you find yourself in. And it will be your greatest weapon during the strong cravings sure to assault you over the first few days.

This deep breathing technique will be a vital help to you. Reread this point now, and as you do, try it for the first time. Inhale and exhale three times. See for yourself!

Write your positive affirmation in this box and pin it up somewhere you can see it at home

A large, empty rectangular box with a thin black border, intended for writing a positive affirmation. The box is positioned centrally on the page, below the instruction text and above the footer.

## **STAYING SMOKEFREE AND NOT RE-LAPSING**

After the urges to smoke have become more and more infrequent, overwhelming surprise attacks are sure to come, a few weeks and months into your new smokefree life.

When these nearly out-of-control urges come (and they can engulf you in unexpected moments), do the DEEP BREATHING, if you can just HOLD ON for 5 minutes -- the overpowering urge to smoke would completely pass.

Acupuncture can also help keep you on the straight and narrow! So book in rather than lighting up!