



# Week 2: Becoming smoke free

## The Importance of stopping and the “not a puff rule”:

It's really important to stop smoking and not to have even one little puff of a cigarette after you decide to quit. When people try to smoke less and less each day, it can happen so slowly that they never really stop. The best way to quit smoking is to stop all at once. This lets your body start to get used to not smoking and you start to learn how to live without cigarettes. When you quit smoking, you have to follow a rule of not even smoking a tiny bit after you decide to quit. This is called the 'not a puff' rule.

## What did you do to prepare for the quit date:

*E.g., removed cigarettes from the home.*

# Nicotine Withdrawal:

## What to expect in the first week after quitting:

When you stop smoking, your body has to get used to not having as much nicotine as before. This change can cause some uncomfortable feelings, which are known as withdrawal symptoms. It's a good idea to keep track of any symptoms you might have. Common ones can include:

- Feeling grumpy or angry
- Feeling sad (this can sometimes mean you might start smoking again)
- Feeling restless
- Coughing or dry throat – lungs begin to heal and clear out mucus.
- Feeling tired – body adjusts to functioning without nicotine.
- Having trouble focusing
- Feeling more hungry than usual
- Feeling dizzy
- Waking up during the night
- Really wanting to smoke again (this can sometimes mean you might start smoking again)
- Heart beating slower than before (by about 8 beats per minute)
- Gaining weight (around 6-8 pounds or 3.8 kilograms)



Quitting smoking might be hard, but it's definitely worth it. You'll start feeling better really fast.

- 20 minutes - Your blood pressure and heart rate will be normal again.
- 8 hours - The amount of nicotine (a chemical in cigarettes) and carbon monoxide (a harmful gas) in your blood will be cut in half. Also, the oxygen levels in your blood will be normal again. 24 hours - Your body will have got rid of all the carbon monoxide. Your lungs will start to clean out all the sticky mucus and other stuff from smoking.
- 48 hours - There will be no nicotine left in your body. Plus, your sense of taste and smell will get a lot better.
- 72 hours - You'll find it easier to breathe. The tubes in your lungs that help you breathe will start to relax.



## Weekly Change Diary:

Day	Daily Reflection	Side Effects	Changes Noticed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Weekly Update:

Did you attend the session/appointment this week? If not, why?	
Did you have any cigarettes this week?	
If Yes, was this planned?	
If Yes, how many?	