



Week 7: Physical Change and Activity:

Reflection: What changes have you noticed since you quit smoking? List any side effects or benefits and talk about them with your practitioner:

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Deep breathing:

Deep Breathing Exercise: When you stop smoking, you might notice your breathing getting better. Here's a breathing exercise you can try and how to do it:

1. Sit comfortably in a chair with your feet flat on the ground. You can also do this lying down.
2. Relax your arms and let your breath go deep into your belly. Make sure it feels comfortable and don't push too hard.
3. Try to breathe in through your nose and out through your mouth.
4. Breathe in slowly and evenly. You can count to four as you breathe in, hold your breath for another count of four, and then breathe out for four counts.
5. Keep doing this for about 5 minutes.

How do you feel after trying this exercise:

What physical activity might you build into your everyday life?:

E.g., going for a walk 2-3 times a week after work



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?	