



## Week 9: Focus On Counting Benefits and Impact To Others

**Personal Benefits - Write down below your benefits for stop smoking and changes you have seen since starting your stop smoking journey:**

| My personal benefits of stopping | Changes I have seen since starting my journey |
|----------------------------------|---|
|                                  |   |
|                                  |   |
|                                  |   |

### **Focus on returning senses of smell and taste:**

Your senses of taste and smell will start to get better. The next time you eat, try to notice if foods taste or smell different. See if you can tell if something is sweet, spicy, savoury, bitter, salty, or sour. When you quit smoking, your body begins to repair itself. Taste buds regenerate, and blood flow to the mouth and nasal passages increases, leading to a recovery in your senses of taste and smell. Here's how it works:

- **Improved Blood Flow:** Within hours of quitting, blood circulation improves, increasing the oxygen supply to your taste buds and nasal receptors.
- **Reduced Inflammation:** As the nasal passages and mouth tissues heal, inflammation decreases, allowing sensory receptors to function better.
- **Chemical Detox:** Without cigarette smoke coating the tongue and nasal passages, chemical residues start to clear out, allowing you to experience natural flavors and scents again.



## Timeline of sensory recovery:

Different people experience sensory recovery at different rates, but here's a general timeline for when you might notice improvements in taste and smell after quitting smoking:

- 24-48 Hours After Quitting - initial changes: Nicotine starts leaving the body, and blood pressure and circulation begin to improve. Some people notice slight improvements in taste and smell within the first two days.
- 1 Week After Quitting - more noticeable differences: As blood flow improves and inflammation decreases, most ex-smokers start to notice that food tastes better and smells become more vivid.
- 1 Month After Quitting - significant sensory recovery: By this point, taste buds and sense of smell receptors have had time to regenerate. You may be able to detect subtle flavors and scents that you missed while smoking.
- 3-6 Months After Quitting - full sensory restoration: For many people, taste and smell are close to fully restored within six months of quitting. By this time, you can enjoy the full richness of food and the environment around you.

## Making Your Home Smoke Free!

How will you keep up your good habit of not smoking? Make your home a no-smoking zone! **Fun fact: Since 2015, it's been against the law to smoke in cars when children are there. This law helps protect children from the harmful effects of breathing in smoke from others.**

When you smoke in your house, the smoke you breathe out stays in the air for a long time. This smoke is called second-hand smoke, and even though you can't see or smell it, it's still there and it's not safe. It has more than 5,000 harmful chemicals. Even if you smoke near the door, window, or under a fan, the smoke still spreads around your house. This can harm not just people, but also pets. Pets like dogs, cats, birds, rabbits, and guinea pigs can get sick from second-hand smoke. Dogs can get lung or sinus cancer. Cats can get a disease called lymphoma. Birds, rabbits, and guinea pigs can have problems with their eyes, skin, and breathing. So, if I stop smoking, I can make my home safer and healthier for everyone, including my pets.



## 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?  |  |