



TOP 10 TIPS

TO QUIT SMOKING

1



Make your home and vehicle(s) smoke-free zones. This will protect your loved ones from second- or third-hand smoke and make quitting easier.

3



Try medication to quit smoking. Speak to your healthcare provider about your medication options to quit smoking. Medications can double or even triple your chances of success, so make sure to take your medication every day.

5



Plan for cravings and make changes to your routine. If you know you always smoke in the same place and at the same time every day, change up your routine and plan to do things differently.

7



Start learning how to manage your stress. Stress is a big obstacle many people face when quitting. Try different relaxation techniques, such as deep breathing or doing a hobby you enjoy, to take your mind off the stress.

9



Put money aside to reward yourself. Figure out how much you will save once you've quit, then use that money to reward yourself for all your hard work.

2



Seek support from a program or a healthcare provider to increase your odds of quitting for good.

4



Always wait five minutes before giving into a craving. Distract yourself during that time, because cravings often pass within five minutes.

6



Keep tobacco products out of reach or outside. The more inconvenient or difficult it is to smoke, the easier the decision will be to wait five minutes and distract yourself, allowing the craving to pass.

8



Create a list of ways to distract yourself. Having a list of distractions handy will make it easier to distract yourself instead of smoking.

10



Seek support from your loved ones and let them know what type of support you'll need as you attempt to quit. It's important to tell them if you want more or less support, so they don't unknowingly add more pressure.

Canada Health Quitting Smoking Guide

R Bogdan



Canada Health Quitting Smoking Guide:

Canadian Family Practice Guidelines Jill C. Cash, Debbie Fraser, Lynn Corcoran, Margaret Edwards, 2025-12-15 The only Canadian guideline resource created by and for NPs organized for speed trusted for clinical excellence Built for Canadian NP education and real world use this guide offers reliable national standards for over 250 common disorders and scenarios Culturally responsive gender neutral and evidence aligned the book supports safe prescribing accurate differential diagnosis and clear teaching tools all tailored for Canada s unique regulatory landscape What s New More content on substance use disorders including updated guidance on screening intervention and treatment Expanded sexual and reproductive health content featuring inclusive gender affirming care protocols All guidelines thoroughly updated to reflect current Canadian best practices and Health Canada standards New public health topics added including elder abuse and LGBTQ2S health concerns Consistent use of gender neutral language and emphasis on culturally safe decolonized care approaches Key Features Covers 250 disorders with step by step guidance Canadian drug names diagnostic tests and client teaching guides across the lifespan Builds clinical confidence and competence helping readers deliver safe evidence based and culturally responsive care in Canadian settings Bulleted format and consistent structure support quick reference easier studying and deeper understanding across all primary care topics Authored by leading Canadian NP educators and clinicians ensuring relevance credibility and real world applicability in every chapter Guide to Clinical Preventive Services DIANE Publishing Company, 1997-03 An exhaustive report on recommended clinical preventive services that should be provided to patients in the course of routine clinical care including screening for vascular neoplastic and infectious diseases and metabolic hematologic ophthalmologic and ontologic prenatal and musculoskeletal disorders Also mental disorders and substance abuse counseling and immunization The majority of deaths below age 65 are preventable This Guide results from the most comprehensive evaluation and synthesis of preventive interventions to date MYCDCGP - Clinical Practice Guidelines On Treatment Of Tobacco Use Disorder Bahagian Kawalan Penyakit, Kementerian Kesihatan Malaysia, *Guidebook on Tobacco Reduction* Canada. Health Canada, 1997 Communication awareness *Canadian Journal of Public Health* ,2009

Chronic Diseases and Injuries in Canada ,2012 **Review and evaluation of smoking cessation methods** Jerome L. Schwartz, 1987 *Canadian Family Physician* ,1992 **Ontario Medical Review** ,1995 **Guide to the Canadian Family Medicine Examination** Megan Dash, Angela Arnold, 2013-01-28 A comprehensive review for the Canadian Family Medicine Licensing Examination This unique review provides everything needed to pass the Canadian Family Medicine Licensing Examination You will find thorough coverage of all of the 99 priority topics included on the examination Everything you need to pass the exam Questions and answers are provided for every topic Call outs to help remember important information include Red Flags indicative symptoms and Remember icons References including relevant studies data and guidelines are provided for each topic Canadian Public Health Journal ,1929 **Canadiana** ,1991 *Guide to the*

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