



I'm a STAR! Journal

STARSS: Start Thinking About Reducing Secondhand Smoke

The **I'm a STAR! Journal** is for moms who smoke and want to protect their kids from secondhand smoke. Many moms just like you helped us develop the **Journal** and the **STARSS** program. All the moms found the **Journal** really helpful. Try to use it and see if it helps you, too. Your **STARSS** counsellor will show you how.

Soon your kids will be saying: “My mom’s a **STAR!** She loves and protects me in many different ways. Whenever she can, she smokes outside and away from me.”

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AWARE Press©
Third Printing January 2009

I'm a STAR! notes

Welcome to STARSS!

Congratulations – you're a **STAR!** You're ready to **Start Thinking About Reducing Secondhand Smoke**.

Many moms helped us develop the **I'm a STAR! Journal**. When these moms took part in **STARSS**, they found the **I'm a STAR! Journal** really helpful. You can look at your smoking patterns. You can look at your goals. And there are 10 **Worksheets** that will support you in your attempts to protect your children from the effects of secondhand smoke. This is what Carolyn said:

- “I went through **STARSS** over a year ago and I still refer to my **I'm a STAR! Journal** all the time to refresh myself on the strategies.”

There are also some blank pages at the end where you can make notes or write down anything that helps you be a **STAR!**

Every step you take helps to protect your children from secondhand smoke. Good luck taking steps, big or small. Remember: you're a **STAR!**



I'm a STAR! notes

4	12:30 PM	Living room	hungry, not enough food until next cheque
5	2:00 PM	Outside	take baby for a walk
6	2:55 PM	Kitchen	expect kids home anytime
8	4:30 PM	Kitchen	make dinner - kids watch cartoons and play
9	6:00 PM	Kitchen	everyone fed, kitchen messy, kids yelling, baby crying
10	6:30 PM	Living room	sent kids to rooms, just got baby to stop crying
11	7:15 PM	Kitchen	talk on phone, kids quiet
12	8:30 PM	Living room	got kids to bed after fighting with them – now I can relax and watch T.V.



- Eat breakfast and brush your teeth with your new toothbrush and toothpaste. Run your tongue over your teeth and feel the clean. Don't forget to brush your tongue so your taste buds can start to work properly again.
- Open your windows to let the smoke smell out.
- Wash your walls, dust, or clean your house - anything that keeps your hands busy and helps you feel like your house is clean and fresh.
- Place things around the house that smell nice - you will notice how much you enjoy their scent as your sense of smell recovers. It can be anything - flowers, vanilla in a little bowl, cut oranges, baked cookies, or candles.
- Do something special with a non-smoker to celebrate. Or plan a celebration dinner with your children.
- Make this your day. Put yourself first, if you can. Do things that make you feel good.
- Get your children on side. Ask them to cooperate with your plans for today. Build in rewards for their cooperation and support.
- Plan ahead to avoid other smokers or triggers for your smoking.
- Avoid alcohol and caffeine - drinking can make it harder to resist a craving for a cigarette.
- Refuse to allow anything to change your mind.
- Put the money you would have spent on cigarettes in your smoking jar.

Current Smoking Patterns – Day 2

Cigarette #	Time	Place	Situation
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Worksheet #10: Some Ideas to Help You Quit Smoking

Step 1: Get ready!

- Tell your **STARSS** counsellor you're interested in quitting smoking. Ask her for information about smoking cessation aids or other supports available in your area.
- Start changing your surroundings so you only smoke in one place. This way, your whole house won't be full of triggers. Try to make your new smoking place somewhere you don't usually spend a lot of time. For example, if you don't share your bedroom with your children, your bedroom would be a good smoking place.
- Cut out as many cigarettes as you can.
- Practice the **DEEDS** strategies as often as possible. Then, you'll be able to use them effectively when you quit.
- Set a quit date.
- Start getting rid of all your cigarettes, ashtrays, and lighters. Empty your ashtrays into a glass jar and pour water in it. This will remind you of how many cigarettes you smoke each day. And the sight and smell of stale butts is not pleasant!

Step 2: Get support and encouragement!

- If it helps, tell your family and friends you're quitting and you need their support.
- Brainstorm ways other people can help. Tell them how they make it easier for you.

Current Smoking Patterns – Day 4

Cigarette #	Time	Place	Situation
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Worksheet #9: Coping With Stress

The life of many moms can be very stressful, especially if you're a single mom. It seems like you're always running short on time, money, and energy. With children to look after, it's hard to do something to help relieve stress. Sometimes, it seems like smoking helps because it gives you a little break. And cigarettes can seem like a quick answer to relieve stress. But the relief is short-lived.

When you try to protect your children from secondhand smoke, you need to make changes in your smoking habits. It can be more stressful at first when you smoke less or delay your cigarettes. Try deep breathing without smoking and think of other ways to deal with stress. Then you won't have to depend on smoking for stress relief.

Here are some ideas to relieve stress without smoking:

- Visit friends who also want to protect children from secondhand smoke.
- Sew, knit, crochet, or needlepoint.
- Hammer nails.
- Play cards.
- Buy an old typewriter and type away your stress while you pound on the keyboard.
- Take a hot shower.
- Write a letter to an old friend.
- If you're upset with someone, write them a letter (even if you never send it).
- Listen to music you like, sing along, and dance.

Current Smoking Patterns – Day 6

Cigarette #	Time	Place	Situation
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Worksheet #8: Deep Breathing and Muscle Relaxation

Deep breathing is a good skill to practice if you're tense, upset, having trouble sleeping, or have an urge to smoke. It only takes a few minutes and can be done anywhere. So it's perfect for busy moms. If you're trying to quit or delay smoking, remember to breathe deeply. Inhaling deeply is one of the reasons why smoking feels relaxing. When you smoke, if you inhale deeply, the deep breathing actually helps you relax. Practice deep breathing without smoking. This will help reduce cravings. And you will be less likely to crave a cigarette when you need to relax. Have your **STARSS** counsellor walk you through it the first time. Here's how to practice:

- 1) **Get comfortable** in a quiet place where you will not be interrupted for a few minutes. You can sit, stand, or lie down. Find the position most comfortable for you.
- 2) **Relax** your shoulders and close your eyes.
- 3) **Think** about something that makes you feel good.
- 4) **Inhale** through your nose with your mouth closed slowly and deeply to the count of eight. Let your stomach rise slowly as you inhale.
- 5) **Hold** that breath to the count of four.

Session Three	SUN.	MON.	TUES.	WED.	THURS	FRI.	SAT.
Total # cigs I smoked							
# cigs I smoked in room with child(ren)							
# cigs I smoked in car with child(ren)							
# cigs I smoked not around my child(ren)							
# cigs others smoked in room with child(ren)							
# cigs others smoked in car with child(ren)							

Session Six	SUN.	MON.	TUES.	WED.	THURS	FRI.	SAT.
Total # cigs I smoked							
# cigs I smoked in room with child(ren)							
# cigs I smoked in car with child(ren)							
# cigs I smoked not around my child(ren)							
# cigs others smoked in room with child(ren)							
# cigs others smoked in car with child(ren)							



It isn't always easy to find time to **do** some of the things on the list above. Instead, it might be easier to talk to yourself and change the way you **think** about smoking. Here are some things you can try:

Things I can THINK

- Tell yourself to delay having this cigarette.
- Try to figure out why you're craving a cigarette.
- Remind yourself the craving will be over soon.
- Figure out what else you can do besides having this cigarette.
- Remember the changes you've made already.
- Remind yourself what a good job you're doing protecting your children from secondhand smoke.
- Remember that not smoking around your children means their health will improve.
- Think positive - remember the benefits to you and your children, pets, and home.
- Think of something you want to buy and put a quarter in a smoking jar every time you delay having a cigarette.
- Don't think of a cigarette as a reward - learn to reward yourself in other ways.

Example 2:

Did you reach your short term goal for today?

No. I was only able to smoke outside once.

What things made it hard to reach your goal?

The baby was sick so I didn't want to take her outside. Also she was very fussy and I felt I couldn't leave her

What things made it easier to reach your goal?

I tried deep breathing to calm down and it helped a bit.

Any other comments?

Since I couldn't get outside to smoke, I smoked my cigarettes by blowing the smoke directly out the window with the fan behind me.



Worksheet #7: Coping With Cravings

It's very common to have cravings for cigarettes when you try to make a change in your smoking. Try to wait out the craving. Tell yourself it will pass after a few minutes. Get busy, drink water, or chomp on some ice. There are many things you can do to cope with cravings. A good first step is to plan ahead. Figure out situations or feelings that are likely to cause a craving. These situations or feelings are called triggers. After you've figured out your triggers, plan ways to deal with them when they happen. Here are some ideas:

Things I can DO

- Do something that you can't do and smoke at the same time (see **Worksheet #6**).
- Talk to a supportive friend.
- Take your children to the park or for a quick walk outside.
- Hide ashtrays and put your cigarettes out of sight.
- Take deep breaths.
- Have a drink of water.
- Chew gum, breath mints, or hard candy.
- Chew fennel seeds or anise seeds.
- Try using a cinnamon stick or a Smoke Free Cigarette (a plastic tube flavoured with herb, menthol, or lemon).
- Try relaxation exercises.
- Take a shower.

Long term goal:

Short term goal:

Did you reach your short term goal for today?

What things made it hard to reach your goal?

What things made it easier to reach your goal?

Any other comments?



Worksheet #6: Ideas to Keep Your Hands Busy

The best way to deal with cravings is to plan ahead. Think of a list of things you can do to help deal with cravings before they hit. Think of things that keep your hands and mouth busy. The best ideas are things that you can't smoke and do at the same time. Here are some ideas other moms who smoke have tried. Add your own ideas to this list. Then put it where you can see it and look at it when a craving hits!

- Do a craft with your children.
- Brush your teeth or floss.
- Get your hands wet (so it's too difficult to hold a cigarette).
- Sew something or knit (or crochet or needlepoint).
- Hammer nails.
- Put together a jigsaw puzzle.
- Chew gum or hard candy.
- Play with a stress ball.
- Doodle.
- Do the dishes.
- Paint your nails.
- Pluck your eyebrows.
- Dust.
- Clean your house.

Long term goal:

Short term goal:

Did you reach your short term goal for today?

What things made it hard to reach your goal?

What things made it easier to reach your goal?

Any other comments?



1) What **activities** are triggers for your smoking? (such as smoking and talking on the phone; smoking and drinking coffee)

What could you do instead? (such as doodle while talking on the phone; take your coffee to another room; or quit drinking coffee for a while)

2) What **situations** are triggers for your smoking? (such as smoking with a friend)

How can you avoid or change those situations? (such as arrange to meet a friend at a non-smoking place; avoid your smoking friends for a while)

Long term goal:

Short term goal:

Did you reach your short term goal for today?

What things made it hard to reach your goal?

What things made it easier to reach your goal?

Any other comments?



Worksheet #5: How to Identify Your Triggers

A trigger is something that makes you want to smoke a cigarette. Smoking can be triggered by how you feel. You might smoke when you're angry, stressed, or tired. Or you might smoke when you feel happy and relaxed. Your children's behaviour can also be a trigger. Triggers can also be many things you do every day, such as when you:

- drink coffee or alcohol
- are with your smoking friends
- sit down and put your feet up
- talk on the telephone

Here are activities, situations, or feelings that can be triggers for smoking. Check the ones that apply to you. Then think of other ideas to cope with your own triggers and fill them in below.

Positive Feelings/Thoughts

- happy
- excited
- relaxed
- relieved

Negative Feelings/Thoughts

- worried about problems
- bored
- tense
- depressed
- angry

Contract for Long Term Goal(s)

I agree to make the following changes:

by the date _____ (6 months from now)

in order to reduce _____ (child's/children's name[s])

exposure to second hand smoke.

(Signature of **STARSS** Counsellor)

(Date)



This worksheet (the **Positives and Negatives of Smoking**) is also called a Decisional Balance Index. It is especially important if your goal is to cut down or quit smoking. It acknowledges both the positives and negatives of smoking **and** the positives and negatives of cutting down or quitting smoking. It really helps both you and your **STARSS** counsellor understand the reasons why you smoke. And it helps both of you identify potential barriers and come up with a list of solutions.

It can be easy to see or think about the **negative** aspects of smoking and the **positive** aspects of quitting smoking. But people often don't talk about, or don't think about, the **positive** aspects of smoking and the **negative** aspects of quitting smoking. We've listed some examples of each below. Try to think of your own ideas for each section. And think hard about the positives of smoking and the negatives of quitting. These are the things that really make it difficult to change.

What I *Like* About Smoking

It gives me a break from my children
It helps me cope when I feel stressed or angry
It's a social thing with my friends

What I *Don't Like* About Smoking

It's bad for my health
It costs a lot of money
Secondhand smoke is unhealthy for my children

What I *Like* About Quitting

I'll save money
I'll be able to breathe better
My children will stop nagging me to quit

What I *Don't Like* About Quitting

I'll have to deal with my friends who smoke
I won't know what to do with my hands
I'm afraid my anger will get out of control

- Delay** ____ (1,2,3,.....) of your daily cigarettes for ____ (10, 15, 30,...) minutes and slowly increase as you feel able to.
- Chew** a piece of nicotine gum, regular gum, a straw, hard candy, or fennel seeds instead of smoking around your children.
- Delay** your first cigarette of the day.
- Set** non-smoking times. For example, promise yourself not to smoke between 9 PM and 9 AM. Stick with these limits.
- Try** to stop smoking for 24 hours.
- Move** smoking to a less comfortable place where you don't usually smoke.
- Choose** a smoking place. Keep ashtrays and lighters there. Keep the door closed, keep the window open, and use a fan to blow smoke out the open window. Only smoke in this room. ***This is the best choice if you can't go outside to smoke.***
- Don't smoke inside** within three hours of your children returning home from school. For example, if your child gets home at 3PM, don't smoke inside after 12 noon.



Worksheet #4: Positives and Negatives of Smoking

What I *Like* About Smoking

What I *Don't Like* About Smoking

- Fill** your ashtray with potpourri – then, you can't use it to smoke and your car smells nice.
- Let** your children remind you not to smoke in the car.
- Put** a no smoking sign in plain view in the car.
- Put** a picture of your children in plain view in the car.
- Ask** others not to smoke in the car and stick to it.
- Make** the car completely non-smoking and stick to it. No exceptions.
- Avoid** places where others are smoking when your children are with you.

Add your own ideas here:

- _____
- _____
- _____



Worksheet #3: How to Choose a Smoking Place

A great way to reduce secondhand smoke is to choose a specific smoking place. It will really help you avoid smoking around your children in the home. This strategy can also be used if you want to quit smoking. It reduces the number of places where you can smoke. So it helps cut down on your smoking triggers.

How to choose your smoking place:

- **Pick** a place where you don't usually smoke, if possible.
- **Choose** a place where you usually don't do other things like watch TV, use the computer or send emails, read the paper or mail, talk on the phone or send text messages, or visit with other people. These are all triggers for smoking.
- **Make sure** there is a window to the outside. Set up a fan to blow smoke out the open window. Always smoke in front of the window with the fan blowing the smoke outside.
- **Try** not to do anything else in the place you have chosen except smoke.
- **Keep** all lighters, ashtrays, and cigarettes in your smoking place. This will remind you not to smoke anywhere else in your house.
- **Pick** a comfortable place. But it shouldn't be your favourite place to be.
- **If you forget** and start to smoke somewhere else, go immediately to your smoking place. Or put the cigarette out until you can get to your smoking place.
- **Move** your smoking place outside if you can.

The DEEDS Strategy

Delay: A cigarette craving fades in 10 to 15 minutes even if you don't smoke. Talk to yourself. Say "this urge will pass" or "I'd like a cigarette but I don't need this one." When you have a craving, delay smoking for 15 minutes. This gives you a sense of control over smoking. And it shows that cravings don't last forever. Delaying gets easier with practice. Gradually, you can delay for longer and longer periods of time. This means you smoke fewer cigarettes each day. Try these ideas:

- Delay your first cigarette of the day - eat breakfast before you smoke or wait until you get the children off to school.
- Set certain hours that are smoke free. For example, try not smoking between 9PM and 9AM.
- Put ashtrays and lighters in different places so smoking is less convenient.

Escape: Leave the situation that causes the craving, if you can. But this isn't always easy, especially if you're a single mom who can't leave your children alone. Also sometimes it's your children's behaviour that causes cravings! Try these ideas, instead of smoking:

- Occupy your children with a DVD. Or listen to a MP3 player or radio.
- Keep a treasure box of things from the dollar store handy - if you need a little break, a new toy can distract your children for a while.



- Make a list of cool crafts they can work on when you need a break - try to keep the materials on hand.
- Act “as if” - pretend that you’re a non-smoker for 15 minutes.
- Be realistic - take a 5 minute break instead of wishing for the afternoon off.
- Take a mental vacation - imagine the place you would most like to be. Include your children. Ask them where they would most like to be and why.
- Put on headphones and listen to your favourite music or the radio - you can still see your children without hearing them.

Evade: If you can, avoid situations where you know there will be smoking. When you’re more able to resist cravings, you can slowly get back to a normal routine. Set non-smoking rules for your home and stick to them. Try these ideas:

- Set up a comfortable smoking place outside for your guests to use. Also, ask them to watch your children while you go outside to smoke.
- Go places where smoking isn’t allowed, like playgroups or the library.
- Hang out with friends who are non-smokers or who are trying to protect their children from secondhand smoke. Visit friends who also have a non-smoking home.

Distract: Think of things to do that will keep your mind off smoking. Think of a list of things that you can’t smoke and do at the same time. For example:

- Wash dishes, your hair, or give the dog a bath.
- Play cards, knit, sew, or hammer nails.
- Chew gum or hard candy.

Substitute: When you have a craving, substitute something you like that keeps your hands and mouth busy. ***The substitute must be something you can do quickly and have on hand.***

- Chew a hard candy, a straw, or fennel seeds.
- Chew regular or nicotine gum.
- Brush your teeth or have a drink of cold water.



Worksheet #2: Cigarette Fading and DEEDS

Two ideas or strategies to cope with cravings are **Cigarette Fading** and **DEEDS**. These ideas help moms who want to protect their children from secondhand smoke. Or they also help if you're trying to quit smoking. The ideas help you delay smoking until you can go outside, get away from your children, or go to your smoking space. Both strategies are also great for single moms who can't always go outside to smoke.

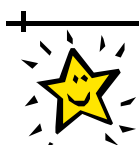
Cigarette Fading

Cigarette Fading means gradually cutting down on the number of cigarettes you smoke each day. Start by figuring out the number of cigarettes you will allow yourself each day. Then only carry that number with you or give them to a non-smoking friend to keep for you. Put the rest of the package in the freezer or another place that's difficult to reach. Try this schedule:

- Figure out the average number of minutes between each cigarette you smoke.
- Gradually increase the time between each cigarette by 10 to 15 minutes.
- Keep increasing the time between each cigarette.
- Stick to your schedule or the strategy won't work. It's OK to wait longer if you can. But don't smoke more than your schedule allows.
- If you find it too difficult to stick to your schedule, it's OK to go back to smoking more frequently until you're ready to increase the minutes again. ***Just don't go back to smoking whenever you feel like it.***

List your ideas here for a smoking place and then tick the best one:

- _____
- _____
- _____
- _____



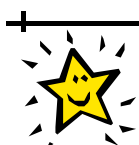
- Move** your smoking place outside.
- Ask** friends and family to watch your children while you go outside to smoke.
- Move** ___ (1,2,3,.....) of your daily cigarettes outside and increase this number as you feel able.
- Ask** guests to leave the room to smoke outside if your children are around. Or remove your children from the room if someone is smoking there.
- Ask** others to smoke outside your house. Or ask them to smoke in your smoking place. Stick to your rules. It's your house.
- Make** your home non-smoking and stick to it, especially with friends and family who smoke.

Goals for your car – put a tick mark beside the ones you want to try

- Take** a few extra minutes to smoke outside the car before you get in.
- Chew** regular or nicotine gum, hard candy, or fennel seeds instead of smoking in the car.
- Leave** cigarettes at home or put them in the trunk of the car.
- Tape** a picture of your children in the ashtray of the car.

What I *Like* About Quitting

What I *Don't Like* About Quitting



Worksheet #1: Short Term Goal Examples

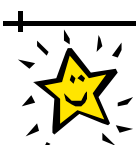
Goals for your home – put a tick mark beside the ones you want to try

- Delay** a cigarette until your child has left the house.
- Delay** a cigarette until it is convenient to go outside and smoke it.
- Increase** the airflow in your house - open windows and use fans to blow smoke out the windows.
- Make** _____ (a room in your house) a non-smoking room.
- Choose** non-smoking rooms in your house where smoking is never allowed (e.g., your children's bedroom, the TV room).
- Post** no smoking signs in each room that you have chosen to be non-smoking.
- Put** a distraction such as a stress ball, candy, gum, or crossword puzzles where you usually keep ashtrays or cigarettes.
- Make sure** no one ever smokes in your children's bedroom.
- Use** a fan to blow smoke out an open window. Always smoke in front of the window with the fan blowing the smoke outside.

Once you've completed this **Worksheet**, you and your **STARSS** counsellor can come up with ideas to deal with some of the difficulties you've identified.

List your ideas here:

- _____
- _____
- _____
- _____



Contract for Short Term Goal(s)

Short Term Goal for: _____
(Mom's Name)

Today _____ I have chosen to limit smoking around my child(ren)
(Date)

(child's/children's names)

with the following goals:

Goal #1: _____ Date: _____

Goal #2: _____ Date: _____

Goal #3: _____ Date: _____

Goal #4: _____ Date: _____

Goal #5: _____ Date: _____

Activities

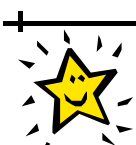
- watching TV
- drinking coffee or alcohol
- talking on the phone
- after meals
- taking a bath
- walking

Situations

- to take a break
- being around smokers
- socializing
- parenting challenges
- waiting for something (e.g. the bus or ride)
- not having enough money, time, or help

Other things that are triggers for you:

- _____
- _____
- _____
- _____



Goal setting record

Long term goal:

Short term goal:

Did you reach your short term goal for today?

What things made it hard to reach your goal?

What things made it easier to reach your goal?

Any other comments?

3) What **negative feelings** or emotions are triggers for your smoking? (such as stress)

How can you cope with your **feelings**? (such as write in your **I'm a STAR! Journal**)

4) What **positive feelings** are triggers for your smoking? (such as relaxation)

How can you **reward yourself** a different way? (such as ask a friend for a manicure)



Goal setting record

Long term goal:

Short term goal:

Did you reach your short term goal for today?

What things made it hard to reach your goal?

What things made it easier to reach your goal?

Any other comments?

Add your own ideas here:

- _____
- _____
- _____
- _____



Goal setting record

Long term goal:

Short term goal:

Did you reach your short term goal for today?

What things made it hard to reach your goal?

What things made it easier to reach your goal?

Any other comments?

- Clean your house.
- Do a craft or colour with your children.
- Do something with a non-smoker.
- If you don't like spicy food, dip your filters in hot sauce or Tabasco sauce so you will only smoke the cigarettes you really crave.
- Reward yourself for delaying your smoking or changing your thinking about smoking.

Make up your own list of things that you can do to help you cope with cravings.

Things I can DO

- _____
- _____
- _____
- _____



Goal setting record

As often as you can, think about your long and short term goals. Think about what made it easy or hard to reach them. It helps to keep a record of your progress. **Here's an example:**

Long term goal: To protect my children from secondhand smoke

Short term goal: To smoke 2 of my daily cigarettes outside and away from my children.

Example 1:

Did you reach your short term goal for today? Yes

What things made it hard to reach your goal? To smoke outside, I have to take the baby with me because there's no one to watch her.

What things made it easier to reach your goal? My friend came over and I asked her to watch the baby while I went outside to smoke.

Any other comments? I knew my friend was coming over so I delayed my next cigarette until she got there.

Make up your own list of things that you can think to help you cope with cravings.

Things I can THINK

- _____
- _____
- _____
- _____



Cigarette Monitoring Form for Moms

You will fill out the **Cigarette Monitoring Form for Moms** at the beginning, middle, and end of the **STARSS** program. (In other words, after **Sessions #1, #3, and #6.**) This helps you see how much progress you've made in your attempt to protect your children from secondhand smoke. Use the form to celebrate your success! Reward yourself every time you reduce the number of cigarettes you smoke around your children.

Session One	SUN.	MON.	TUES.	WED.	THURS	FRI.	SAT.
Total # cigs I smoked							
# cigs I smoked in room with child(ren)							
# cigs I smoked in car with child(ren)							
# cigs I smoked not around my child(ren)							
# cigs others smoked in room with child(ren)							
# cigs others smoked in car with child(ren)							

6) Breathe out slowly through your mouth to the count of eight. Let your stomach fall slowly as you exhale.

7) Continue this deep breathing cycle five times.

8) Stretch your arms over your head and slowly let them fall to your sides and open your eyes. Notice how relaxed you feel.

List the times when you could use deep breathing exercise:

- _____
- _____
- _____
- _____



Current Smoking Patterns – Day 7

Cigarette #	Time	Place	Situation
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- 4) **Continue** to breathe slowly.
- 5) **Allow** your body to go limp like a rag doll.
- 6) **Drop** your head and shoulders forward.
- 7) **Imagine** warm energy flowing through your body.
- 8) **Slowly** open your eyes.

List the times when you could use deep muscle relaxation:

- _____
- _____
- _____
- _____



Current Smoking Patterns – Day 5

Cigarette #	Time	Place	Situation
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- Write in your **I'm a STAR! Journal**.
- Take a nap or just put your feet up for a few minutes.
- Dust or clean your house.
- Re-pot your plants.
- Use **DEEDS** strategies.
- Relax with deep breathing or deep muscle relaxation (**Worksheet #8**).
- Exercise to feel good, play with your children, walk to the corner store or mailbox.
- Go somewhere you can't smoke (such as a library) and relax for a while.
- Paint your nails.
- Brush your teeth and enjoy running your tongue over your clean teeth.
- Praise yourself. Tell yourself you can do this.

List your own ideas for ways you can handle stress without smoking:

- _____
- _____
- _____
- _____



Current Smoking Patterns – Day 3

Cigarette #	Time	Place	Situation
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- Ask friends and family who smoke not to smoke around you or in your home.
- Call the Smokers Help Line in your province to see if you can get individual, group, or telephone counselling for quitting smoking. Or try the Health Canada web site at www.gosmokefree.ca. Their phone number is 1-866-318-1116.
- Ask your **STARSS** counsellor to refer you for more counselling, if you need it.

Step 3: The week before...

- Stop carrying your cigarettes with you and make them difficult to get to.
- Fill out **Worksheet #5**. Practice using the **DEEDS** strategies in each of these trigger situations.
- Get a new toothbrush and whitening toothpaste to use the day you quit.
- Start a money jar to hold all the money you save by not smoking. Also make a list of rewards, both short and long term, that you can use this money for.
- Plan your quit day. Make sure it is full and busy. One idea is to make your home clean and fresh. Wash your clothes, bedding, walls, ceilings, and windows.
- Learn how to use smoking cessation aids properly.

Step 4: Quit day!

- Wake up and keep busy.
- If you're using a smoking cessation aid, make sure you follow the directions.
- Practice the **DEEDS** strategies whenever a craving comes up.



Current Smoking Patterns – Day 1

Cigarette #	Time	Place	Situation
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Step 5: Keep going!

- Be prepared for relapses and difficult situations. Find new ways to distract yourself from giving in to the cravings.
- Regularly remind yourself of why you're glad you quit - write down the reasons and display them.
- Remind yourself of how well you're doing and reward yourself for a job well done.
- Think of yourself as a non-smoker.
- Avoid your triggers for as long as you need to.
- Try to eat a healthy diet and get some exercise when you can.
- Notice and appreciate the changes your body makes as it gets back to normal.
- Don't keep an emergency supply of cigarettes around after you quit.
- Keep looking over your **Triggers** worksheet (**Worksheet #5**).
- Remember: every time you quit smoking, you learn more about what works for you. And each time, you will quit for longer periods of time.



Current Smoking Patterns – Example

The **Current Smoking Patterns** form can help you understand when and why you smoke. Write down times, places, and situations where you smoke. You might find you smoke more often in certain places, at certain times, or when you do certain things. You might notice the feelings that make you want to smoke. Once you understand your smoking patterns, you can start thinking about changing them.

Over the next week, write down each time you have a cigarette. Also note the time, the place, and the situation you were in when you smoked each cigarette. Before the next session with your **STARSS** counsellor, read over the notes you made. Here's an example:

Cigarette #	Time	Place	Situation
1	7:45 AM	Kitchen	drink morning coffee - kids tired, cranky, fighting
2	9:45 AM	Kitchen	older kids at school, baby asleep, finally quiet!
3	11:30 AM	Kitchen	talk on the phone

I'm a STAR! notes

