



# I'm a STAR! Mom

Start Thinking About Reducing Secondhand Smoke

Issue 3

October 2010

## Try This: Deep Breathing

**Breathing is a good skill to practice if you're feeling tense, can't sleep, or having a craving for a cigarette.**

- Get comfortable in a quiet, interruption-free place. You can sit, stand or lie down--whatever's comfy.
- Relax your shoulders and close your eyes. Think about something that makes you feel good.
- Inhale through your nose with your mouth closed. Slowly count to eight. Let your stomach rise as you inhale.
- Hold your breath to the count of four.
- Breathe out through your mouth to the count of eight. Let your stomach fall as you exhale.
- Do this five times. How relaxed do you feel?

## **AWARE**

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## Separating fact from fiction

"I should never think about the good things I get out of smoking because that will just make me want to smoke more."

**FALSE:** It is the positives of smoking and the negatives of quitting that make it so difficult to change. This really helps you understand why you smoke, and once you understand why, you will have a better chance of making changes!

## Feeling confused?

We have some great resources on our website!

If you want tips from moms who've been there, click here:

<http://aware.on.ca/moms-matter>

Look here for information on women and smoking, drugs or alcohol:

<http://aware.on.ca/resources/resources-women>

## News about Smoking

Canada is delaying new warning labels on cigarettes, in favour of focusing on contraband cigarettes. Do you agree with this? Do the labels make a difference for you? Find out more:

<http://reut.rs/da42p1>

## Connect with us:

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## Find great STARSS Halloween ideas at:

[http://aware.on.ca/starss/starss-newsletter/STARSS\\_newsletter\\_oct\\_2010](http://aware.on.ca/starss/starss-newsletter/STARSS_newsletter_oct_2010)

## Have a question, comment or idea?

Email us at [info@aware.on.ca](mailto:info@aware.on.ca)

We'd love to feature your ideas in the next newsletter!

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