



I'm a STAR! Mom

Start Thinking About Reducing Secondhand Smoke

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A Guide to Identifying Your Triggers:

Triggers are things that make you want to smoke. Being able to identify your triggers helps you take control of your smoking.

- Smoking can be triggered by how you feel. Do you mainly smoke when you are angry or happy? Stressed or relaxed?
- Sometimes smoking can be triggered by interactions with other people, such as your children, partner, or friends.
- Is smoking part of a daily routine? For example, do you always smoke while you talk on the phone?
- Write down your triggers. This can help you identify them. Then, think of other ways besides smoking to cope with triggers. If you're stressed, why not try last issue's deep muscle relaxation exercises?

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Separating fact from fiction

"Sometimes I feel like I've missed my chance to quit smoking. My child is no longer an infant and I've been smoking for years anyway. Quitting smoking now won't do any good for me."

FALSE: Any time you make changes to your smoking pattern, it benefits you and your kids. Any adjustment to your smoking pattern helps. For example, smoke outside or delay your first cigarette of the day. These are good first steps. No matter how small the changes seem, they all count.

More Graphic Graphics:

We've all seen health warnings on cigarette packages. The idea behind them is to discourage smokers every time they reach for a cigarette. Also, they make the cigarette package less appealing. Because people have gotten used to the old labels, Health Canada has announced more graphic changes to the images. And they will cover a larger space on cigarette packages.

Research has shown that non-smokers believe these warnings are effective to discourage smoking. However, reports show that the majority of frequent smokers are not always affected by the images. And we also know that trying to scare or guilt a smoker into quitting isn't always the best strategy. What do you think of these new labels? Will it help you quit? Will you ignore the labels or cover them up? Would another strategy be more supportive to you when you're thinking about reducing or quitting smoking? Have your say on our facebook page:

<http://www.facebook.com/STARSS.Canada>

Learn more about this topic on the Health Canada website, or follow this link directly:

<http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/fact-fait/fs-if/stronger-bonifees-eng.php>

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