

HEALTHY LIFESTYLE ACTIONS TO **QUIT OR REDUCE SMOKING AND/OR VAPING**

What are some of the benefits of quitting smoking and/or vaping?

1. Physical – improved circulation and lung function; can help prevent and manage diseases like type 2 diabetes, heart disease, dementia, and many types of cancers
2. Mental – reduced depression, anxiety, and stress
3. Emotional – improved mood and quality of life
4. Community – protect others around you from second-hand smoke and/or vapour
5. Financial – more financial freedom to invest in healthier activities



How can I stick with it?

Keep in mind that quitting or reducing your use of commercial tobacco is not easy. Start with personal reflection to identify your sources of stress. Then work to reduce them, choosing coping strategies that don't create additional stress. Try to add healthier habits such as drinking more water or moving your body. Understand that setbacks can happen—the key is to make a plan, keep doing your best, and continue moving forward on your journey. Check out the tips below!

MINIMIZE RISK

PRACTICE MINDFULNESS



BE KIND TO YOURSELF

SEEK SUPPORT



TRY A HANDS-ON
ACTIVITY

MOVE YOUR BODY



MAKE CONNECTIONS

ENGAGE IN CEREMONY



I-SPARC
Move | Play | Compete



First Nations Health Authority



Supported by the Province of British Columbia

Canada

There are many parts of our society that affect our health and lives that are beyond an individual's level of control. We want to acknowledge the social, political, economic, and environmental impacts to the health of the lands, waters, and forests, which in turn affects our health. We want you to know I-SPARC is here to support you with your wellness goals and will meet you wherever you are at in your wellness journey.



MINIMIZE RISK

The most effective way to reduce your risk is to stop smoking or vaping. Even if you aren't ready to quit yet, you can lower your risk by cutting back. Try using supports like nicotine replacement therapy (NRT). Using cigarettes and vaping products at the same time isn't safe. If you use both, focus on quitting smoking first. To protect others, smoke only outdoors and be sure to wash your hands and change your clothes afterward. Avoid smoking, especially around children, pregnant people, and anyone with a chronic illness.



TRY A HANDS-ON ACTIVITY

Keep yourself busy by trying a hands-on activity you enjoy. This could be beading, drumming, cedar weaving, pottery, knitting, carving, tying flies, painting, colouring, photography, cooking, fishing, and more! Doing an activity that gets your hands moving can help you get through cravings.



ENGAGE IN CEREMONY

There are many ceremonies used for healing, cleansing, and purifying energy, including smudging, cedar brushing, doing a sweat, and ceremonies or practices local to your culture. Try and set some time aside to connect with (or to) whatever ceremony means to you.



SEEK SUPPORT

Identify who you can reach out to for support. Friends and family can help you through tough moments and celebrate your wins. Remember, you are not alone. You can get support and advice to quit or cut back from health professionals like your doctor, a pharmacist, a counsellor or a certified Quit Coach through Talk Tobacco or QuitNow. Ask about nicotine replacement therapy (NRT) such as nicotine gum and patches.

Talk Tobacco



QuitNow



BE KIND TO YOURSELF

Recognize that quitting or cutting back is not easy and setbacks are normal. The most important thing is to keep trying on your journey. By reading these tips, you are already making a positive move in the right direction - way to go! Check out some self-care strategies here:



MAKE CONNECTIONS

Making connections is key to your success. Identify people who can support you through the hard moments, celebrate your successes, and make you feel good. Connect with an Elder or Traditional Knowledge or Medicine Holder to learn about strategies that can support your journey.



MOVE YOUR BODY

Movement is medicine. Moving your body helps release stress and unwanted energy and can support you in working through cravings. Choose activities that feel good and are meaningful to you, including traditional practices like dancing, walking on the land, drumming or cultural games. Invite community members or Elders to join, share stories, and strengthen connection. Healing happens through movement, culture, and community.



PRACTICE MINDFULNESS

Your mindset is important: embrace positivity, practice gratitude through journaling, prayer, and trying daily affirmations to remind yourself you matter. Incorporate mindfulness exercises into your day such as focused breathing and sensory grounding. Be conscious of overextending yourself. It is healthy to set boundaries and say no.

Where you can find more information and support



Connect with your doctor or community health nurse if you have any health concerns before you start your quitting journey.

FNHA QuitKit



Respecting Tobacco Resources



Find a Therapist



Call FNHA Benefits
1-855-550-5454 or your
benefits provider.