



Session Plan

Aim:

Support tobacco users commitment to stopping smoking

Smoking Cessation Specialist Role:

- › Invite feedback on planned quit attempt
- › Acknowledge clients' achievement in quitting or attempting to quit
- › Monitor and record CO level
- › Identify additional supports required, if necessary
- › Look at common withdrawal symptoms and how to cope with them
- › Discuss the link between nicotine depletion and stress
- › Assist client in identifying strategies for managing stress

By the end of this session clients will:

- › Review personal quit plan
- › Feel motivated to sustain quit attempt
- › Be aware of withdrawal symptoms and how to cope with them
- › Understand the link between smoking and stress and identify strategies for managing stress

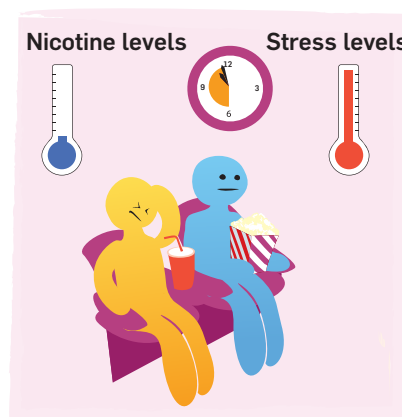
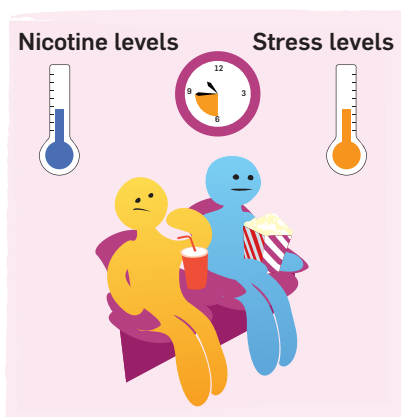
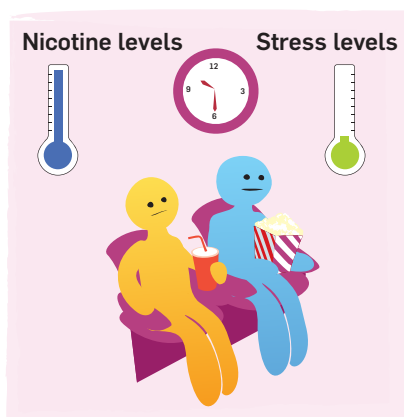
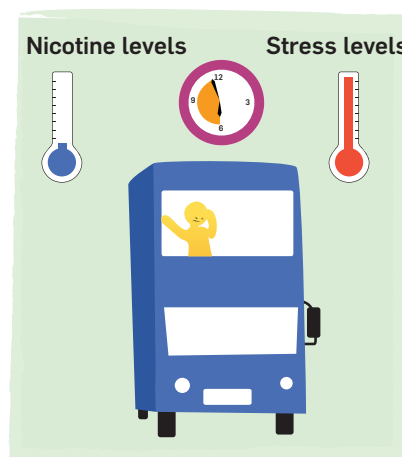
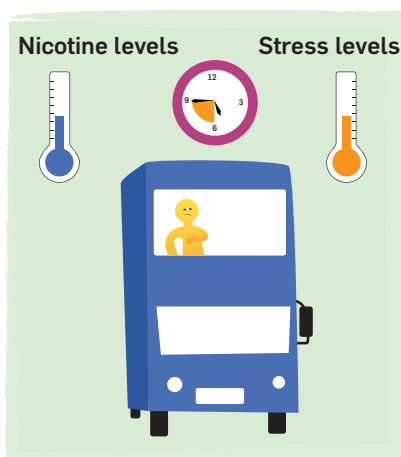
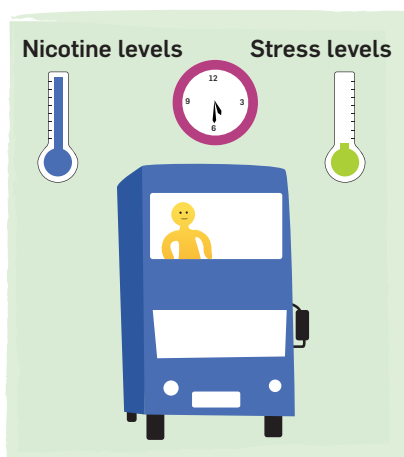
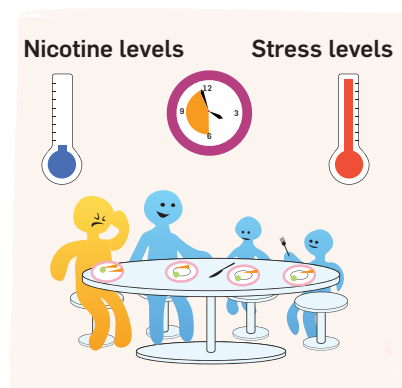
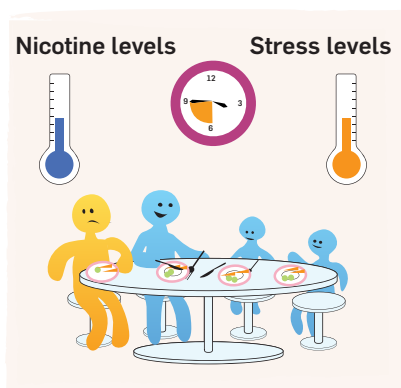
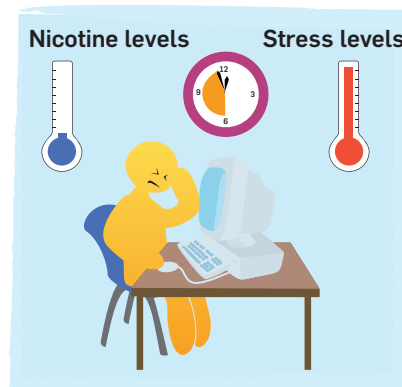
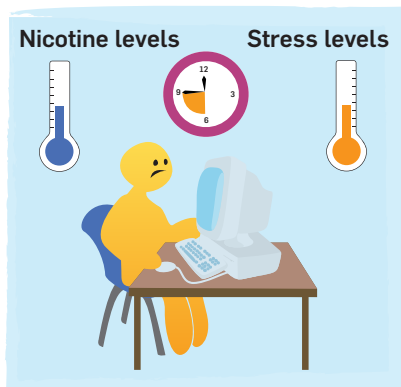
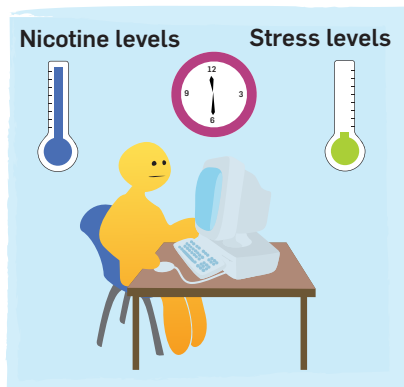
Client Handouts:

- › **Withdrawal symptoms**
- › **Smoking and Stress**
- › **Coping with Stress**
- › **Session Feedback**

Withdrawal symptoms - how to cope

Symptom	When it will pass	What to do
<p>Urges to smoke.</p>	<p>Week 2</p> <p>2 weeks</p>	<p>The urge will pass in a few minutes. Remember your quitting plan.</p>
<p>Hard to sleep.</p>	<p>Week 1</p> <p>1 week</p>	<p>Avoid tea and coffee late in day.</p>
<p>Hard to concentrate.</p>	<p>Week 1</p> <p>1 week</p>	<p>Plan work carefully.</p> <p>Plan</p> <ol style="list-style-type: none"> 1. Start with... 2. Then do... 3. Finish off... 4. If time...
<p>Anxiety and restlessness</p>	<p>Week 2</p> <p>2 weeks</p>	<p>Deep breathe or use a relaxation method.</p>
<p>Irritable</p>	<p>Week 4</p> <p>4 weeks</p>	<p>Exercise.</p>
<p>Increased appetite</p>	<p>Week 11</p> <p>11 weeks</p>	<p>Have a healthy diet. Drink water.</p>

Smoking and Stress





Coping with Stress

> Know yourself

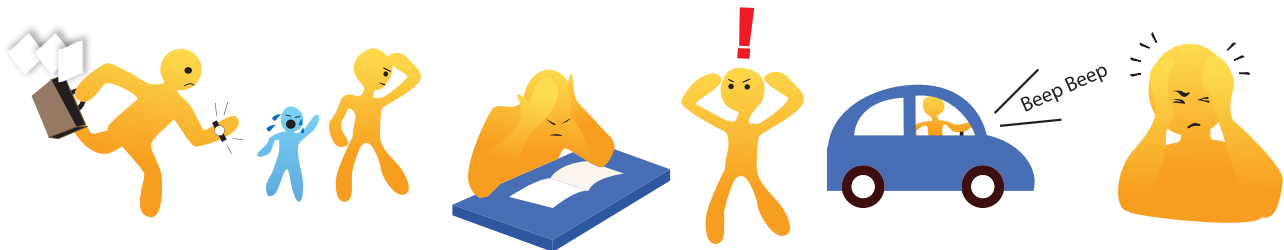
You have many roles and challenges every day.



> Know your warning signs

Stress is different for each of us.

Knowing what makes you stressed is the first step to coping.



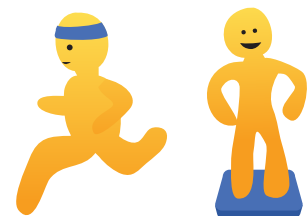
> Know how to cope

Pick a few ways that work for you. Remember to...

Manage time



Exercise



Have a healthy diet



Be positive



Session Feedback

Mark where you are on the sheet.

