

# QUIT

## 4YOUTH



### Youth stop smoking and vaping programme: Participants' Handbook



# Quit 4 Youth Participants' Handbook

## Week 1: Preparation

- 1A My smoking and/or vaping quiz
- 1B How much does smoking/vaping cost you?
- 1C My personal carbon monoxide (CO) chart
- 1D Stages of change
- 1E Benefits of quitting
- 1F True or false quiz
- 1G What is in cigarettes and e-cigarettes?
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## Week 2: Planning

- 2A Questionnaire for nicotine dependence
- 2B Oral health
- 2C Stop smoking medications
- 2D Understanding your smoking or vaping
- 2E What makes you great!
- 2F How will I feel when I quit?
- 2G The 4 Ds

## Week 3: Quit date

- 3A Quit the best way for you!
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## Week 4: Coping with stress

- 4A How can I recognise stress?
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- 4D Understanding stress and nicotine
- 4E Stress and nicotine – the truth
- 4F Coping with stress



# Quit 4 Youth Participants' Handbook

## Week 5: Continuing support and healthy eating

- 5A Smoking, vaping and healthy eating
- 5B Healthy snacks
- 5C Food pyramid
- 5D Healthy-eating recipes

## Week 6: Continuing support and physical activity

- 6A Physical activity – why?
- 6B What exercise is best?
- 6C My plan to prevent relapse
- 6D My plan to prevent relapse
- 6E Talking positively to yourself

## Week 7: Celebrate!

- 7A I have come a long way

End-of-course feedback

## Additional activities

What's in a cigarette?

Word search – what's in a cigarette?

Discussion: Smoking and vaping on TV

Tips to keep motivated





## Are you ready to quit?

Here is what we will do during the 7 weeks:



We will also talk about the wider societal impact of smoking and vaping, for example:

- the impact on the environment
- the tobacco industry
- creating smoke-free environments



## Week 1: Preparation

### 1A: My smoking and/or vaping quiz

1. How many years have you been smoking and/or vaping?

2. How many cigarettes do you smoke a day?

10 30 5 20

OR How often do you vape?

Every hour  
2 times a day  
when I am with friends

3. How soon after you wake up do you have your first cigarette or e-cigarette?

Less than 5 mins

5-15 mins

30 mins-1 hour

More than 1 hour

☐
☐
☐
☐

4. Did you ever try to quit smoking or vaping?

Yes

☐

No

☐

If yes, how many times?

5. Does anyone living with you smoke or vape?

Yes

☐

No

☐

6. Do you have anyone to help you quit smoking or vaping?

Yes

☐

No

☐

If yes, who?

Partner

Family member

Friend

☐
☐
☐

7. How much do you spend a week on tobacco or e-liquids?

<https://quit.hse.ie/i-want-to-quit/cost/> \*

€

\*You can use handout 1B on the next page instead of the online tool.





## 1B: How much does smoking/vaping cost you?

A day

€

A week

€

A month

€

A year

€

Over 5 Years

€






Now that you have calculated what smoking/vaping costs you, what else could you spend this money on?

I could spend this money on...







# 1C: My personal carbon monoxide (CO) chart

Name:

	My CO level	Date
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		



CO (ppm\*) What does this mean?

35  
34  
33  
32  
31  
30  
29  
28  
27  
26  
25  
24  
23  
22  
21  
20  
19  
18  
17  
16  
15  
14  
13  
12  
11  
10  
9  
8  
7  
6  
5  
4  
3  
2  
1

## Smoker

As you have not yet quit, it is normal for you to be in this range.

Note the range can go higher than this chart.

## Light smoker

or you have quit smoking recently.<sup>1</sup>

## Non-smoker

Congratulations, you now have the same amount of CO as a non-smoker.



\*Carbon Monoxide or CO is measured in parts per million or PPM. A safe PPM is 0-10.

Please return this completed chart to your facilitator who will keep it until the course is finished.

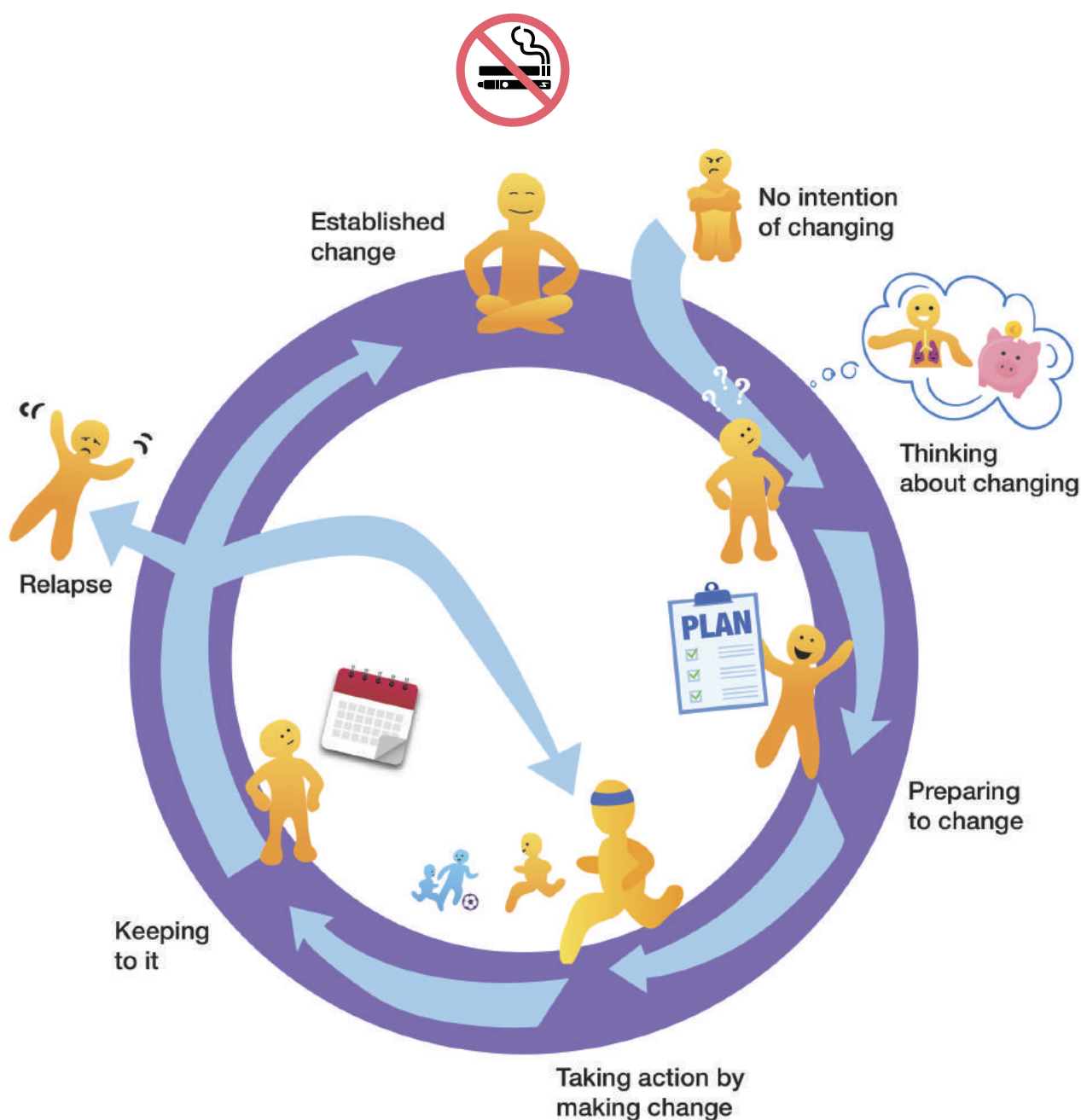
<sup>1</sup>Please note your carbon monoxide reading also varies depending on the number of cigarettes you have smoked on the day of the test. An early morning reading may give a lower reading than an evening reading. The monitor will not detect e-cigarette use, as they do not contain carbon monoxide.





# 1D: Stages of change

Mark where you are on the cycle of change now.





## 1E: Benefits of quitting

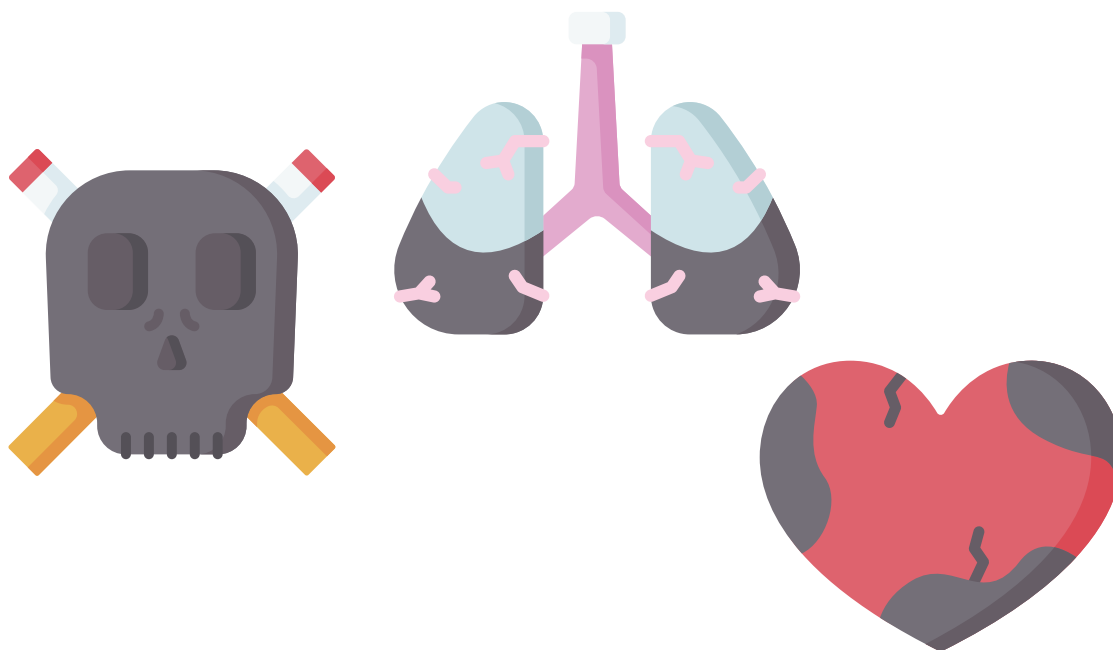
### Benefits of quitting smoking

- Your teeth will get white again.
- Your risk of tooth loss reduces.
- Your sense of taste and smell returns.
- You no longer have bad breath.
- You no longer have a hairy tongue.
- Your risk of gum disease reduces.
- Your heart rate decreases.
- Your fitness improves and breathing will be easier.
- Your concentration levels improve.
- You are causing less waste, so you are helping the environment.



### Benefits of quitting vaping

- Nicotine will no longer have control of your life.
- You are less likely to start or return to smoking tobacco.
- Some of the chemicals in e-cigarettes:
  - may cause tissue and cell damage.
  - may cause cancer in the long term.
- We still don't know the long term effect that e-cigarettes will have on your health, but we do know that their use is associated with<sup>2</sup>:
  - poisonings
  - burns
  - blast injuries where the e-cigarette explodes due to a faulty product
  - lung injury
  - asthmatic attacks



<sup>2</sup> HRB Press Release October 2020:

<https://www.hrb.ie/news/press-releases/single-press-release/article/new-health-research-board-evidence-shows-e-cigarettes-are-associated-with-adolescents-starting-to-sm/>



# 1F: True or False Quiz

## Quiz

### What do we know about cigarettes and e-cigarettes?

True or false, circle the correct answer

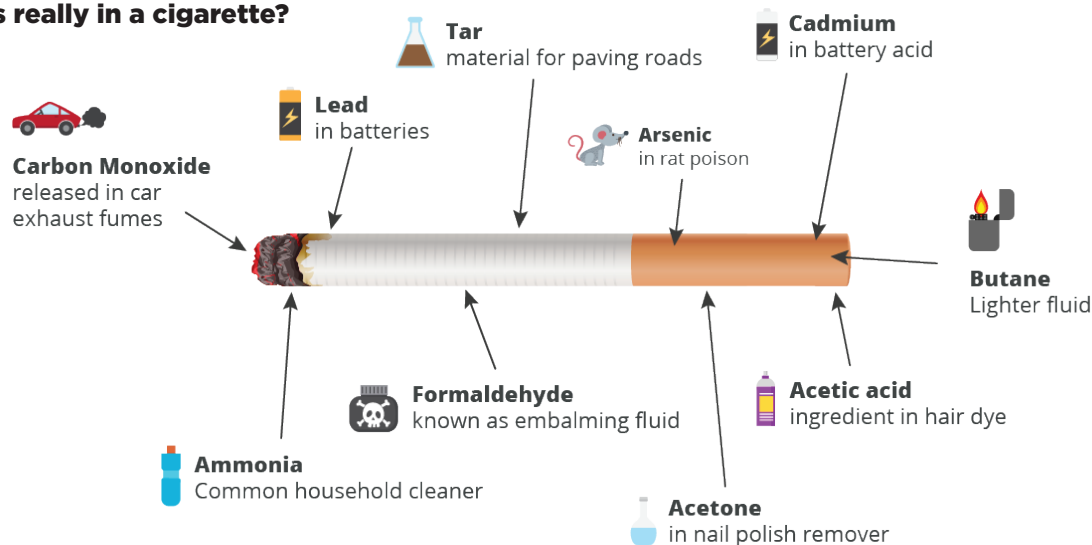
1. In Ireland, the tobacco industry needs to recruit 50 new smokers every day in order to maintain their profit margins..... True False
2. In Ireland there are more quitters than smokers..... True False
3. Smoking fewer than 10 cigarettes a day is not harmful to health..... True False
4. E-cigarettes contain harmful chemicals..... True False
5. Smokers who stop smoking can never repair the damage done to their bodies..... True False
6. Young people who smoke before exercising will generally perform equally as well as non-smokers..... True False
7. Second-hand smoke is tobacco smoke inhaled by a non-smoker..... True False
8. Coughs and colds are more common in children whose parents smoke..... True False
9. There are over 7,000 harmful chemicals in cigarette smoke..... True False
10. Roll-your-own tobacco is less harmful than conventional pre-rolled cigarettes..... True False
11. Children of non-smokers are less likely to become smokers themselves..... True False
12. Every cigarettes reduces a person's life expectancy by 11 minutes..... True False
13. If you stop smoking, it will be the greatest single step you can take to improve your health..... True False
14. Vaping or using e-cigarettes will ensure that you never smoke tobacco..... True False
15. E-cigarettes have been shown to be more effective than nicotine replacement therapies in helping people to quit smoking..... True False
16. There are no risks to your health if you only use e-cigarettes..... True False
17. The tobacco industry have been shown to deliberately market their products to young people..... True False

True or false?

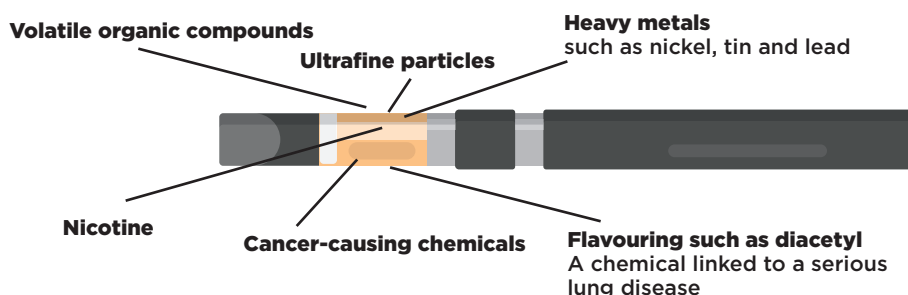


# 1G: What is in cigarettes and e-cigarettes?

## What is really in a cigarette?



## Do you know what is in an e-cigarette?



## What is the harm in e-cigarettes?

The long-term health effects of using e-cigarettes for more than 24 months are not yet known. Whether you choose to smoke tobacco or vape, you are still inhaling nicotine. The younger a person tries nicotine, the greater the risk of addiction. As a young person, your brain is more vulnerable to the effects of the addictive substances than that of a fully developed adult brain.

Nicotine can:

- disrupt brain development
- interfere with long-term cognitive functioning
- increase the risk of various mental and physical health problems later in life

E-cigarettes are linked to:

- poisonings
- burns
- blast injuries
- an increased risk of lung infection and asthmatic attacks

Research has shown that young people who use e-cigarettes are 3 to 5 times more likely to start smoking tobacco cigarettes compared to those who never used e-cigarettes.

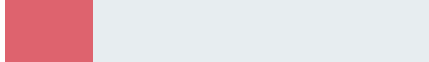
Most e-cigarettes have higher levels of nicotine than regular cigarettes/tobacco.

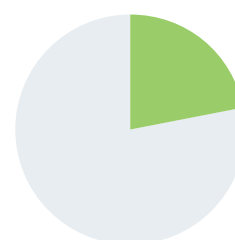
**Activity:** Do you know how much nicotine is in your e-cigarette?

Does it come in lower strength levels?

## 1H: More information about tobacco use and e-cigarettes<sup>3</sup>

### Tobacco use:

- **15%** of 15-24-year-olds smoke tobacco. 
- **11%** of 15-24-year-olds smoke tobacco daily.
- Within this age group, **men are significantly more likely to smoke** than women:  
19% for men, and 11% for women.
- Men in this age group are also more likely to be **daily smokers**:  
15% for men and 6% for women.
- In the general population, smokers report lower levels of mental health.  
The numbers of smokers identifying with a **'probable mental health problem'** is higher than for non-smokers:
  - more than 22% (about 1 in 5) of smokers
  - 14% of non-smokers



### E-cigarette use:

- **4%** of the population use e-cigarettes.
- **4%** of young people aged between 15 and 24 use e-cigarettes.
- **6%** of current smokers use e-cigarettes.
- **3%** of non-smokers use e-cigarettes.
- Those aged under 25 are most likely to have used e-cigarettes;  
**14% have tried them** at some point.



<sup>3</sup> Healthy Ireland 2021



## 2A: Questionnaires for nicotine dependence

There are two tests to help you measure your nicotine dependence. Questionnaire A is specifically for people who use tobacco only and Questionnaire B is for those who use e-cigarettes only.

### A. Tobacco users: How much do I depend on nicotine? <sup>4</sup>

Choose the answers that best describe your smoking and add up your scores.

Questions	Responses	Score
1. How soon after you wake do you smoke your first cigarette?	Within 5 minutes Within 6–30 minutes Within 31–60 minutes After 60 minutes	3 2 1 0
2. Do you find it difficult not to smoke in places where it is not allowed?	Yes No	1 0
3. Which cigarette would you most hate to give up?	First one in the morning All others	1 0
4. How many cigarettes do you smoke per day?	31 or more 21–30 11–20 10 or less	3 2 1 0
5. Do you smoke more often during the first hours after waking than during the rest of the day?	Yes No	1 0
6. Do you still smoke when you are so ill that you cannot get out of bed?	Yes No	1 0
	TOTAL	

**0–3 Low dependence**  
**4–5 Medium dependence**  
**6–10 High dependence**

Your result: \_\_\_\_\_

<sup>4</sup> Adapted from Heatherton TF, Kozlowski LT, Frecker RC, Fagerstrom KO. The Fagerstrom Test for Nicotine Dependence: A revision of the Fagerstrom Tolerance Questionnaire. British Journal of Addictions 1991; 86:1119–27



## 2A (continued)

**B. E-cigarette users: How much do I depend on nicotine? <sup>5</sup>**

Choose the answers that best describe your e-cigarette usage and add up your scores.

Questions	Responses	Score
1. How many times per day do you usually use your e-cigarette? (assume one 'time' consists of around 15 puffs, or lasts around 10 minutes)	30 or more 20-29 times a day 15-19 times a day 10-14 times a day 5-9 times/day 0-4 times/day	5 4 3 2 1 0
2. On days that you can use your e-cigarette freely, how soon after you wake up do you first use your e-cigarette?	Less than 5 minutes 6-15 minutes 16-30 minutes 31-60 minutes 61-120 minutes More than 121 minutes	5 4 3 2 1 0
3. Do you sometimes wake up at night to use your e-cigarette?	Yes No	1 0
4. How many nights per week do you typically wake up to use your e-cigarette?	4+ nights 2-3 nights 0-1 nights	2 1 0
5. Do you use an e-cigarette now because it is hard to quit e-cigarettes?	Yes No	1 0
6. Do you ever have strong cravings to use an e-cigarette?	Yes No	1 0
7. Over the past week, how strong have the urges to use an e-cigarette been?	Very strong Moderate/strong None/slight	2 1 0
8. Is it hard to not use an e-cigarette in places where you are not supposed to?	Yes No	1 0
<b>If you have not used an e-cigarette for a while or if you are trying to stop:</b>		
9. Did you feel more irritable because you could not use an e-cigarette?	Yes No	1 0
10. Did you feel nervous, restless, or anxious because you could not use an e-cigarette?	Yes No	1 0
	<b>TOTAL</b>	

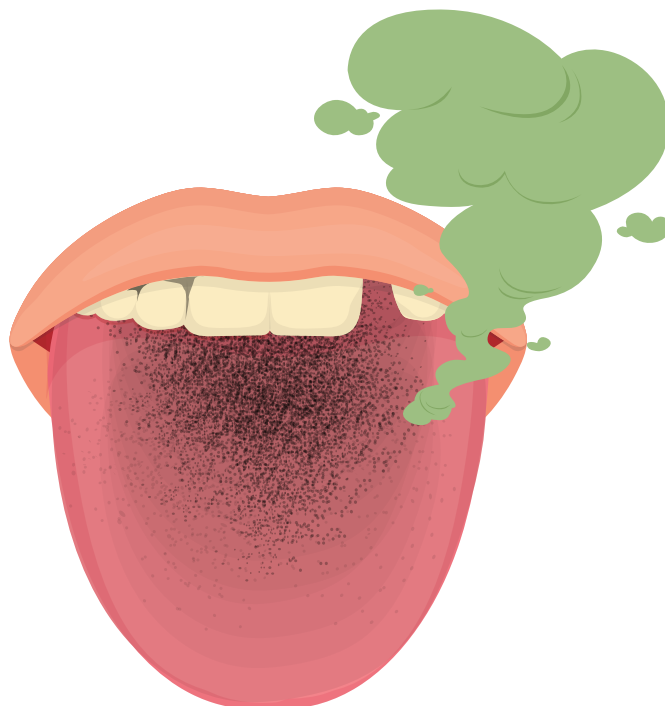
0-3 **No dependence**    4-8 **Low dependence**    9-12 **Medium dependence**    13 or more **High dependence**

Your result: \_\_\_\_\_

<sup>5</sup> Adapted from Foulds, J., Veldheer, S., Yingst, J., Hrabovsky, S., Wilson, S.J., Nichols, T.T. and Eissenberg, T. Development of a questionnaire for assessing dependence on electronic cigarettes among a large sample of ex-smoking e-cigarette users. *Nicotine and Tobacco Research*, Volume 17, Issue 2, February 2015, Pages 186-192, <https://doi.org/10.1093/ntr/ntu204>

## 2B: Oral health

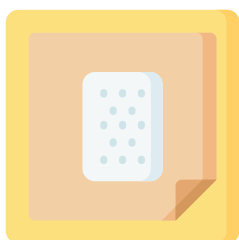
Look familiar?



## 2C: Stop-smoking medications

Nicotine replacement therapy (NRT) and other stop-smoking medications will help you to quit smoking.

**There are five different types of NRT available in Ireland:**



**Patch**



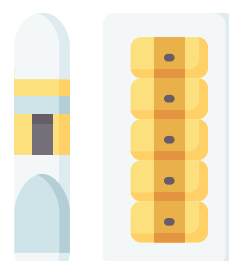
**Gum**



**Lozenge**



**Mouth spray**



**Inhaler**

There are two other types of medication that are only available on prescription from your GP, and to those aged 18 or over:

**Champix**

**Zyban**



- All stop-smoking medications are recommended to be used for 12 weeks.
- Check how to use the type of medication you have chosen and make sure you understand the instructions before you start using it.

I am going to try:



**QUIT**  
4YOUTH





## 2D: Understanding your smoking or vaping

??!

1. When did you have your first cigarette/e-cigarette and what was it like?

2. Where and when do you tend to smoke/vape and who with?

3. Where and when do you definitely not smoke/vape?

4. When do you feel you really want a cigarette/e-cigarette?

5. What does smoking/vaping do for you?

6. Have you ever tried to give up smoking/vaping? What happened?

7. How important is it for you to quit smoking/vaping and why?

8. What worries you most about trying to quit smoking/vaping?





## 2E: What makes you great!

Me!

1. Name one or two things you are good at.

2. What do you like doing – other than smoking or vaping?

3. Name two things you like most about yourself.

4. How do you relax and enjoy yourself – other than smoking or vaping?

5. How do you cope when you are stressed/upset/angry – apart from smoking or vaping?

6. What are your main interests in life?

7. What is the best thing you have ever done?

8. Name two positive things you would like to try or do in the next five years?

9. Who can you rely on to help you quit smoking?

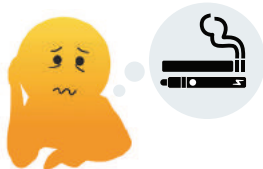

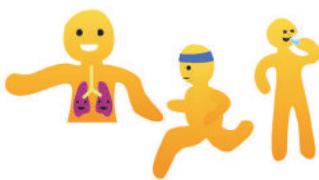














## 2F: How will I feel when I quit?

1 of 2

Many people will experience withdrawal symptoms from nicotine. These can be mild or very strong and can vary from person to person.







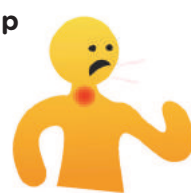











Here are some examples of the physical withdrawal symptoms and suggestions of how to reduce them. Remember, not everyone experiences all of these symptoms, but it is good to be prepared.

Symptom	When it will pass	What to do
<b>Urges to smoke/vape</b> 		<p>Each urge will pass in a few minutes. Remember the 4Ds:</p>  <p>Distract Delay Deep breaths Drink water.</p>
<b>Hard to sleep</b> 		<p>Avoid tea and coffee late at night.</p> 
<b>Fatigue</b> 		<p>Take naps. Do not push yourself.</p> 
<b>Hard to concentrate</b> 		<p>Plan work carefully.</p> 
<b>Anxiety and restlessness</b> 		<p>Take deep breaths or meditate.</p> 



## 2F: How will I feel when I quit?

2 of 2

Symptom	When it will pass	What to do
<p>Depressed mood</p> 		<p>Increase activities you enjoy. Talk to a friend or family member.</p> 
<p>Dizziness</p> 		<p>Move slowly when you are getting up or changing positions.</p> 
<p>Cough, dry throat, nasal drip</p> 		<p>Drink plenty of fluids. Avoid additional stress.</p> 
<p>Constipation, stomach pain and gas</p> 		<p>Eat a healthy diet. Drink water.</p> 
<p>Increased appetite</p> 		<p>Eat healthy snacks. Drink water.</p> 
<p>Irritability</p> 		<p>Exercise.</p> 

## 2G: The 4Ds

The 4Ds will help you with cravings.

**Remember  
the 4  
Ds!**

### Distract

Distract yourself by focusing on something else.



### Delay

Delay doing anything about the craving until the urge passes.



### Deep breaths

Take 20 deep breaths.



### Drink water

Drink a cold glass of water or fruit juice.





### 3A: Quit the best way for you!

Useful!

Tick the boxes that you find most useful

No fuss; just do it

☐

Arrange to quit with a friend

☐

Be more physically active

☐

Avoid places where you usually smoke or vape

☐

Learn new ways to relax

☐

Change what you eat or drink

☐

Save money and buy something nice

☐

Hang out with people that don't smoke or vape

☐

Take up a new hobby

☐

Anything else? List your ideas below:

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## 3B: Tips for quitting and staying quit

### 1. Prepare

Write down your reasons for quitting and keep them near you.

### 2. Set a date to quit.

### 3. Get support

Get support from family and friends. Don't try to keep this a secret.

Your friends and family are behind you and will help you along the way.

### 4. Change

Change your routine and plan ahead for times during the day when you usually smoke.

### 5. Exercise

Exercise can help improve your physical and mental health.

### 6. Think positively

You are not missing out or denying yourself. You are gaining a new lease of life and improving your health and wellbeing by breaking free from nicotine addiction.

### 7. Learn to deal with cravings – follow the 4Ds

- **Distract** yourself, move away from the situation.
- **Delay** at least 3-5 minutes and the urge will pass.
- **Deep breaths:** breathe slowly and deeply.
- **Drink** a glass of water or fruit juice.

### 8. Save money

Save the money you would normally spend on cigarettes or vape liquid.

### 9. Watch what you eat

Instead of snacking on biscuits or chocolate, snack on fruit or chew sugar-free gum and drink plenty of water.

### 10. Take one day at a time

Remember every day without a cigarette or an e-cigarette is good for your health, your family and your pocket.

**You can do it!**





# 3C: My personal quit plan

My quit date is \_\_\_\_/\_\_\_\_/\_\_\_\_, and after that, I will not have a single puff or a vape.

How ready are you to quit?



Not ready to quit

Ready to quit

My difficult times

What I plan to do at these times


Support

Who will I ask to support me?

What support will I ask for?

--	--

Other things I plan to do to make quitting easier


You can do it!

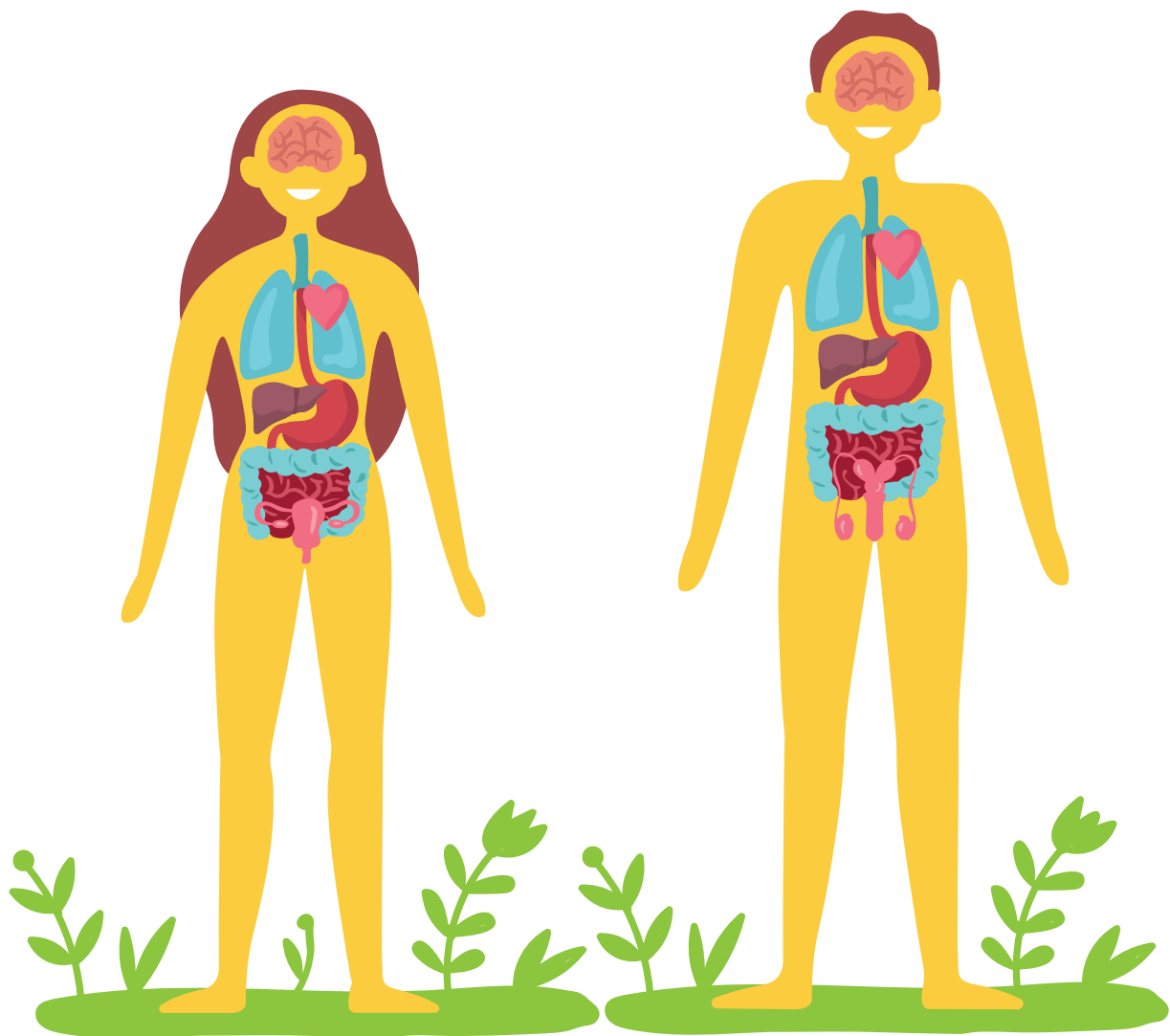






## 4A: How can I recognise stress?

When you feel stressed, where on your body do you feel it?



## 4B: Relaxation exercises

1 of 2

**Breathe deeply** – This technique is excellent for emotional calming.

Practise this every day to get the best effect.

- Sit in a comfortable position, with both feet firmly on the ground.
- Close your eyes.
- Place your left hand on your abdomen (stomach) and your right hand on your chest.
- Breathing normally, notice which hand moves as you breathe.
- Slowly count from 1 to 4 as you breathe in through your nose.
- Pause for 2 counts.
- Mentally count from 1 to 6 as you breathe out through your mouth.
- As you continue to breathe like this, try to shift most of the movement towards the hand on your abdomen. Allow your abdomen to push your hand out as you breathe in and pull your abdomen in, letting your hand fall as you breathe out.
- After several minutes of slow, rhythmic breathing, allow your hands to move freely in and out during each breath.
- Slowly open your eyes and sit quietly.



This technique is excellent for emotional calming. Practise this every day to get the best effect.

**Escape for a while** – Lose yourself in a book, film or a game.

**Work off your anger** – Physical activity helps to produce the body's own 'happy hormones' called endorphins. These give us that feel-good factor experienced after exercise.

**Prioritise** – Make three lists:

- List 1: What I need to do today
- List 2: What I can put off till tomorrow
- List 3: What I do not need to do at all



**Talk it over** – Do not bottle it up. Talk to someone you can trust.

**Do something for someone else** – Instead of worrying about you all the time, try doing something for someone else. This can help you forget your own worries and give you a warm, comfortable feeling.

**Worry box** – We waste so much valuable time worrying about things. An effective way to stop this needless fretting is to make a worry box. Write down your worries as they occur and put them into the box. Set aside some time to go through the box every day.

## 4B: Relaxation exercises

2 of 2

**Create a stress survival kit** – Make a bag into a personal survival kit. Put in sugar-free gum, low calorie snacks, a stress ball, a deck of cards, a book or anything to keep your hands busy. Carry a card with all the reasons you want to quit smoking/vaping and read it when you feel tempted. Carry a picture of someone who will be proud of you when you quit smoking/vaping.

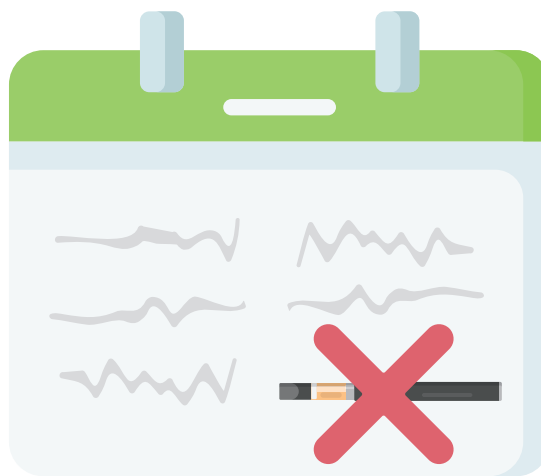
### Choose new ways to deal with stress, for example:

- accept what you cannot change
- take one thing or a day at a time
- go for a walk or run
- listen to music
- scream or shout (warn people first!)
- practise saying 'no'
- buy a treat with the money you have saved



### Prepare for stressful events in the future

If you smoked or vaped to deal with stress in the past, you may want to smoke or vape when you feel stress in the future. However, stress will be there whether you smoke/vape or not, so don't use it as an excuse to smoke/vape. It will only add to the stress. Plan ahead and think about what you can do instead. Congratulate yourself for surviving stressful times without smoking or vaping.





## 4C: Role-play: Learning to say 'no'

### Role A

#### You have recently quit smoking

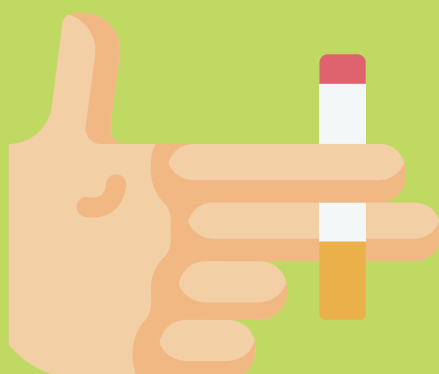
- A friend you have not seen for a while meets you and offers you a cigarette
- They insist on you taking one
- You have to say 'No'
- This may include being pleasant and polite, giving reasons for saying no, perhaps getting firmer with your friend, stating your bottom line
- Remember you are refusing a request, not rejecting a person.



### Role B

#### You are a smoker

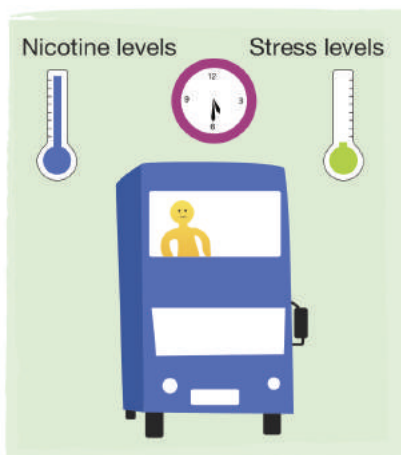
- You meet your friend you haven't seen for a while
- You offer them a cigarette
- They refuse. Be persistent
- Try and convince them to take one
- Use various reasons for taking one.



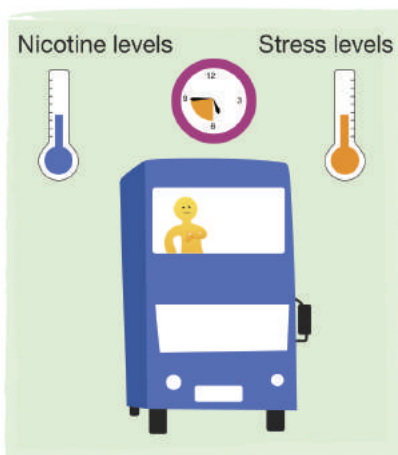
## 4D: Understanding stress and nicotine

**What happens to your body when it needs nicotine and you cannot have it?**

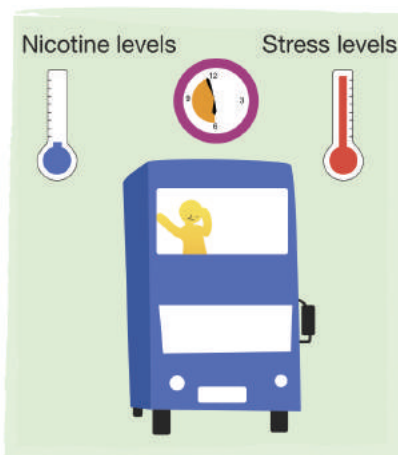
### When I am on the bus:



I just had a cigarette before getting on the bus. My nicotine levels are high and my stress levels are low.

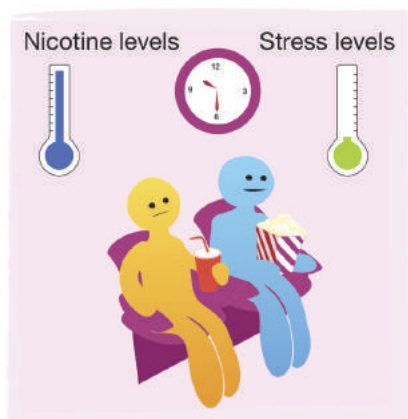


15 minutes later, my nicotine levels are dropping and my stress levels are increasing.

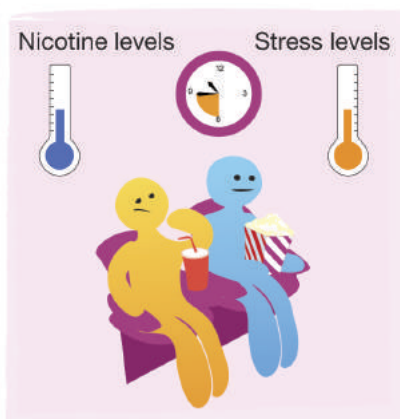


30 minutes later, my nicotine levels are low and now I am very stressed.

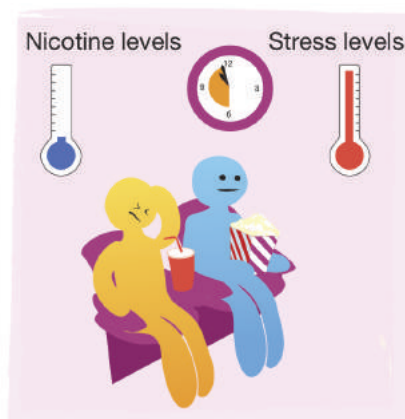
### When I am at the cinema:



I vaped before the film started. My nicotine levels are high and my stress levels are low.



15 minutes later, my nicotine levels are dropping and my stress levels are increasing.



30 minutes later, my nicotine levels are very low and now I am very stressed.

## 4E: Stress and nicotine - the truth

### **Stress is part of life. It is the body's natural response to demanding situations**

If, like many smokers and e-cigarette users, you used cigarettes or e-cigarettes to get through stressful times, then you need to learn new ways of coping with stress without nicotine.

### **Smoking or vaping as a stress reliever is an illusion**

You may feel calmer and less stressed when you smoke or vape, but your body is having the opposite reaction. Blood pressure rises, heart rate increases, muscles tense, blood vessels constrict and less oxygen is available to the brain and body to help you to cope.

### **Smoking or vaping actually makes you more stressed**

When you smoke or vape, your body becomes addicted to nicotine. Therefore, when you quit your body still craves nicotine for a while. You might have been in the habit of lighting up at stressful times, such as when it is exam time, or when things have gone wrong or when you are bored, or to take a break between tasks.

### **But it is the break and deep breaths you take when you smoke/vape that reduces that stress, not the cigarette or e-cigarette**

When you quit, you need to choose other ways of dealing with stress. The first step is to recognise stress and realise that you can manage it, and that a cigarette or e-cigarette will not change it!



## 4F: Coping with stress

### 1. Know yourself

You have many roles and challenges every day.



### 2. Know your warning signs

Stress is different for each of us.

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



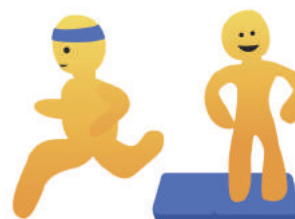
### 3. Know how to cope

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

#### Manage time



#### Exercise



#### Have a healthy diet



#### Be positive





### 5A: Smoking, vaping and healthy eating

**Smoking and vaping can cause serious health problems, yet many people are afraid they will gain weight if they quit. It is possible to quit AND maintain your weight.**

#### The facts

Some people gain weight when they stop smoking and some people do not. There is some evidence to suggest that this is similar for those who vape. However, some people lose weight after quitting. Most of the weight gained after stopping smoking is due to eating more food.

If you do gain a few pounds, do not pick up a cigarette! Remember the hazards of smoking: lung disease, heart disease and cancer will affect your health a lot more than temporary weight gain.

#### Watch what you eat

- Go easy on coffee and other beverages that you associate with smoking or vaping because these drinks make nicotine cravings stronger. Choose decaffeinated coffee, herbal tea and water to quench your thirst.
- After you quit, food will smell and taste better, so enjoy your food but be careful not to overeat foods high in fat – check out the food pyramid in handout 5C.
- Start a healthy eating and exercise plan before you quit so that you are only changing one habit at a time.
- Keep some sugar-free chewing gum, raw vegetables and fruit near at hand if you feel like nibbling.
- Have regular meals. All meals should include high-fibre, low-fat, starchy foods such as bread, potatoes, pasta or rice.
- Drink plenty of water. Aim for two litres per day.

#### Increase your activity

Stay fit while you quit!

Being more active will help keep your weight steady. Exercise reduces stress and tension and helps control weight. You can try:

- Walking more
- Using the stairs
- Playing a sport you enjoy.







## 5B: Healthy Snacks

Many people eat as a substitute for smoking. Sensible snacking can actually help you control your weight while you are giving up smoking. To balance your nutrient intake, eat more snacks such as starchy foods, fruits and vegetables and go easy on foods like cakes and biscuits.

### Healthy snack ideas include:

- apples, oranges, kiwis, grapes, bananas or dried fruits such as raisins
- popcorn (unbuttered), wholegrain crackers
- a bowl of high-fibre cereal
- a wholemeal scone
- chopped carrots, celery and peppers
- a bowl of homemade vegetable soup
- fruit juices (unsweetened or pure) or yoghurt drinks
- relishes, chutneys, pickles and mustard on sandwiches instead of butter and mayonnaise

**Vary the snacks you choose and enjoy them!**

Food	Swap	Save
Large baguette with 2 sausages, 2 rashers and pudding	Small bap with 2 rashers	665 kcals
Danish pastry	Fruit bowl	259 kcal
Chocolate bar	One biscuit	165 kcal
Crisps	Banana	60 kcal
Hot chicken fillet roll with cheese and coleslaw	Wrap with cheddar cheese, boiled egg, lettuce and tomato	831 kcal
Bottle of fizzy drink (500ml)	Bottle of water (500ml)	200 kcal
Super-size chocolate bar	Treat size chocolate bar	246 kcal
1 medium Margherita pizza	Half of a medium Margherita pizza with side salad	508 kcal
Chicken curry with fried rice (takeaway)	Chicken stir fry with boiled rice (homemade)	363 kcal

# 5C: Food Pyramid

Healthy Food for Life

www.healthyireland.ie



## The Food Pyramid

For adults, teenagers and children aged five and over

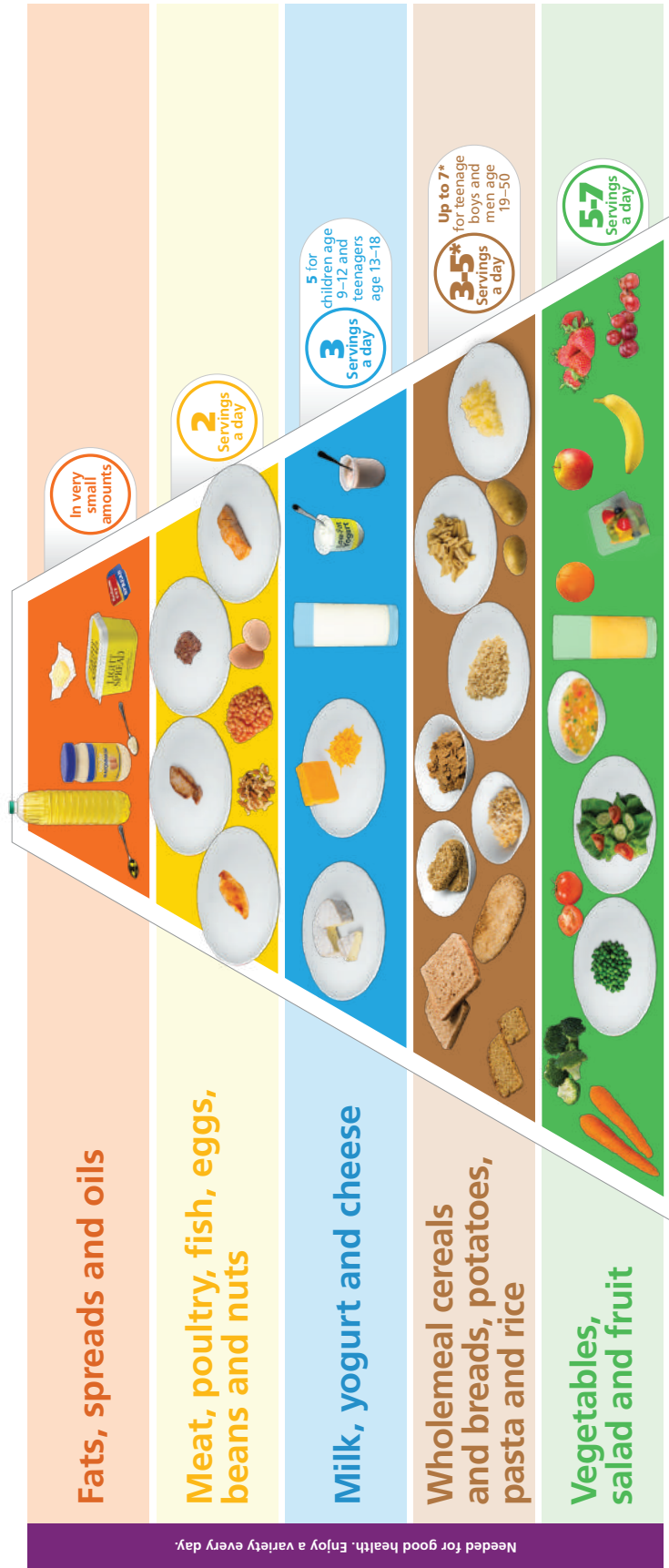
Not needed for good health.

Foods and drinks high in fat, sugar and salt

NOT every day



Maximum once or twice a week



Needed for good health. Enjoy a variety every day.

\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)
♂	3-4	4	4-5	3-4
♀	3-5	5-7	5-7	4-5

There is no guideline for inactive children as it is essential that all children are active.

Source: Department of Health, December 2016.

Get Active!



To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.



Drink at least 8 cups of fluid a day – water is best





## 5D: Healthy-eating recipes<sup>6</sup>

# Banana and oat smoothie

This filling smoothie will keep you going all morning, as well as giving you a healthy start to the day.

### Ingredients - Serves 1

- 150ml low fat milk
- 1 medium banana
- 3 tablespoons oats

### Method

1. Put all the ingredients into a blender and blend for 30 seconds
2. Drink and enjoy!

**Yes – It is really that quick and easy.**

### Serving Suggestions:

- Try with a variety of fruit: strawberries, raspberries, pears or peaches (tinned or fresh) all work well.
- Use yoghurt instead of milk for a thicker drink.



**Tip:** Oats are one of nature's most nutritious wholegrain foods and are rich in natural fibre. They are fantastic for a healthy bowel and are slowly digested. This means they keep you going for longer. Oats are an ideal food for people with diabetes as they help to keep blood-sugar levels steady.

<sup>6</sup> Safefood: 101 Square Meals, Easy Recipes for everyday life:  
<https://www2.hse.ie/file-library/health-eating-active-living/healthy-meal-recipe-book.pdf>



### 6A: Physical activity - why?



**Question:** Who needs exercise?

**Answer:** We all do!

Exercise is vital for good health, but research shows that most of us do not get enough. Regular activity, which gets the heart pumping a little harder, can make us look and feel better. It does this by helping to reduce stress, control weight gain and lower blood pressure. Then why do we sometimes make excuses not to exercise

- **No time, I am far too busy** - Just a total of 30 minutes most days of the week could make a real difference to your health. You do not have to do it all at once. Begin by putting a little extra energy into things you do already to help you build up to this total. Use the stairs instead of lifts and walk or cycle short distances.
- **Too tired, I need to relax** - Exercise can actually help you relax by relieving stress and this, in turn, makes you feel good. It can also boost your energy and make you feel less tired, yet you will probably find you will sleep better too.
- **Not the sporty type** - You do not have to be sporty! Activities such as walking, gardening, housework or dancing can be just as good for you as jogging, football or working out in the gym. It all depends on the effort you put in!
- **Exercise is boring** - Try a variety of activities and choose ones that are good fun and sociable. Options like dancing, walking clubs or five-a-side football are great ways to meet people, be active and have fun. Link your exercise to something you enjoy.
- **No one to do it with** - Try asking a friend (maybe this is their excuse too) or find out about local clubs or classes where you will meet people just like you.

**Do you ever use any of the excuses above not to exercise?**

**What could you do to change this and make exercise part of your life?**

You can do it!





## 6B: What exercise is best?

Try something new!

Exercise does not have to involve an intensive work out. You can try new activities or go back to something you have not done for a while, for example:

- **dancing**
- **exercise at home. Use the internet to find some work-out you might enjoy!**
- **cycling**
- **swimming or aqua aerobics**
- **jogging or brisk walking**
- **tennis, badminton or squash**



What do you like to do?

Or

What would you like to try?

### Tips on exercise

- Try a number of activities before choosing those you like best.
- It can be fun to exercise with a partner or friend.
- Check on your progress. Regular activities should begin to take less time or take less out of you.
- Always be aware of how your body feels and do not push it too far.
- Gradually build up your activity to a total of 30 minutes a day. You don't have to do it all in one go to get the benefits – Two sessions of 15 minutes are just as good!
- Do not feel you have lost all the benefits if you miss a day.
- It is important to stretch your muscles before and after any strenuous exercise.
- The secret of success is doing something you really enjoy, that you can fit into your life and you can keep doing regularly.





## 6C: My plan to prevent relapse

What can you do to prevent relapse during difficult times?

**My difficult time**

**What I plan to do at these times**


**Support**

Who will I ask to support me?

--	--

What support will I ask for?

--	--

**Other things I can do**




**Ask for help**



## 6D: My plan to prevent relapse

Plan ahead

### Staying Quit

#### Coping with temptations

The best strategy is to avoid temptations whenever possible. Remove cigarettes, e-cigarettes, lighters, matches and ashtrays. If you smoke or vape in a particular area, try to avoid going there if possible. If other people where you live smoke or vape, then ask them to hide their cigarettes and not offer you any or not to vape in front of you.

#### Plan ahead!

If you know that there are unavoidable situations or events where you may be tempted to smoke or vape, then you need to prepare for them. If, for example, you cannot avoid going to a party, then you need to practise various ways of saying 'no' when someone offers you a cigarette. For example, you could say, 'No thanks, I have just quit', or you could take a friend with you for support.

The key is to recognise situations in advance that may be tempting and then prepare three or more strategies that you can use in these situations.

#### Cravings and breaking old habits!

When a craving starts, try to distract yourself by doing something that requires concentration or makes it harder to smoke. Try simply removing yourself from the situation you are in and doing something different to distract yourself from the craving. For example, you could go for a walk or do some exercise; you could ring or text a friend; you could listen to music or read a book.

Fortunately, most cravings will pass in a few minutes. The idea is to break the connection you have made between smoking or vaping and certain situations by replacing them with other healthy habits.

#### What to do if you slip

A slip is not failure. Remember that not all of your hard work is wasted.

The important thing is to get back on track as quickly as possible and to learn from the slip. Think about what led you to smoke or vape and figure out how you will handle the situation differently if it happens again. Be kind to yourself and think positively.





## 6E: Talking positively to yourself

Most of us talk to ourselves. Often it is in a very negative way such as, 'I feel miserable,' or 'I do not think I can do this'.

It is negative because it does not change our situation; it only makes us feel worse. On the other hand, saying positive things to ourselves can motivate us.

To increase your chances of quitting smoking or vaping for good, pay attention to yourself-talk. If it is negative, silently say 'stop', and then replace it with positive self-talk.

**Some examples include:**

**I have  
gotten  
through  
tougher  
problems  
than this  
before**

**I am well prepared  
and can handle anything  
that comes my way**

**This  
feeling  
will pass  
in a few  
minutes**

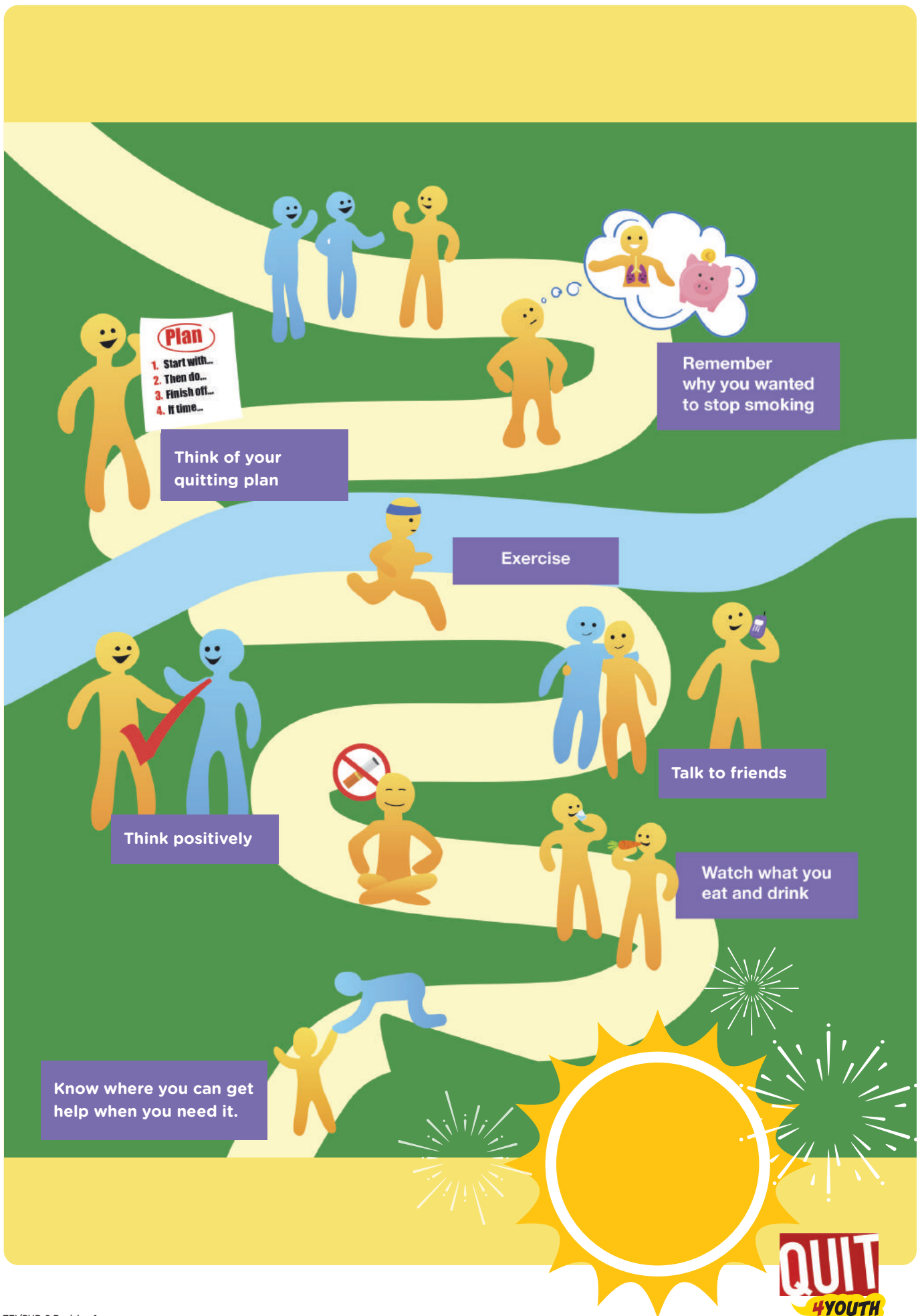
**This  
withdrawal  
feeling is a  
reminder  
that my body  
is healing  
itself**

**Dream, believe, achieve!**





## 7A: I have come a long way





## End-of-course feedback



Today's date: \_\_\_\_/\_\_\_\_/\_\_\_\_

1. How many cigarettes did you smoke per day before joining this group?

I smoked  cigarettes per day before joining this group.

and/or

How often did you vape per day before joining this group?

I vaped  times per day before joining this group.

2. Have you stopped smoking/vaping because of the group? ☐ Yes ☐ No

3. If you have not stopped, have you cut down? ☐ Yes ☐ No

4. If you have cut down, how many cigarettes are you now smoking? \_\_\_\_\_

or

How often are you vaping? \_\_\_\_\_

5. Did/have you set a quit date? ☐ Yes ☐ No

6. If you have quit, do you believe that you will stay quit? ☐ Yes ☐ No

7. How helpful did you find this group?
- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Not helpful

8. Was there any part/week of the group that you felt was particularly helpful? If so, why?

9. Are there any changes that you would make to help us plan for future groups?

*Thank you for taking the time to fill in this feedback form.*

**Thanks for your feedback!**



# Activities

This section contains additional activities that you can use throughout the course.





## What is in a cigarette?

### Activities

Have you ever stopped to think what is really in a cigarette?

Cigarettes contain all these! Match the words and pictures.



a. Formaldehyde



b. Arsenic



c. Cadmium



d. Carbon monoxide



e. Lead



f. Ammonia



g. Acetic Acid



h. Butane



i. Tar



j. Acetone

1. Lighter fluid

2. Released in car exhaust fumes

3. In batteries

4. In rat poison

5. In nail polish remover

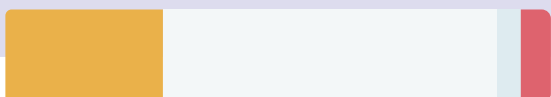
6. Common household cleaner

7. Embalming fluid

8. Ingredient in hair dye

9. Material for paving roads

10. In battery acid





## Word Search:

## Activities

### What is in a cigarette?

11 of the 12 chemicals below are hidden in the word search.

Find all 11 and discover which one is left.

- |                                |                                    |                                       |
|--------------------------------|------------------------------------|---------------------------------------|
| <input type="radio"/> Acetone  | <input type="radio"/> Ammonia      | <input type="radio"/> Arsenic         |
| <input type="radio"/> Benzene  | <input type="radio"/> Butane       | <input type="radio"/> Carbon monoxide |
| <input type="radio"/> Chromium | <input type="radio"/> Formaldehyde | <input type="radio"/> Lead            |
| <input type="radio"/> Nicotine | <input type="radio"/> Pesticides   | <input type="radio"/> Tar             |



E	J	A	T	X	Q	I	O	P	C	L	L	E	C	C
N	W	A	I	N	O	M	M	A	E	R	D	D	G	J
A	B	I	F	I	X	Z	I	R	A	I	E	Y	R	G
T	K	N	X	D	L	L	D	S	T	O	T	H	P	A
U	G	E	T	P	Q	A	H	E	A	A	R	E	E	C
B	K	V	N	Q	N	K	E	N	K	A	R	D	S	E
I	S	M	D	T	G	B	E	I	E	D	L	L	T	T
U	R	A	W	R	O	U	M	C	H	A	V	A	I	O
C	H	R	O	M	I	U	M	O	P	E	T	M	C	N
R	F	M	W	T	H	L	Y	M	O	L	G	R	I	E
A	R	Z	O	A	J	M	I	T	J	B	Q	O	D	V
J	F	O	Z	K	V	P	M	Y	G	P	T	F	E	G
E	N	E	Z	N	E	B	Q	N	W	D	Z	A	S	U
N	I	C	O	T	I	N	E	E	D	Z	C	S	C	Z
D	O	Q	P	N	D	W	G	X	C	A	B	W	F	X

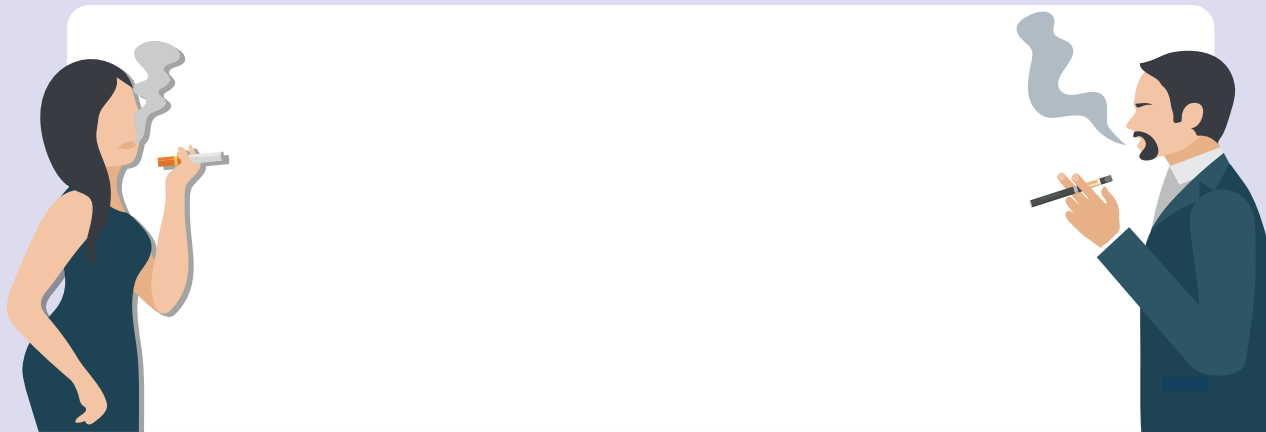
The missing chemical is:



## Discussion: Smoking and vaping on TV

1 of 2

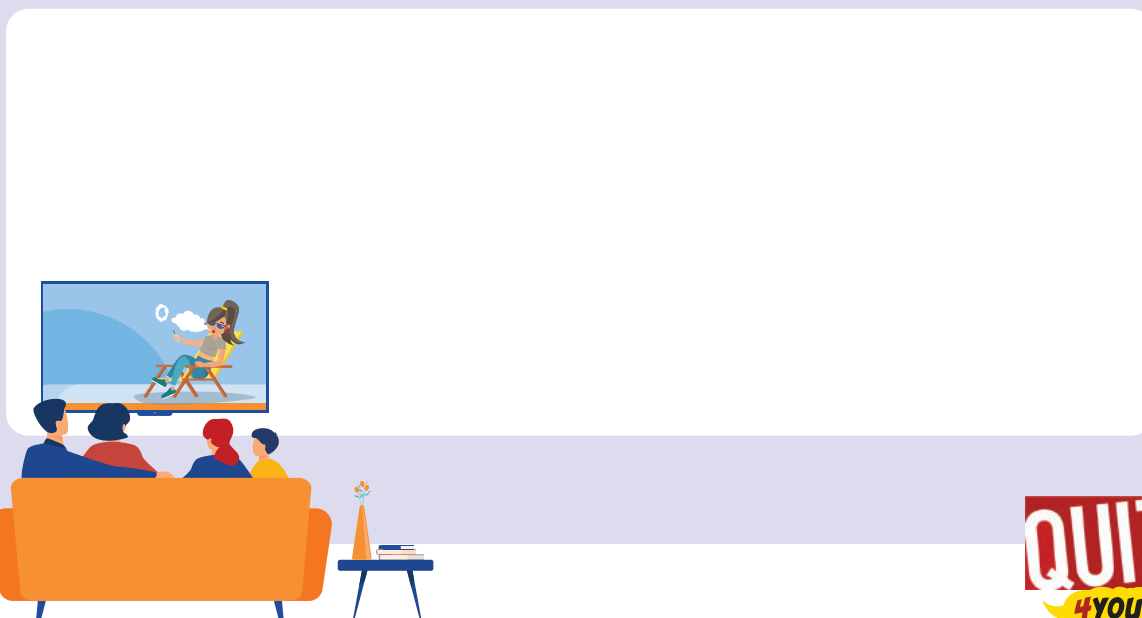
1. What types of characters in TV programmes smoke?
2. What types of characters in TV programmes vape?



3. How is smoking represented on TV?
4. How is vaping represented on TV?



5. How do you think smoking or vaping in TV programmes affects women, men, young people and people who are trying to quit or who have quit?





## Discussion: Smoking and vaping on TV

2 of 2

6. Are you aware of any TV character that has quit smoking or vaping as their onscreen character? If so, how do you think that was portrayed?



7. Are you aware of any anti-smoking or anti-vaping messages on TV programmes?



8. If you are with other people, including children, and watching a programme with smoking or vaping in it, what could you do to challenge this?





## Tips to keep motivated

**You  
can  
do it!**

### 1. Find strategies that work for you

- Quitting smoking or vaping may not be easy and life can get in the way. Find strategies that work for you to help you in your quit journey. Try to imagine how you will feel when you achieve your goal of one day, one week, one month without smoking or vaping. For example, 'At one month quit, I want to feel strong, confident and proud of myself.' Maybe write this down and post it on a wall to remind yourself of your goal.

### 2. Try writing a journal

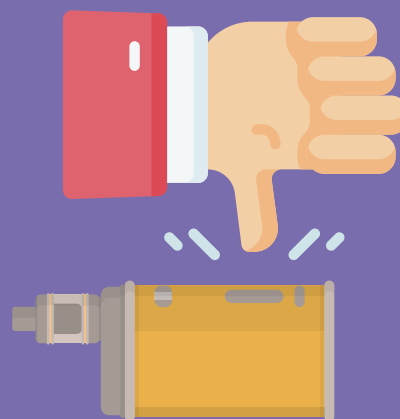
- Why not try writing a journal or recording your quit journey? It can be helpful to record things as though you are talking to a friend and you can read back your entries when you need some extra motivation. For example, 'I was at a family gathering - there were some people smoking, and others were vaping. I found some people who did not smoke or vape and I chatted with them. I talked about how well I was getting on and they were very supportive and encouraging.'

### 3. Think of your pocket!

- Think about the money that you will have when you have quit for one week, one month, six months or one year. Think of something you said you would like or like to do, if you only had the money. It might be buying a treat, getting driving lessons or heading off on a holiday. Focus your attention on this and maybe put a picture up on a wall near a moneybox where you keep the money you save from not smoking or vaping.

### 4. Think of all you will gain

- Think about how quitting is an investment in you - your health, your wellbeing, your money. Think of the opportunities that will come your way as you quit smoking or vaping. For instance, you might start a new sport or activity; you will have more energy to do the things you love; you will have money to treat yourself.



**QUIT**  
**4YOUTH**