<u>"QUITTING IS CONTAGIOUS SO PASS IT ON"</u>

<u>My pledge to: "One day without smoking"</u>

Because;

- I want to start making significant changes in my life towards a healthier way of living, so that I can enjoy life's beauty for many more years to come.

- I care deeply for my loved ones, family and friends and I keep them close to my heart, and don't want to jeopardize their health from my smoking.

I, _____ (name)

pledge not to smoke on Wednesday, January 19, 2011 from midnight to 11:59pm.

This one day challenge becoming a first step towards freeing myself from cigarette smoking, I will make real efforts to add on more cigarette free days on my calendar.

Once your challenge completed, confirm your participation to;

Ron Shisheesh, PPRO Tobacco, CHBSSJB; RShisheesh@ssss.gouv.qc.ca

*see here in the back tips to help you out, go through a day without smoking.

TIPS;

- **Tell yourself to wait another 5 minutes, the craving will pass.**

- **Call a friend, or better yet go for a walk , exercise.**

- **Drink more water , always carry your water bottle with you.**

- **Get more rest, don't forget your body is fighting an addiction.**

- **Eat well balanced meals.**

- **Reward yourself by relaxing; take a hot bath, read a good book, listen to music.**

- **If craving is intense, try to listen to meditative C.D.**

So you might want to keep your mouth busy by;

- **Eating healthy food that takes a long time to chew; apples, carrots, celery etc.**

- **Drinking water**

- **Chewing sugarless gum, sugarless candy**

- **Brushing, flossing, gargling with mouthwash**

- **Whistling**

- **Singing**

  Etc...

  Keep your hands busy by ;

  -holding a pen or pencil

  - writing letters, notes, journal,

  -drawing, painting , scribbling , scrap booking.

- playing piano or other musical instrument

-squeezing stress ball

-sewing, knitting

- wood carving

-work on puzzle

-playing with a yo-yo

-learning sign language

-doing push-ups, sit- ups,

Etc...