



# STOP SMOKING FOR BETTER HEALTH— TAKE THE FIRST STEP TODAY

HUMAN RESOURCES - WORKPLACE WELLNESS

SUPPORTING SOMEONE WHO  
WANTS TO QUIT SMOKING:

## STRATEGIES

### STRATEGIES TO SUPPORT SOMEONE WHO WANTS TO QUIT

Quitting smoking is a major life change which can be surrounded by stress, anxiety, fears, worries and uncertainty. Below are examples of some simple ways to support someone who wants to quit.

#### #1 Listen without judgement

Being available to talk through concerns and worries is key. The individual may want to talk to you to distract themselves during difficult times or to discuss challenges that they may be facing in their quitting journey. It is important to remember to withhold judgement and be aware of personal biases to prevent these from taking over the conversation. Remember that you are there to support them and not to put your beliefs and judgements about smoking on the individual.

#### #2 Address their fears

Someone who smokes may have different reasons why they cannot stop smoking. The most critical are the fear of the unknown and the fear of failure. Taking the time to help them address such fears can enhance their success in quitting. The fear of the unknown may weigh heavily on their minds due to witnessing the failed attempts of others or perhaps their own previous relapses. Assure them that it can take many attempts to quit smoking successfully and not to get disheartened by lapses or relapses. Let them know that you will be there to support them and celebrate each attempt to quit whatever the outcome.

#### #3 Help avoid triggers

Triggers can be common places, activities, emotions and even people that the person associates with smoking and are therefore signaling them to smoke. Some examples of pattern triggers include:

- Drinking coffee
- Drinking alcoholic beverages
- Watching TV
- Taking a break at work
- Driving
- Inactivity

There are also many emotional triggers such as feeling stressed, bored, lonely, anxious and social triggers such as occasions that typically include other people who smoke.

Help the individual recognize and understand their triggers and identify coping mechanisms. The following are some examples:

- Change a routine – drink coffee at a different time
- Find a replacement – chew gum
- Get moving – go for a walk
- Try activities to keep their hands busy – squeeze a stress ball
- Listen to calming music
- Avoid places where people smoke



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## SUPPORTING SOMEONE THROUGH THE SLIPS AND FALLS

For many people the quitting process requires several attempts. A person may experience slips and falls.

### Slip

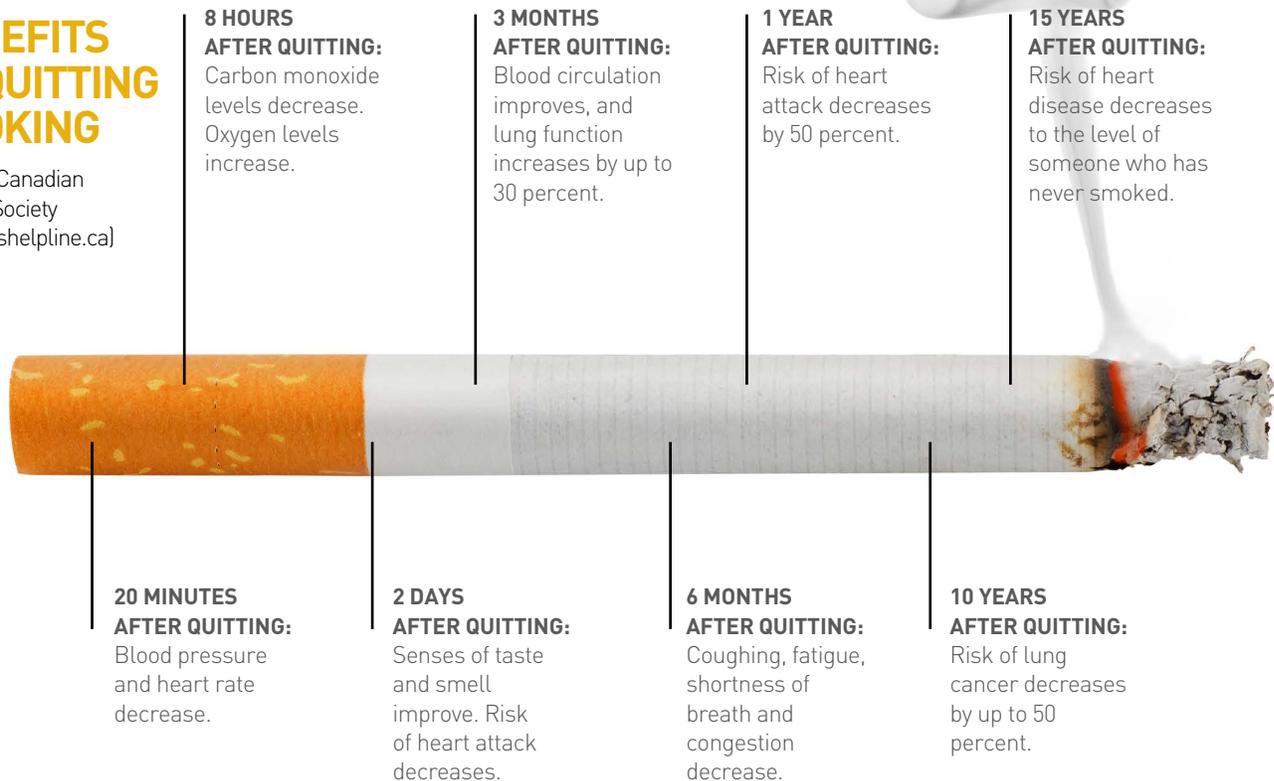
Slip is an occurrence of smoking one cigarette or taking a puff due to a moment of weakness after quit day. Typically, the person realizes that it was a mistake and will continue their goal of quitting. Emphasize that slips are common and reassure them of their goal of quitting. Support their commitment and remind them that mistakes are part of the journey. Celebrate each smoke-free milestone that they achieve such as a day, a week and a month.

### Fall

Falls, or relapses, are times when individuals return to smoking after a quitting interval. Remind them that they should feel proud of the time they went without smoking and help them reflect on the coping mechanisms that helped them in the past to avoid triggers and beat cravings. Encourage them to restart quitting right away and not to give up on their smoke-free goal.

## BENEFITS OF QUITTING SMOKING

Source: Canadian  
Cancer Society  
(smokershelpline.ca)



Quitting smoking can have significant positive effects not only on your health but also on the wellbeing of others around you. For more information, or for a listing of the sources consulted to write this publication, please visit:

[UWINDSOR.CA/WORKPLACEWELLNESS](http://UWINDSOR.CA/WORKPLACEWELLNESS)



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