



Stop Smoking Plan – Do It Your Way

Willpower isn't enough

If you have made the decision to quit smoking, willpower isn't enough to get you through the challenges you have ahead of you. It may sustain you initially, especially in the beginning when you are highly motivated. However, it is proven that over the long haul, or when your commitment is tested, you need a plan in place to cope with the challenges and you need all the support you can get. **CIGANOT SMOKELESS CIGARETTE** is a cigarette replacement tool used to curb your urge to smoke. When used along with these stop smoking tips, it will help you develop self-power and learn new habits so you can begin living life free from the addiction to cigarettes.

The 5 D's – Overcoming the Urge to Smoke



1. Decide to quit.

This is the most important step to take. Your thoughts control your actions and having the decision firmly made in your own mind that YOU want to quit will move you towards new habits. **CIGANOT** will support your decision.

2. Delay acting on the urge to smoke.

Don't light up immediately when feeling an urge to smoke. Most times the urge only last 1 – 2 minutes and your resolve to quit will come back. Try to delay smoking 5 to 15 minutes. Instead of picking up the real thing, use **CIGANOT** until the urge subsides.

3. Distract yourself.

Take your mind off smoking by doing something else. At first, avoid triggers – places/people/favourite chair/playing cards/bingo/telephone – things that might cause you to smoke. Instead, get in touch with the things in life that bring you joy and give you pleasure. Start a fitness program, start a new hobby, read a book, spend time with a loved one, garden, volunteer, go for a walk, listen to music. This list of new activities is as extensive as your mind can imagine. The requirement is to replace the time you smoke with something new you like to do. You have to start thinking and acting like a non-smoker. Using **CIGANOT** distracts your hands and taste buds as you re-program your thinking and smoking habits.

4. Deep breathe.

Learning the following technique to deep breathe can diminish the stress and tension you experience when you are trying to quit smoking: breathe in through your nose to a slow count of five; push your stomach out so your lungs can expand; slowly breathe out through your mouth to the count of seven. Repeat this 3 times or until you feel relaxed and your stress drops. Be aware of the tension in your neck, shoulders, back, jaw, etc, and let it go. Focus on breathing as you release the tension. Repeat until relaxed. Breathing and relaxing need to be practiced as they can help you quickly, anytime, anywhere when you feel the urge to pick up a cigarette. Drawing air through **CIGANOT** as though taking a deep breath can help you combat cravings and relieve some of the stress and tension experienced during the quitting process.

5. Don't give up.

Learning new skills takes time and practice. Don't see a lapse as a failure and allow it to draw you back into smoking. It is just another experience. Commit to doing whatever it takes moment-to-moment and day-to-day as you learn how to **become a non-smoker**. As you work your way to success, **CIGANOT** will bolster your long-term strategy.