

# Smoking Cessation

**Most smokers already know** that smoking is harmful to their health and want to stop. Many try quitting—one, two, three, or maybe as many as eight to ten times.

- **Quitting often takes several attempts** because it more than just willpower.
- **Combine** nicotine replace therapy **with counseling.**
- **Read Alan Carr's** Easy Way to Quit Smoking.
- **There are many ways** to help: nicotine replacements (gum, patch, etc.), medications, meditation, yoga, counseling, acupuncture, laser acupuncture, eating plans, and deep breathing!

**Quitting smoking** can take **several** tries – **do not give up!**

**Quitting should be “easy”**, according to Alan Carr! Carr's main points: we are not **giving up anything**, it is never **“just one” cigarette**, and if **we believe it is easy – it will be!** Also, those who are trying to quit may feel irritable, anxious, tired or have trouble concentration or sleeping and may find some help from traditional quit smoking aids.

**While quitting**, our body will make some amazing, healthy changes! Magna's benefit package and the EFAP will help guide us smoothly over the transition.

## Magna Benefits

- “Products to help a person quit smoking that legally require a prescription, up to a lifetime maximum of \$500 for each person”  
*SunLife Magna Employee Benefits Plan*
- Homewood Health Smart Coaching, log-in and complete counseling request form or call 1-800-265-8310

## Habits

- Change your brand of cigarette.
- Create a mantra: “I am a great example for my family and friends.”
- Reach out to a support system, friends, family, community and work resources.
- Why am I quitting? (eg. Kids, health, money)

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### Quitting Timeline (One Year)



## Resources

### Homewood Health (EFAP)



FREE and CONFIDENTIAL services to Magna employees and their families.

1-800-663-1142  
Toll Free: 1-888-384-1152  
[www.homewoodhealth.com](http://www.homewoodhealth.com)

### Smokers' Helpline [www.smokershelpline.ca](http://www.smokershelpline.ca)



Free and proven resource to quit successfully.

1-877-513-5333  
Help by Phone, Text, Online  
Quit coaches available

### Leave the Pack Behind (18-29 Years of Age)



Reducing rates among young adults.

(905) 688-5550 ext. 4992  
[Leavethepackbehind.org](http://Leavethepackbehind.org)  
[ltpboffice@brocku.ca](mailto:ltpboffice@brocku.ca)