

LABEL ME

WHAT TYPE OF TOBACCO USER ARE YOU?

Not all tobacco users fit into the same category. Everyone has their own reasons for using tobacco. What are your reasons? Challenge yourself to do something else.

WHAT'S YOUR TYPE?

"I'm a social smoker"

- Smoking looks cool.
- It opens doors, it helps me make friends.
- It's what I do to party - smoking and drinking go together.
- It's something I can share with my buddies.

"I smoke for pleasure"

- It's a treat.
- I like the taste of tobacco.
- I love the feeling of holding smoke in my lungs, then blowing it out.

"I smoke to feel empowered"

- It's my life and I can do what I want.
- Smoking makes me look and feel more mature.
- I like being able to decide who to give a cig to and who not to.
- My parents wouldn't approve, but I like being my own person.

"I smoke when I'm upset or stressed out."

- It's better than yelling or screaming.
- It's a stress breaker, especially after a big test or something hard.
- I smoke if I'm mad. It makes me feel better.
- It keeps my hands busy.

"I'm addicted"

- I couldn't handle it if I needed a cig and didn't have one.
- My body asks for it. Smoking makes me feel normal.
- It's a part of my daily routine.
- I need the hand-to-mouth action.

YOUR CHALLENGE

Many of your friends likely smoke or use tobacco, but they would like you whether you smoke with them or not. Ask them to support your decision.

Challenge: Create a new friendship or rekindle an old one without tobacco.

Life is full of new and fun experiences.

Challenge: Try learning kickboxing, karate, or yoga. Learn how to play guitar or listen to a new kind of music.

It can be hard when you don't feel in control of your own life.

Challenge: Feel strong in other ways. Work out at the gym, get a part-time job so you can have your own money, and/or write down your future goals and make a plan to achieve them.

Share your problems with friends and family and find healthier ways to manage stress.

Challenge: Do yoga, meditate, take a bubble bath, find ways to chill and calm down.

Read about nicotine addiction and withdrawal so you understand more about your addiction.

Challenge: Learn as much as you can about tobacco use so you can make smart decisions about your health. Consider partnering with a PACT professional, when you are ready to quit. (www.makeapact.ca)