

# QUIT QUITTING: Hospital Bedside Smoking Intervention movie

## EXERCISE sheet

### EXERCISE #1: My “Good” Things About Smoking List

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### EXERCISE #2: My Reasons for becoming a *nonsmoker* (again)

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### EXERCISE #3: Don't forget to Deep breathe every hour

*Posture makes perfect: 4-6-7 technique*

Begin by closing your eyes and with your back straight and shoulders back, inhale deeply through your nose for a count of **4**. Envision your lungs and body filling up with clean and refreshing air. It helps to put your hand on your abdomen as you do this. When your lungs are full, hold your breath for a count of **6**, then fully exhale through your mouth. Try and make a slightly audible “sigh” when you exhale and continue until your lungs are empty for a count of **7**. Repeat 2 more times.

## **"Smoking is an illusion, I'm giving up nothing, I'm gaining everything back"**

### **CRAVED no more: Kick it to the cortex**

In that instant when you get a craving and have a “gotta have it” moment, it is your primitive or reptilian brain calling or maybe even screaming for a cigarette. If in that moment we can pause and ponder this *choice*, i.e. involve the higher thinking centres of the cerebral cortex (versus the reptilian or lower brain), then healthier and more sophisticated ways of thinking or actions are available to help calm the craving. It takes less than a second to switch to the higher path. Remember **CRAVED** no more!!

#### **C**

**Calm** (page 59, 62, 80, 106, 107, 146, 162, 167), **Cause** (page 59, 107, 163, 171, 193, 204, 209, 211), **Celebrate** (page 21, 62, 63, 64, 76, 107, 117, 131, 162, 164, 168, 212), **Change** [**Clothes**, physiology, environment, etc.] (page 7, 57, 92, 93, 107, 149, 161, 162, 164, 179, 180, 182, 196), **Character** (page 107, 162, 181, 217), **Choice** (pages 50, 69, 73, 77, 84, 95, 97, 98, 104, 106, 107, 109, 112, 114, 117, 141, 147, 154, 156, 160, 162, 165, 170, 171, 194, 195, 199, 209, 216, 220), **Chunking** (page 113, 129, 130, 175, 178), **Clean** [the **Clutter**] (page 59, 77, 79, 113, 117, 156, 161, 162, 179, 180), **Collected** (page 107, 162), **Committed** (page 107, 117, 163, 171, 203, 211), **Compartmentalization** (page 129, 130, 164, 174, 178), **Compelling future** (page 64, 107, 141, 142, 143, 171, 183), **Community** (page 173), **Confidence** (page 17, 21, 27, 43, 49, 52, 57, 59, 67, 93, 107, 123, 126, 131, 144, 153, 154, 156, 163), **Congratulate** (pages 62, 66, 76, 107, 117, 162), [**Chilling and Creepy**] **Consequences** (page 154, 155, 156), **Contest** (page 130), **Contribute** (page 59, 107, 115, 146, 158, 203, 216), **Control** (page 59, 66, 70, 94, 107, 112, 117, 138, 146, 162, 189, 199, 213), **Cool** (page 22, 107, 162, 186), **Cook** (page 58), **Connect** (page 58, 68, 107, 112, 140, 146, 174, 200), **Courage** (page 16, 107, 108, 118, 143, 163, 209, 216), **Crafts** (page 162), **Create** (page 66, 97, 162, 199, 207)

#### **R**

**Radio** (page 35, 112, 162, 195), **Random act of kindness** (page 115, 158, 201), **Read** (page 9, 54, 76, 128, 163, 172, 180, 193), **Real truth** (page 34, 156, 186, 191), **Reasons** (page 14, 23, 25, 27, 60, 107, 118, 124, 125, 162, 191), **Rebel** (page 111, 204, 208, 209, 211), **Recreation** (page 146, 167), **Reflect** (page 59, 81, 151, 177, 207), **Regret NOT** (page 181), **Relationship** (page 54, 58, 59, 83, 108, 112, 122, 141, 142, 143, 145, 151, 192, 198, 199, 200, 201, 202, 203, 207), **Remind/Remember/ Recall** (page 9, 106, 107, 123, 159, 161, 185), **Relish** (page 153), **Reminisce** (page 150, 151), **Responsibility** (page 57, 159, 181, 216), **Rest and Relaxation [R and R]** (page 60, 76, 130, 163, 168, 177), **Retire** (Sleep - page 59, 77, 130, 163, 164, 165, 166, 167, 168), **Reverse thinking** (page 112, 213, 214, 215), **Reward** (page 63, 107, 108, 117, 126, 127, 128, 161, 162, 171, 192, 204, 212), **Role model** (page 174, 195, 206, 211), **Roots** (page 202)

#### **A**

**Accept** (page 59, 107, 108, 112, 137, 138, 139, 140, 154, 195, 197, 203, 213, 218), **Accomplishments** (page 54, 57, 65, 112, 118, 150, 152, 162, 189, 191, 196, 197), **Acknowledge** (page 20, 67, 70, 108, 127, 136, 138, 139, 140, 164, 170, 200, 203, 204, 218), **Action** (page 94, 108, 110, 181, 183, 189, 196), **physical Activity** (page 58, 77, 108, 109, 112, 115, 131, 133, 162), **Add** (page 132, 133, 157), **Adventure** (page 9, 57, 60), **Affirmations** (page 196, 197), **Aid** (page 108, 115, 146, 158), **NOT Alone** (page 9, 10, 99, 107, 112, 123, 172, 173, 174, 194, 202, 203, 218, 220), **A part of something bigger** (page 107, 146, 174, 194, 202, 219), **Appreciate** (page 57, 108, 109, 150, 151, 171, 178, 202, 207, 218), **Ask** (page 138, 143, 149, 157, 169, 171, 183, 190, 191), **Audio** (page 112), **Authentic** (page 58, 146)

#### **V**

**Vacation** (page 63, 108, 117, 127, 128, 179, 180), **Validate** (page 200, 203), **Values** (page 56, 57-59, 60, 65, 108, 127, 134, 135, 142, 143, 170, 171, 177, 178, 181, 183, 196, 197, 200, 203, 207, 210, 211), **Variety** (page 57, 77, 108, 111, 112, 161, 162, 177, 196), **Vent** (page 112, 140, 203), **Victim NOT** (page 108, 159, 160, 181), **Victory** (page 136, 146), **Visualize** (page 108, 112, 117, 130, 143, 165, 168), **Voices** (page 109), **Volunteer** (page 77, 108, 115, 158, 201)

#### **E**

**Eat healthy** (page 58, 76, 109, 113, 144, 146, 147, 148, 149, 161, 162, 174, 179, 180), **Educate** (page 58, 146, 207), **Embrace** (page 112, 136, 203), **Emotion check** (page 136, 138, 139, 140, 146, 181, 185), **Endure** (page 146, 191, 207), **Energy** (page 27, 49, 60, 109, 143, 155, 172, 203, 204), **Enjoy** (page 58, 59, 128, 133, 151, 175, 176, 177, 178, 196, 197), **Environment** (page 58, 149, 161, 162, 179, 180), **Exercise** (page 58, 77, 108, 109, 112, 131, 133, 140, 148, 164, 168, 180), **Expect the best/Excel** (page 58, 112, 207), **Explore** (page 57, 218)

#### **D**

**Dance** (page 73, 76, 131, 207), **Decision** (page 95, 99, 106, 107, 117, 123, 128, 135, 149, 159, 160, 172, 173, 174, 187, 189, 195, 209, 216), **Deep breathe** (page 76, 79, 81, 109, 111, 113, 138, 139, 140, 149, 162, 165, 168, 170, 171, 177, 178, 179, 180, 191, 215), **Detach** (page 109), **make a Difference** (page 58, 146, 157, 158, 219), **Drink healthy** (76, 109, 112, 113, 145, 150, 161, 162, 165), **Discover** (page 58), **Distance** (page 109), **Do something** (page 131, 164, 197), **Don't think** (page 112, 214, 215), **Dream** (page 141, 142, 143, 205, 206)

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