

nicotine from wearing off or immediately wanting a cigarette when they wake up in the morning.

- Although nicotine is addicting it is not a carcinogen or cancer-causing chemical. Many of the other components of tobacco smoke are far more dangerous than nicotine. This explains why we can safely use nicotine as a medication to help people.

## **Chapter 11:**

### **What are my smoking patterns?**

#### **(Consumer's Handouts Section 5: Chapter 11)**

#### **Objectives for this Chapter:**

- To understand that smokers have usual patterns of smoking, which are the times, situations, actions and things that make them want to smoke.

#### **After reading this section, individuals will be able to:**

- Understand that smokers have patterns of usual behaviors that are linked to smoking. These common situations, almost automatically encourage someone to have a cigarette.
- Recognize and identify their most common smoking patterns.

#### **Suggested Approach:**

- Have each group member name a time and/or behavior that they always do when they light up their cigarette. Encourage others to identify similar behaviors.
- Discuss which smoking patterns would be easy or hard to change.
- Suggest that group members try to change one smoking pattern that they are currently doing.
- All group members to help make suggestions on what else the person can do to break that smoking pattern.

## **Chapter 12:**

### **How can I better manage stress?**

#### **(Consumer's Handouts Section: Chapter 12)**

#### **Objectives for this Chapter:**

- Discuss better ways to handle stress that can be incorporated into all of our lifestyles.
- Learn a new skill for stress management: deep natural breathing.

**After reading this section, individuals will be able to:**

- Identify that smoking has not always been a helpful way to deal with stress.
- Understand how deep natural breathing can help them to reduce stress and feel better.

**Suggested Approach:**

- Practice deep breathing exercise while in the group session.
- Ask group to share other suggestions to deal with stress, or other stress management techniques and practice them with consumers while in the group setting if possible.

**Chapter 13:  
How much physical activity do I need?  
(Consumer's Handouts Section 5: Chapter 13)**

**Objectives for this Chapter:**

- Discuss physical activity options that can be incorporated into all of our lifestyles.
- Learn the benefit of increasing physical activity.

**After reading this section, individuals will be able to:**

- Think of a few ways that they can increase physical activity.
- Understand how increased physical activity could help them emotionally and physically.

**Suggested Approach:**

- Have class go outside and walk briskly for 5 minutes together and afterwards talk about how that felt and how they feel emotionally and physically after they've cooled down.
- Have group members who currently exercise regularly share about how initially it was difficult to begin, but that sticking to their plan made them feel better and it became part of their everyday routine.

**Chapter 14:  
How can I make healthier food choices?  
(Consumer's Handouts Section 5: Chapter 14)**

**Objectives for this Chapter:**

- Teach consumers about healthy food options.