

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.

- List some do's and don'ts regarding a healthy diet.
- Teach consumers that quitting smoking is healthier than gaining a small amount of weight.

After reading this section, individuals will be able to:

- List some foods that are healthy to eat.
- Know some guidelines to follow for a healthy diet.
- List some options to limit weight gain.

Suggested Approach:

- Have consumers list their favorite foods and then try to come up with healthy alternatives for those foods:
 - ✓ popcorn for potato chips
 - ✓ pretzels for potato chips
 - ✓ diet soda for regular soda
 - ✓ slice of pizza for fast food
 - ✓ low-fat yogurt for ice cream
- Discuss why severe or “crash dieting” is not a good idea soon after a stop smoking quit attempt.
- Have consumers discuss concerns about weight gain that may be stopping them from trying to quit smoking.

Chapter 15:

Why should I quit smoking?

(Consumer's Handouts Section 5: Chapter 15)

Objectives for this Chapter:

- To review the short and long term benefits of quitting smoking.
- To build motivation towards thinking about joining the next quit smoking group.

After reading this section, individuals will be able to:

- To review the negative consequences of smoking that were learned in earlier chapters.
- To begin to look at their decision to smoke and recognize:
 - What they like about smoking.
 - What they don't like about smoking.
 - What their fears are about quitting.
 - What would be good if they quit smoking.