

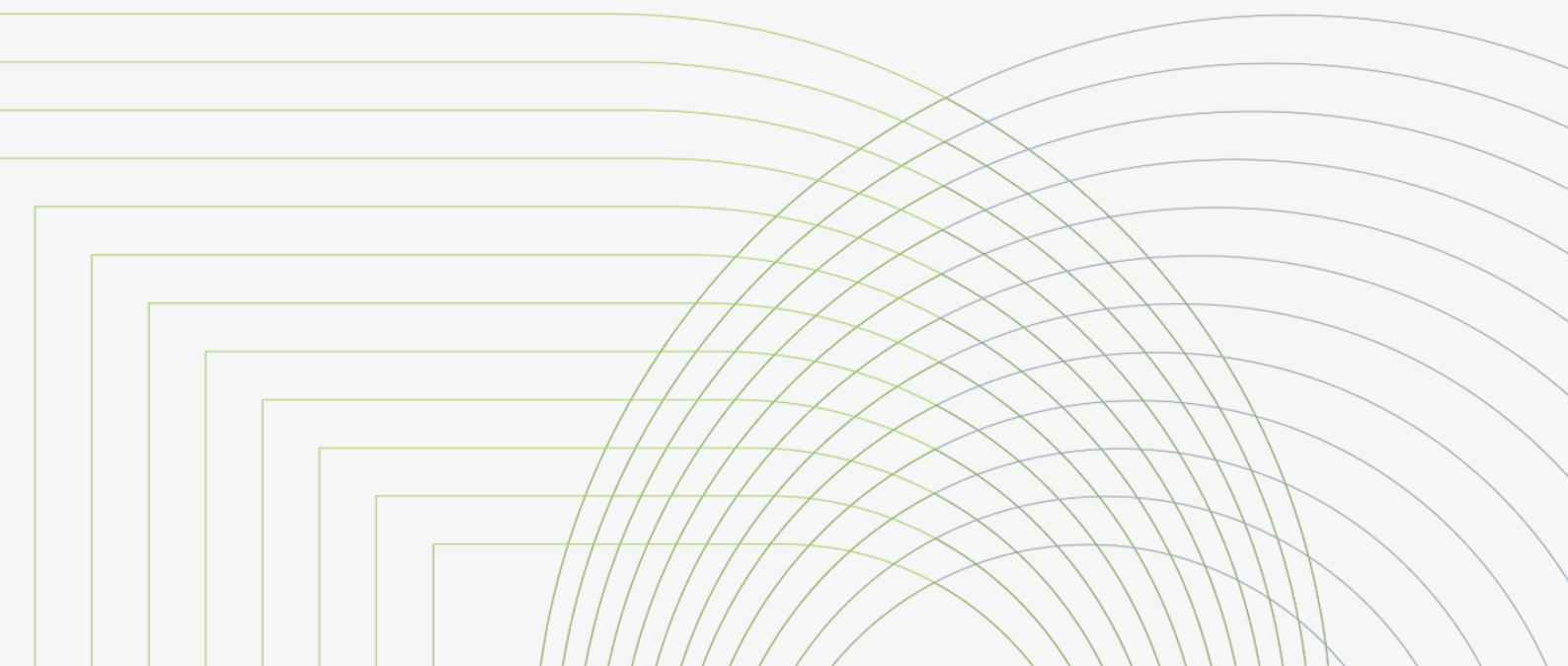
Module 4.4

Drugs and Alcohol:

Tobacco

Keeping the Body in Mind – Resources

Consumer Learning Module



Module 4.4: Tobacco

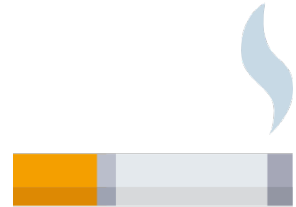
Content:

About Tobacco.....	3
Why Quit Tobacco?	6
How To Stop Smoking	10
Support In Stopping Smoking	12
Available Supports.....	12
Medication Options To Help You Quit.....	13
Quitting and Your Mental Wellbeing.....	15
John’s Story.....	17

About Tobacco

What is tobacco?

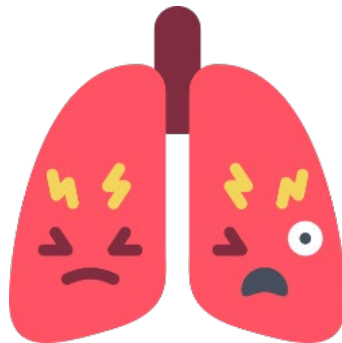
Tobacco is a substance that comes from a plant. It has green leaves that people dry and use in different ways. Some people smoke tobacco in cigarettes, pipes, or cigars. Some people chew tobacco or put it in their nose. Some people use tobacco because it has nicotine in it. Nicotine is a substance that makes you feel good for a little while, but then it goes away. However, tobacco is not good for you. It can make you very sick and cause many problems for your body and mind.



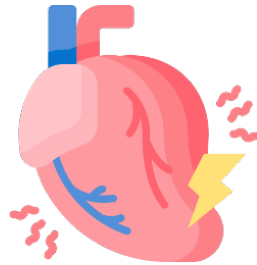
Dangers of tobacco

Tobacco is a substance that can hurt your body and mind in many ways. It can make you sick and unhappy. Some of the problems that tobacco can cause are:

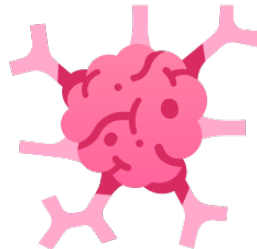
Breathing problems: tobacco can damage your lungs and make it hard for you to breathe. You may cough a lot, get infections, or have asthma attacks.



Heart diseases: tobacco can affect your heart and blood vessels. It can make your blood pressure go up, your heart beat faster, or your blood clot more easily. This can lead to heart attacks or strokes.



Cancer: tobacco can cause cancer in different parts of your body, such as your mouth, throat, lungs, stomach, or bladder. Cancer is a serious disease that can spread and harm other organs.



Tooth and gum problems: tobacco can stain your teeth and make them decay. It can also cause gum disease, which can make your gums bleed or swell. This can affect your smile and your ability to eat.



Mental health issues: tobacco can affect your mood and emotions. It can make you feel more stressed, anxious, depressed, or angry. It can also make your mental health worse if you already have a severe mental illness, such as schizophrenia or bipolar disorder.



Tobacco is not good for you, but you can quit smoking and improve your health and well-being. You are not alone in this journey.

There are people who care about you and want to help you. You can also find support from other people who have quit smoking or are trying to quit.

You have the strength and the power to overcome tobacco and live a happier and healthier life.

Why Quit Tobacco?

Quitting tobacco is one of the best things you can do for yourself. It may be hard at first, but you will see many benefits as you quit. Some of the benefits are:

Improved health: quitting tobacco can lower your risk of getting sick from diseases like cancer, heart disease, or lung disease. It can also help you heal faster from injuries or infections.



Easier breathing: quitting tobacco can help your lungs work better and make it easier for you to breathe. You may cough less, wheeze less, or have fewer asthma attacks.



More energy: quitting tobacco can give you more energy and stamina. You may feel less tired, more alert, or more motivated. You may also sleep better and have more vivid dreams.



Better mental health: quitting tobacco can improve your mood and emotions. It can reduce your stress, anxiety, depression, or anger. It can also boost your confidence and self-esteem.



Saving money: quitting tobacco can save you a lot of money that you would otherwise spend on cigarettes or other tobacco products. You can use that money for other things that make you happy or healthy.



Quitting tobacco is a great way to take care of yourself and your future. You deserve to live a tobacco-free life.



Activity: Think about how tobacco affects your life.

Write down or draw some of the problems that tobacco causes for you.

For example, you can write or draw about how tobacco makes you feel, how it affects your health, how it costs you money, or how it impacts your relationships.

Then, write down or draw some of the benefits of quitting tobacco. For example, you can write or draw about how quitting tobacco will make you feel better, improve your health, save you money, or enhance your relationships.

Compare the two lists or drawings and think about which one you prefer.

Share your thoughts with a friend, a family member, a support worker, or a peer who is also trying to quit tobacco. Ask them for feedback and encouragement. Remember that you are not alone and that you can achieve your goals.

Problems tobacco causes for me:

Benefits in stopping tobacco use:



Activity: Think about how much money you spend on tobacco every day, week, month, or year. Write down or draw the amount.

I spend \$_____ on tobacco every _____

Now, think about what you could do with that money if you quit tobacco. Write down or draw some of the things you could buy, save, or donate with that money. For example, you could buy something you need or want, save for a trip or a gift, or donate to a cause you care about.

Things I could do with the money if I stopped smoking:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Compare the two lists or drawings and think about which one you prefer.

Share your thoughts with a friend, a family member, a support worker, or a peer who is also trying to quit tobacco. Ask them for feedback and encouragement. Remember that you are not only improving your health but also your finances by quitting tobacco.

How To Stop Smoking

Quitting tobacco is not easy, but you can do it with some help and some tips. Here are some steps you can follow and some things you can do to quit:

Make a plan: Decide when you want to quit and tell someone who cares about you. They can help you and cheer you on. Write down why you want to quit and put it somewhere you can see it every day. This will remind you of your goal.



Get help: Talk to your doctor or therapist. They can give you medicines and suggest support groups that can make quitting easier. You can also call a phone number or use an app on your phone that can give you advice and support.



Change your routine: Do something different instead of using tobacco. Try going outside, reading a story, or learning something new.



Stay busy: Make a list of things you can do to keep your mind and hands busy. Try making something, cooking something, or playing something.



Be patient: Quitting is hard, and it may take time. Don't be too hard on yourself if you make a mistake. Keep trying!



Support In Stopping Smoking

When it comes to quitting tobacco, you may face unique challenges. These challenges can include things like a lack of support, difficulty managing stress, and even the belief that smoking is a coping mechanism. However, with the right strategies, it is possible to overcome these obstacles and quit tobacco for good.

Counselling and support

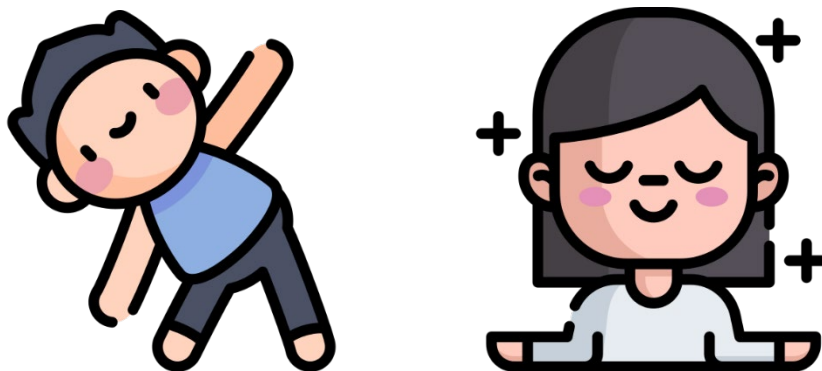
One strategy for overcoming barriers to quitting tobacco is to seek out support. This can include talking to a therapist or counsellor who specialises in addiction, joining a support group for individuals with mental illness who are trying to quit smoking, or even just talking to friends and family members who can offer encouragement and support.

Available Supports

Support available for people wanting to quit smoking include:

1. **NSW Quitline:** It is a confidential telephone information and advice service managed by Cancer Institute NSW to help smokers quit and stay quit. You can call them at 13 7848 (13 QUIT) or visit the website at <https://www.cancer.nsw.gov.au/prevention-and-screening/preventing-cancer/quit-smoking/nsw-quitline>
2. **iCanQuit website:** It is a free online resource that provides information, tools, and support to help smokers quit smoking. You can visit their website at www.icanquit.com.au

Another strategy is to focus on managing stress in healthy ways. This can include things like exercise, meditation, or other relaxation techniques. By finding healthy ways to manage stress, individuals with mental illness can reduce their reliance on tobacco as a coping mechanism.

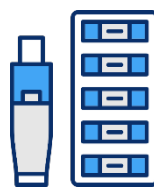


Medication Options To Help You Quit

There are medicines that can help you quit smoking by reducing your craving for nicotine. These medicines are called nicotine replacement therapy (NRT) and varenicline.

Nicotine replacement therapy:

- NRT gives you a small amount of nicotine without the harmful chemicals in tobacco. NRT can help you cope with withdrawal symptoms and make it easier to quit smoking.
- You can use NRT in different forms, such as patches, gum, lozenges, inhalers, or sprays.
- NRT is most effective if you use a long-acting form (patch) at the same time as using one short acting form (gum, lozenges, inhalers, or spray)



Varenicline:

- Varenicline (Champix) is a tablet that you take twice a day. It works by blocking the effects of nicotine in your brain. This means that you feel less like smoking, and you don't feel as many nicotine withdrawal symptoms.

Both NRT and varenicline are effective in helping smokers quit. However, some people may need more help than others. You can use NRT and varenicline together to increase your chances of quitting. This is called combination therapy. Combination therapy is more effective than using NRT or varenicline alone. However, you should talk to your doctor before using combination therapy.

If you want to quit smoking, you can ask your doctor for advice on which medicine is best for you. You can also get support from other people who have quit smoking or are trying to quit. Quitting smoking is not easy, but it is possible. You can improve your health and well-being by quitting smoking.

Quitting and Your Mental Wellbeing

Quitting tobacco can be good for your mental well-being, but it can also be hard. But you can do it! Here are some tips:

Work closely with your GP or support worker: They can help you change your treatment plan to make quitting easier. Talk to them about how quitting may affect your mood and emotions and your medications.

Use medicines: Some medicines can help you want nicotine less. Ask your doctor about varenicline or nicotine replacement therapy, like patches, gum, or lozenges.

Join a support group: Find a group of people who are also quitting tobacco. You can help each other and talk about your feelings. Look for groups that are supportive and understanding of your mental well-being.

Manage stress: Quitting tobacco can make you feel stressed. Learn new ways to deal with stress, like breathing deeply, relaxing, or moving your body. Think about going to a yoga or tai chi class.

Be patient: It might take more time for you to quit, and that's okay. Keep trying and don't give up.



Activity: Putting this into practice

Choose one of the steps or tips from the module and try it for a week. Write down or draw how it helps you to quit tobacco.

At the end of the week, share your experience with a friend, a family member, a support worker, or a peer who is also trying to quit tobacco. Ask them what they think and how they are doing. Encourage each other and celebrate your progress.

What is the main reason I want to quit smoking?

Who is going to support me to quit smoking?

What will be the best thing about quitting smoking?

John's Story

John is 35 years old and has been living with schizophrenia for 10 years. He started smoking when he was 15 and has been smoking a pack a day ever since. He smokes to cope with his stress and his voices. He thinks that smoking helps him relax and feel better.

But smoking has also caused him many problems. He has trouble breathing and often gets chest infections. He has high blood pressure and is at risk of having a heart attack or a stroke. He has lost many teeth and has painful gums. He also feels more depressed and anxious than before.

John wants to quit smoking, but he doesn't know how. He is afraid of the withdrawal symptoms and the cravings. He is also worried that his friends and family will not support him. He feels hopeless and trapped.

One day, he decides to talk to his doctor about his smoking. His doctor listens to him and tells him that he can quit smoking with the right help. His doctor explains to him the benefits of quitting smoking, such as having better health, saving money, and feeling happier. His doctor also tells him about the different options for quitting smoking, such as nicotine patches, gum, lozenges, inhalers, or medication. His doctor also suggests that he joins a support group for people who want to quit smoking or who have quit smoking.

John agrees to try quitting smoking with his doctor's help. He chooses to use nicotine patches and to attend a support group once a week. He also makes a plan for how to deal with his triggers, cravings, and stress. He tells his friends and family about his decision and asks them to support him.

John finds quitting smoking hard at first, but he doesn't give up. He uses his nicotine patches every day and follows his plan. He goes to his support group every week and meets other people who understand what he is going through. He learns from their experiences and tips. He also gets encouragement and advice from his doctor and his case manager.

Gradually, John notices that he feels better. He can breathe easier and has fewer infections. His blood pressure goes down and his heart rate slows down. His teeth look cleaner, and his gums heal. He feels less depressed and anxious and more confident and hopeful. His voices become quieter and less frequent. He also saves money that he can use for other things.

John is proud of himself for quitting smoking. He realises that he has done something good for himself and his future. He thanks his doctor, his case manager, and his support group for helping him along the way. He also thanks himself for being strong and brave.

John still faces challenges in his life, but he knows that he can cope without smoking. He knows that he has the power to overcome tobacco and live a happier and healthier life.

**Congratulations! You've now completed module 4.4 Drugs and Alcohol -
Tobacco**



**Scan the QR code or visit the link for online
access to all of the modules and a complete
list of references or visit the link below:
mindgardens.org.au/KBIMResources**



Developed by the Mindgardens Neuroscience Network and the Keeping
the Body in Mind Team 2023.

Funded by the Mental Health Commission of New South Wales