

8 Week Smoking Cessation Program Overview

Throughout the program, we cover many topics of concern for participants trying to quit. These include;

Potential effects of continued smoking	The effects of specific behaviours <i>eg. 'Cutting down' or smoking 'light' cigarettes</i>	Addressing withdrawal and 'habit'
Barriers, and how to overcome them	Evidence based strategies for quitting	Medications available for quitting
Health benefits of quitting	Weight gain	Maintaining cessation

- ✓ Each week involves education, group discussion, worksheets and goal setting.
- ✓ Each week participants have the opportunity to test exhaled carbon monoxide levels with a CO monitor for biofeedback purposes.
- ✓ Each week we review each participant's motivation and confidence.

Week 1

Overview of the myths and facts about smoking and quitting smoking - Questions and answers

Week 2

My *real* level of nicotine dependence

What are my barriers?

Developing a simple plan *without pressure*. One that suits me.

Week 3

Medication review

Importance of 'rewards'

Agreements with others

Week 4

Managing stress

Tricks to managing cravings via thought or visualisation

Week 5

Slip Ups

Common beliefs that hinder progress

Establishing a perception that 'I am a non-smoker'

Week 6

Understanding the non-permanent nature of smoking related thoughts

Week 7

Revisiting my barriers

What else to know: If things are still not going to plan

What else to know: If things *are* going to plan

Week 8

How have things changed for me?

What can I expect throughout the next year?

Feedback and summary

