



First Nations Health Authority  
Health through wellness

# Are You Trying To Stop Smoking Or Vaping?

## READ THESE QUIT TIPS!

### So you've decided to quit. Congratulations!

Now you might be worried about finding the strength to honour your decision to be smoke- and vape-free. You're not alone. Remember that the strength is already inside you – and don't be afraid to ask for help along the way.

Here are some tips to help guide you and give you strength on your wellness journey.

#### ASK THE CREATOR FOR STRENGTH

Did you know that many First Nations cultures teach that tobacco was put on earth as a way to connect with the Creator? Instead of smoking, use that tobacco in ceremony to ask the Creator to help guide you on your wellness journey. You can offer tobacco to the earth or burn it in ceremony.

#### DRINK MEDICINAL TEAS

A variety of plants that grow wild around us can actually help with healing when used in a tea. Plants such as mint and licorice root are good examples. Many traditional teas can help to cleanse your lungs and give you a calm feeling when you are going through the discomfort of withdrawal symptoms. Many knowledge keepers are happy to share their wisdom on medicinal plants and may be able to suggest which ones would be best for you.

#### DRINK WATER

Nothing is more cleansing than pure water. Any time you feel a craving coming on, try drinking a whole glass of water to purify and cleanse your body. Water can help eliminate cravings.

#### DO A TRADITIONAL CRAFT OR ACTIVITY

A wonderful way to connect to culture is to take part in one of the many traditional crafts and activities -from beading and painting to drumming and dancing. Not only will it help keep your hands busy, you will connect more with your culture and learn new skills.

#### WALK IN NATURE

The forests and waters are very healing. Simply taking a walk along a river or among the trees can help uplift you and help you feel calm and connected to the Creator.

#### DO A SWEAT

Participate in a sweat lodge ceremony. Sweats are healing for the heart, mind, body, and spirit. As well, you will feel more connected to the Creator which will help give you the strength you need on your wellness journey.

#### BE KIND TO YOURSELF

Change is not easy and everyone's journey is different. Practice self-love and feel proud of yourself – even if it's for simply reading this list of tips – because it means you have taken the first step toward staying smoke- and vape-free.

**DID YOU KNOW?** It takes on average only 3-5 minutes to get over a craving. Doing any of the above tips will help you delay smoking or vaping long enough for that craving feeling to go away.

# Quit Tips for Smoking and Vaping

Be kind to Yourself



Drink Water



Do a Sweat



Drink Medicinal Teas



Walk in Nature



Ask the Creator For Strength



Do a Traditional Craft or Activity

