

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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National Non-Smoking Week: What are your reasons?

Over the past 30 years, Canada has dedicated a week to advocate and promote awareness about the health effects of tobacco. Alberta Health Services (AHS) recognizes National Non-Smoking Week during the week of Sunday January 20th – Saturday January 26th. During this time, we hope to provide information on the resources and support services that are available to access for anyone who is seeking to reduce or quit their tobacco use.

This year, the AHS Tobacco Reduction Program has set the provincial theme as, “*What Are Your Reasons?*” This theme is a way to highlight the many reasons that individuals choose to reduce or quit their tobacco use. To spark some inspiration and encourage consideration to anyone’s tobacco reduction journey, please find the following list of resources and tips to help you think about your reasons to quit.

- Considering your personal reasons to quit can help you stick with it as it becomes meaningful for you (i.e. money, health, family, freedom).
- Try it first – a “practice quit”. Quit for 1, 3, or 5 days. Learn from your experience and then try going longer next time.
- Keep track. Use journal or download an app to track your experience. Reflect on what went well, what was difficult, and how you would improve next time.
- Text to quit. Join the Text to Quit Program from AlbertaQuits. To learn more and to register, visit the AlbertaQuits website: www.albertaquits.ca/quitting/text
- Speak with someone over the phone, call 1-866-710-QUIT (7848) to receive confidential and non-judgmental support.



- Join a group session. QUITCORE is a FREE group program that builds skills in a supportive environment. Sign up for the next group session running in your area by visiting the AlbertaQuits website: www.albertaquits.ca/quitting/support-groups
- Order a QuitKit. Call 1-866-710-QUIT to learn more and order one for yourself.
- Visit AlbertaQuits website. AlbertaQuits provides an extensive amount of support and tips to quit smoking, including a customized dashboard around your personal experiences of tobacco use. The website also includes an online community forum where people can post their experiences of tried or successful quit attempts, and are ready to support you in your own journey.

So what are your reasons? How will you celebrate National Non-Smoking Week?