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OUTLINE

Coping with Triggers

Knowledge Topic references are located in a separate section of the Baby Steps Help Guide e-resource.

Participant handout references are not included, but are available upon request by contacting the tru@ahs.ca.

Goal	To increase participants' awareness of situations that cause them to want to use tobacco, and to increase their awareness of possible strategies that will replace tobacco.
Objectives	<p>By the end of the learning session, participants will</p> <ol style="list-style-type: none"> 1. be able to identify what makes people want to use tobacco 2. be able to identify strategies to replace their tobacco routines
Presentation approach	<p>As a one-to-one service provider or group facilitator, decide how you will share this information and support participants' reflection. You may wish to:</p> <ul style="list-style-type: none"> • visit the websites and links with participants to point out where they can find additional information • work with participants in one large or several small discussion groups (if in a group setting) • have participants write down what they have learned, or share their learning verbally
Facilitator/ service provider backgrounders	<p>There is one facilitator activity sheet (and a set of cut-out images) and one participant resource for you to review as preparation on this topic:</p> <ol style="list-style-type: none"> 1. <i>Objects and Places Affecting Tobacco Use</i> (activity instructions) 2. <i>Bag of Tricks Cards</i> (activity pieces) <p>The appendices on "Girls, Women, Health and Tobacco Use" and "Using a Principle-Based Approach" may also be helpful to review.</p>
Participant Resources	Quit Kits
Additional resources and information	

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FACILITATOR ACTIVITY INSTRUCTIONS

Objects and Places Affecting Tobacco Use

1. Start the session by asking participants to brainstorm times, places, feelings and events that make them want to smoke or use other forms of tobacco. Record these on a flip chart or board.
2. Pass around the “bag of tricks” that you prepared before the session. In the bag, you should have all of the pictures cut out from the Bag of Tricks sheet. Ask each participant to choose one picture from the bag.
3. Go around the room and discuss each picture. Ask participants how the objects or places in the pictures affect their tobacco use, and brainstorm how they can alter these behaviours.

Here are some sample questions and comments that can be used for discussion for each item:



Apple (representing healthy food): Does eating healthy food make you want to smoke, or help you cope with cravings to use tobacco? Be careful not to use food as a coping mechanism too often.

Bathing: It's hard to smoke in the tub! Bathing can be used to relax and for stress relief.

Beach: Do people use tobacco more or less at the beach? Why do you think that is?

Bed: Do you know someone who always smokes in bed or when they first get up? Some people even get up in the night to use tobacco. Do you think that getting enough sleep might help reduce stress? Do you think that sleeping would help someone cope with wanting to use tobacco?

Beer: Drinking and tobacco often go hand in hand. Why do people use tobacco when they drink? What could someone do instead of using tobacco if they are having a drink with friends?

Cake (representing a celebration): Are celebrations a time that is associated with tobacco use? Why do you think that is? If they are associated with higher tobacco use, what could be used to decrease these urges during celebrations?

Children: When children are around, do people often use tobacco more or less? Why do you think that is? If people use less tobacco when children are around, how could that help them reduce their tobacco use?

Clock: Do you or people you know always use tobacco at certain times of day? What is significant about those times? What else could someone do at that time to reduce tobacco use?

Coffee: Do people tend to use more or less tobacco when they are drinking coffee? Why do you think that is? What could someone do to reduce their tobacco use while drinking coffee? What could someone do instead of drinking coffee?



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Objects and Places Affecting Tobacco Use

Coffee shops: All restaurants and coffee shops are now non-smoking. Are these places you could go to help cope with urges to use tobacco?



Driving: Do you think riding or driving in a car or truck is a time when individuals want to use tobacco? Why do you think that is? What could be done to reduce the desire to use tobacco while driving?

Fast food: Do you think that people tend to use more or less tobacco when they eat fast food compared to healthier foods? Why do you think that is? What could be done to reduce tobacco use associated with fast food?

Friends: Are there certain friends that you tend to use more tobacco around? Are there others that you tend to use less around? Why is that? What could someone do differently with their friends to reduce tobacco use?

Movie theatres: Smoking is not permitted in movie theatres. How could someone use going to a movie as a way of reducing their tobacco use? If there is a lot of smoking in a movie, how does that influence you?

Music: Listening to music is a good way of relaxing and relieving stress.

Park benches: Fresh air! While people are walking or sitting in the park, do they tend to want to use tobacco? Why or why not? Can you think of any outdoor public spaces that are smoke- and/or vapour-free?



Phones: For some people, talking on the phone is connected to tobacco use. Whenever they are on the phone they like to have a cigarette or maybe vape. What could be done while talking on the phone to replace tobacco use? For others, talking on the phone might instead be associated with getting support from friends and reducing boredom, and may help them cope with their tobacco triggers.

Playing games: Is playing video, online or board games a time when people tend to increase or decrease their tobacco use? Why do you think that is? If games increase a person's tobacco use, what could they do to prevent this?

Reading: While reading (print or digital), is it common to use tobacco? Why do you think that is? What else could someone do with their hands while they are reading that might reduce these urges?



Running shoes (representing physical activity): Getting exercise is one way to manage stress, boredom, cravings and weight gain.

Television: Do people tend to use more or less tobacco when they watch television? Why do you think that is? What could someone do instead of watching television? What else could someone do while watching television to reduce their tobacco use?

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Objects and Places Affecting Tobacco Use

Water: Drinking water can support a person staying tobacco-free. It can replace hand-to-mouth behaviours associated with tobacco use.

4. Next, develop a “Quit Kit” with participants. This could be done in three different ways, or a combination of all three:

(a) Brainstorming

Have the group discuss and make lists of what items would help them quit. These items can then be put into a Quit Kit.

Model kit

Have a sample Quit Kit to show the group. Materials for quit kits can be ordered through [Print Resources](#).

After showing the group, have them brainstorm what else they would put in their own kit.

(b) Assembling personalized kits

Gather some of the items that participants might want in their personal Quit Kits. You could also ask them to bring items in advance. Then have them assemble the kits as a group, or add items to the model Quit Kit.

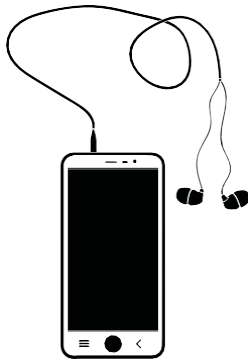
Examples of what might be included in a Quit Kit:

- Straws or stress-relief balls (for something to do with your hands)
- Gum, toothbrush, toothpaste, flavoured toothpicks
- Water bottles
- CDs/playlists (for relaxing or for exercising)



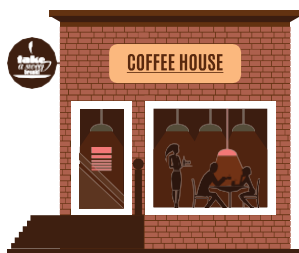
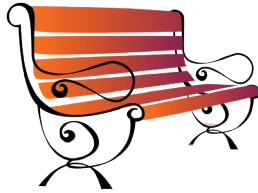
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FACILITATOR ACTIVITY Bag of Tricks Cards



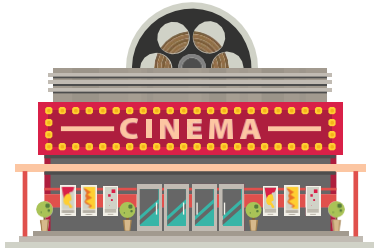
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