

Keep
our place a
smoke and
vape free
space



NATIONAL BEST
PRACTICE UNIT

**TACKLING
INDIGENOUS
SMOKING**





Being completely smoke and vape free at work can be challenging at first. This journal will help you take control of your smoking/vaping habit by helping you understand your cravings and adjust to life without cigarettes/vapes at work. The journal includes tips and tricks for staying smoke and vape free, as well as input from Professor Tom Calma AO, National Coordinator Tackling Indigenous Smoking.

So come on, take the 28-day challenge to be smoke and vape free at work and start the journey to a healthier you.

Start date:

Begin by deciding when you are going to stop smoking/vaping at work. Or, if you feel ready, set a quit date and stop smoking/vaping completely.



Stopping smoking/vaping completely is the best way to improve your health. From the first minute of being smoke or vape free your body starts to repair and adjust to life without nicotine. Track your progress and smoking/vaping triggers by completing the daily journal entries.

WEEK 1 TRIGGERS? CRAVINGS?

MONDAY

Cravings can start after 2 hours without a smoke/vape

TUESDAY

Usually smoke or vape on a coffee break? Drink your coffee in smoke/vape – free areas.

WEDNESDAY

Cravings are at their peak - use your stress ball or fidget spinner to fight off those urges to smoke/vape

THURSDAY

FRIDAY

SATURDAY

Drink less caffeine (coffee, cola, energy drinks) to stay smoke and vape free

SUNDAY

Cravings should be happening less often now

Smoke Break

Identifying and avoiding your smoking triggers will help you to break the habit. If you used to have a smoke/vape when taking a coffee break, try drinking your coffee in non – smoking/vaping areas. Some people find drinking less coffee or other drinks which include caffeine (such as cola and some energy drinks) also helps. Don't forget you can call the Aboriginal Quitline on 137 848 if you need more support.



Keep our place a smoke and vape free space

HOW ARE YOU FEELING?	\$ SAVED	SMOKE – FREE
Carbon monoxide in your blood stream decreases. Oxygen reaches your heart and lungs more easily.		<input type="radio"/>
Your sense of smell and taste should start to improve		<input type="radio"/>
The nicotine is out of your body and your lungs are getting rid of mucus and other smoking/vaping debris		<input type="radio"/>
Breathing should be getting easier		<input type="radio"/>
Remind yourself why you want to be smoke/vape free		<input type="radio"/>
		<input type="radio"/>
Well done - you made it through the first week of being smoke/vape free.		<input type="radio"/>

Tips from Tom

It's never too late to get off the smokes - what could you possibly regret about making such an important decision? It's now more than 45 years since I gave up cigarettes. I haven't had one of those filthy little things since then. If I hadn't quit in September 1977 I would have smoked more than 400,000 cigarettes by now! I'm sure both my doctor and my wallet are happy I quit when I did.



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WEEK 2 TRIGGERS? CRAVINGS?

MONDAY

Still getting cravings? Keep carrot sticks or slices of fruit handy as healthy snacks to eat when cravings strike.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Use the 4Ds to cope with cravings: distract, delay, deep breathing and drinking water.

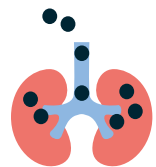
SATURDAY

SUNDAY

Smoke Break

Three quick facts on smoking:

1. Tobacco smoking is the largest preventable cause of cancer.
2. There are 16 cancers that can be caused by smoking.
3. It's never too late to quit smoking. The body begins to repair itself as soon as you stop smoking.



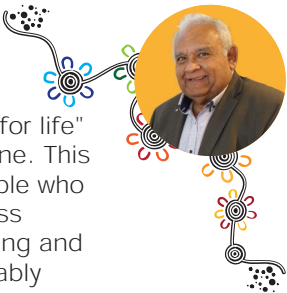
We don't yet know the extent to which vaping causes cancer, but we do know that the chemicals in vapes are linked to cancer and we know they damage your cells and DNA.

Keep our place a smoke and vape free space

HOW ARE YOU FEELING?	\$ SAVED	SMOKE-FREE
		<input type="radio"/>
		<input type="radio"/>
Did you know tobacco smoking causes at least 16 different types of cancer including lung and bowel cancer?		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
If you are on your quit journey, you should be really feeling the benefits of not smoking/vaping Exercise should be easier and you should have more energy		<input type="radio"/>

Tips from Tom

Giving up smoking or vaping can be a journey of ups and downs as you work through the withdrawal symptoms. The good news is quitters often describe “gaining a new zest for life” within weeks of breaking free from using tobacco or nicotine. This is supported by research showing, when compared to people who keep puffing, quitters report better moods, less anxiety, less stress and a better quality of life. Importantly, the well –being and positive mental health benefits from quitting align comfortably with our cultural focus on holistic health.



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WEEK 3 TRIGGERS? CRAVINGS?

MONDAY

TUESDAY

Chew a toothpick or suck on a straw instead of a cigarette/vape

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Smoke Break

There are around 70 different chemicals in a cigarette known to cause cancer.

Smoking increases the chances of getting stomach cancer by 61%.

People who smoke are 10 times more likely to get mouth cancer.

Vaping causes gum disease and tooth decay. There is a chance it could cause mouth cancer too.



Keep our place a smoke and vape free space

HOW ARE YOU FEELING?	\$ SAVED	SMOKE-FREE
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
If you've given up the smokes or vapes completely your skin and teeth might be looking better by now		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
How much money have you saved by being smoke-free?		<input type="radio"/>

Tips from Tom

On top of the health benefits of quitting smoking and vaping the financial saving is a strong incentive. I have heard many success stories from reformed smokers. It is always great to hear how people have utilised their savings, including taking family on holidays, buying new clothes and whitegoods, a new boat and even property deposits! These are important stories to share, because smokers don't always realise how much they miss out on because of the smokes.



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WEEK 4 TRIGGERS? CRAVINGS?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Mindfulness or breathing exercises can help relieve stress and cravings

FRIDAY

SATURDAY

SUNDAY

Smoke Break

The Tackling Indigenous Smoking program has been running for more than a decade, with these activities aligning with a reduction in our mob's smoking rates. There are now 50,000 fewer people who smoke daily among Aboriginal and Torres Strait Islander people, with many lives saved. Make sure yours is one of them!

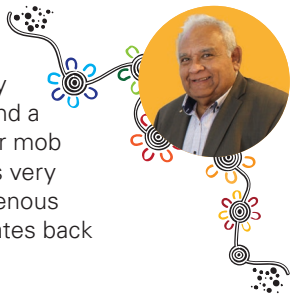


Keep our place a smoke and vape free space

HOW ARE YOU FEELING?	\$ SAVED	SMOKE-FREE
Did you know a cigarette butt is the world's most littered plastic item? Butts pollute the environment with poisons and microplastics.		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
Well done - if you made it this far without smoking or vaping you should be feeling much stronger and healthier and free of cravings!		<input type="radio"/>

Tips from Tom

Many Aboriginal and Torres Strait Islander workers were paid with tobacco rations, instead of money, until the 1960s. This lay the foundation for generations of Indigenous tobacco addicts and a norm of smoking in many of our communities. Yes, some of our mob have traditionally used native tobaccos such as pituri, but this is very different to a pack-a-day cigarette addiction. The Tackling Indigenous Smoking program is helping to break a colonialism cycle that dates back more than a century.



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Smoke Break

Vaping has become more common in Aboriginal and Torres Strait Islander communities over the past few years. Vaping is suggested to be safer than cigarette smoking because e-cigarettes don't produce the tar found in conventional cigarettes. But that does not mean they are harmless. Vaping exposes you to many harmful chemicals. This includes heavy metals such as chromium, nickel and lead in greater quantities than in conventional cigarettes. High concentrations of these heavy metals have been linked to health problems such as cardiovascular disease, brain damage and cancer.



Keep our place a smoke and vape free space

Tips from Tom

Smoke Break

Avoiding smoking or vaping triggers can help you stay off the smokes. Did you know many people find drinking alcohol and smoking/vaping often go hand in hand? Too much alcohol can make it harder to stick to your plan to stop, so try not to have more than one or two alcoholic drinks. Don't forget to call the Aboriginal Quitline on 137 848 if you need additional support.



Keep our place a smoke and vape free space

Tips from Tom

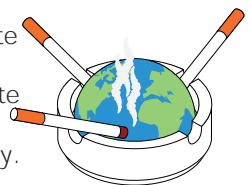
Did you know Aboriginal and Torres Strait Islander peoples are almost three times as likely to suffer from diabetes than non-Indigenous Australians? Smoking can lead to Type 2 diabetes, a condition where the body loses the capacity to produce the right amount of insulin. The risk of developing diabetes increases with the number of cigarettes smoked, so working towards being cigarette-free will decrease your diabetes risks. There is no safe level of smoking, so quit the smokes completely for the biggest health benefits.



Keep our place a smoke and vape free space

Smoke Break

Smoking and vaping isn't just harming you and your family, it's also terrible for the environment! The world's most littered plastic item is cigarette butts, with trillions thrown into the environment around the world every year. Cigarette butts pollute the environment with poisons and microplastics. E-cigarettes also create waste in the form of single-use plastics, tech waste such as lithium batteries and toxic chemicals when discarded. Giving up smoking and vaping: good for you, good for Country.

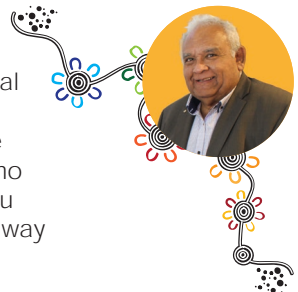


Keep our place a smoke and vape free space

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Tips from Tom

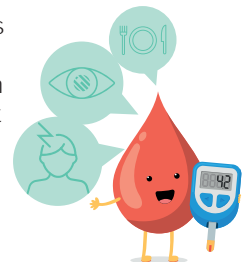
Just because you've given up the smokes/vapes doesn't mean you won't be tempted every now and then. Aboriginal Quitline is available on 137 848 if you want to speak to an Aboriginal or Torres Strait Islander counsellor during those times when you're finding it tough. Talking to someone who knows what you're going through can help you feel like you aren't alone – and give you the extra motivation to keep away from the cigarettes or vapes. Well done on what you've achieved so far.



Keep our place a smoke and vape free space

Smoke Break

Did you know Indigenous Australians are almost three times as likely to suffer from diabetes than non-Indigenous Australians? Smoking can lead to Type 2 diabetes, a condition where the body loses the capacity to produce the right amount of insulin. Symptoms can include headaches, blurred vision and an increased appetite. The risk of developing diabetes increases with the number of cigarettes smoked, so working towards being cigarette-free will decrease your diabetes risks.



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Smoke Break

People who smoke will often light up while driving. Cleaning your car, ute or vehicle of any smoking (or vaping) related products can help to remove triggers. Distract yourself from cravings when you're driving by listening to your favourite music or podcasts. Vaping, or smoking inside your car increases the air pollution around you, meaning you are breathing in harmful chemicals.



Tips from Tom

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Has the smoke and vape free message had a positive impact in your workplace? Maybe it's time to take the message from your office or workshop onto the sports field. Tackling Indigenous Smoking staff around Australia team up with local sports organisations to promote smoke-free lifestyles. Get in touch with your local Tackling Indigenous Smoking teams to see if they have smoke-free signage, butt bins and brochures they can provide your sports groups. Fit, happy and healthy people who don't smoke or vape provide a powerful message to young people in our community.

Keep our place a smoke and vape free space

Smoke Break

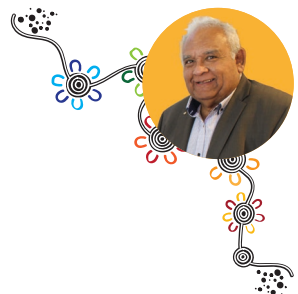
When you smoke or vape, the hormone dopamine is released into your body and makes you feel good, but this feel-good hormone is also experienced when you exercise! Consider joining a sports team or increasing your physical activity to deliver the dopamine your body craves. Even small changes in fitness can lead to positive outcomes.



Keep our place a smoke and vape free space

Tips from Tom

Big dollars are being spent on developing and promoting e-cigarette products, with tobacco companies the major investors. Researchers are working hard to find out more about the health risks; it seems hardly a week goes by without new findings about harms related to vaping products. The use of e-cigarettes is not an evidence-based approach to reducing smoking prevalence.



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Smoke Break

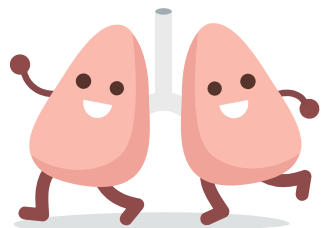
Keen to grow your family? Cutting out smoking and vaping could help. Men and women who smoke or vape are more likely to experience fertility issues than people who don't smoke or vape. Constricted blood flow due to smoking or vaping can also cause erectile dysfunction. Cutting out cigarettes and vapes can cut down your health risks.





Smoke Break

Tobacco smoking accounts for the majority of lung cancer fatalities in Australia. Compared with people who have never smoked cigarettes, a current smoker has a 25-times greater risk of lung cancer. Within six months of giving up smokes, lung function increases by 30% and lungs are better at removing mucus, tar and dust. If you're ready to breathe easy again, bin the cigarettes today.



Keep our place a smoke and vape free space

Tips from Tom



Keep our place a smoke and vape free space

Smoke Break

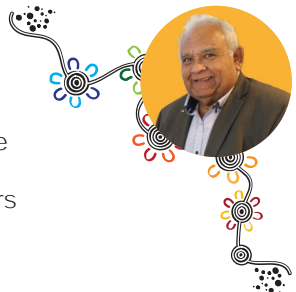
Quitting cigarettes isn't just important for health reasons, it also makes sense for the wallet! Someone who smokes 20 cigarettes per day spends at least \$350 a week, so giving up could save you more than \$18,000 per year. What will you do with all that extra pocket money?



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Tips from Tom

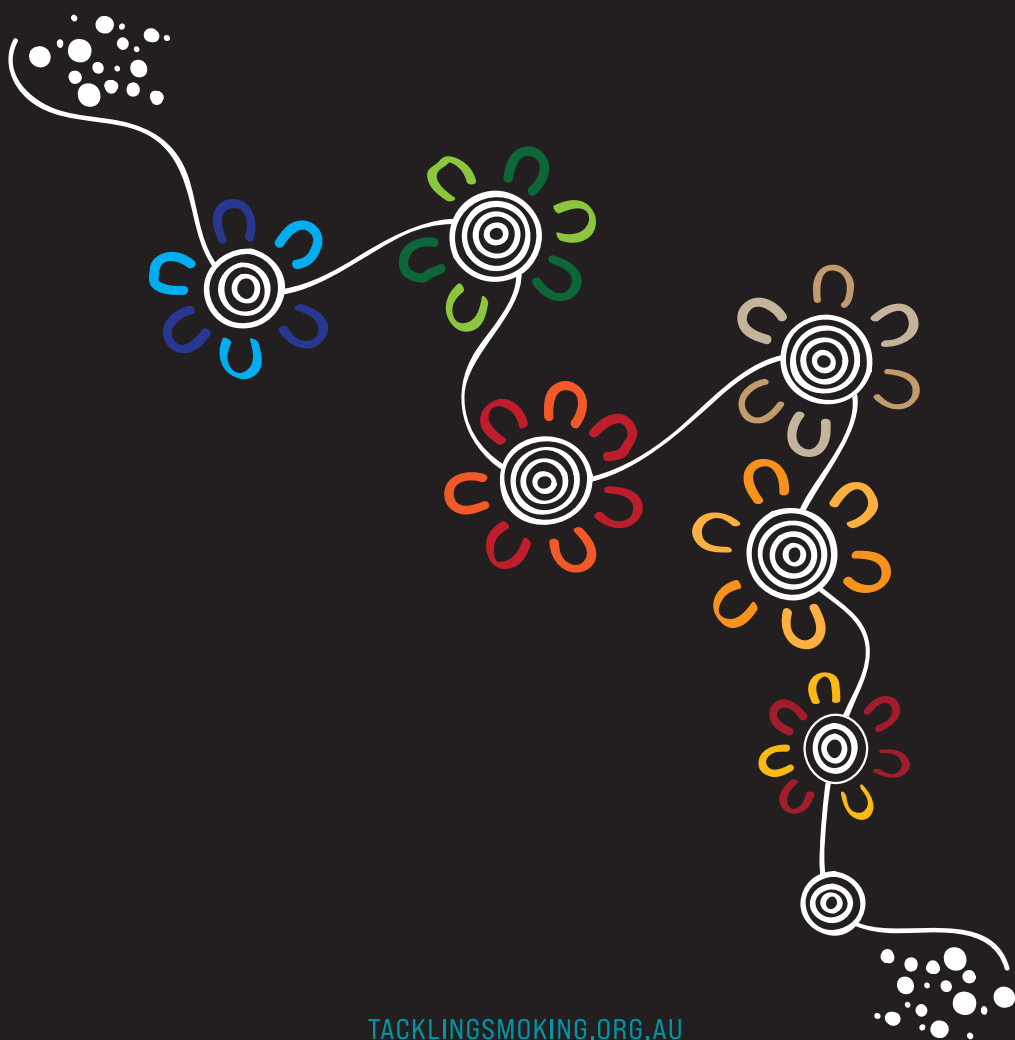
In the last Australian census, more than a third of the Aboriginal and Torres Strait Islander population was under 14 years of age, so we have to look after our young mob. Studies show if kids see family members smoking they are more likely to take up the habit. By assisting parents and guardians to kick cigarettes, we are giving our future Elders and leaders a better chance to make their own deadly choices.



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Smoke Break

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