



Workplace *Wellness* Program

What are the five most common concerns smokers often raise about quitting?

1. Smoking helps me to cope with stress.

Nicotine is a stimulant that speeds up the heart rate, increases blood pressure and slows down the nervous system. As pharmacists will know, this causes stress on the body. The stress relief that a person perceives when they have a cigarette is actually a result of nicotine treating the withdrawal symptoms that occur between each cigarette. Also, a person who has smoked for some time may not have identified other ways to manage stress and see smoking as the only available coping strategy.

2. I will gain too much weight when I quit smoking.

Quitting smoking is not the automatic trigger for weight gain. Upon quitting, the metabolism returns to normal and some people may find they enjoy food more and therefore consume more and perhaps higher energy foods to replace the effects of nicotine. Weight gain can be managed by keeping active and eating a balanced diet.

3. Cutting down smoking will be enough.

Cutting down is a good start. However, there is no safe level of smoking and every cigarette causes damage to the body. When people cut down, they may only smoke a few cigarettes per day but with the highly addictive nature of nicotine, they soon find they smoke as much as ever before. Quitting takes practice and each time someone is unsuccessful, they learn something about the quitting process to help them in their next attempt.

4. Nicotine replacement therapies don't work for me.

Many people who try nicotine replacement therapies perceive that the withdrawal effects they experience are side-effects of the pharmacotherapy. In many instances this is usually due to the incorrect, irregular or complete cessation using the product, thereby reducing the therapies' full effectiveness. Cancer Council Queensland encourages pharmacists to continue providing product use advice and education to clients that nicotine replacement is designed to replace only a portion of the nicotine they receive from cigarettes.

5. I have smoked for decades. The damage has been done.

Quitting at any age gives your body benefits. If you smoke your body is constantly working to try and repair the damage caused by the chemicals in tobacco smoke. Quitting smoking will give your body the chance to repair itself.

***For every hour, week, month and year you don't smoke,
you will be better off.***

Workplace Quit Smoking Program – Free for Landscapers –

Quitline 13 QUIT (13 7848)

Next time we focus on the importance of quitting smoking to stop harming those you love as well as a handy app and interactive website which can help.

This information was reproduced from information available from Cancer Council Queensland's QUEST program – quest.org.au or available from Cancer Council Queensland's website – cancerqld.org.au.



Landscape Queensland is working with Workplace Health and Safety Queensland on a Healthy Workers Initiative as part of the Queensland Government's Healthier.Happier.Workplaces.Initiative.

Healthier. Happier. Workplaces