

## My Goal:

### I will quit smoking

Smoking is unhealthy at any time, but for people with high blood pressure (BP), the effects of smoking can be even more harmful. If you do smoke, you should make quitting your number one goal.

Your healthcare provider can help you access counselling resources, medications and other treatments to help you become smoke-free (some may be available at low or no cost).

**Did you know?** You are more likely to successfully quit smoking when you combine smoking cessation counselling AND smoking cessation medications.

Quitting smoking can lower your risk of dying from heart disease by about 50%, as well as lower your chances of developing other illnesses like lung disease and cancers.

## Quitting Smoking

### 1. Preparing to Quit:

- Think through the positive and negative points of quitting smoking, try to imagine how much better you would feel and the positive changes quitting can make to your life
- Call Smokers Helpline (1-877-513-5333) to get free advice and support

- Consider medication to help you quit
- Try different coping strategies such as meditation. Find what works for you
- Involve your family and friends for support

## **2. Choose a quit date, write it down and share with your family and friends**

My smoke free date: \_\_\_\_\_

## **3. Identifying 'triggers':**

Understand your own smoking habits. Are there certain places, people or situations that give you the urge to smoke?

I have the urge to smoke most when:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **4. Coping strategies I will use to handle my urge to smoke (e.g. deep breathing, taking a walk, leaving the situation, etc.)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Remember that there is no such thing as failure – only learning how to succeed!

## **Other resources that can help:**

[www.SmokersHelpline.ca](http://www.SmokersHelpline.ca) or call 1-877-513-5333

## My Goal:

# I will limit my alcohol use

Too much alcohol is another risk factor for high BP. If you do drink, limiting your alcohol use will help you decrease your BP.

## Impact on BP:

↓ 3.9/2.4 mmHg

## Aim to limit intake to these goals or less:

### Low Risk Drinking Guidelines for Adults

| Men                                       | Women                                    |
|---|--|
| Less than 1-2 drink on any <b>day</b>     | Less than 1-2 drink on any <b>day</b>    |
| no more than 14 drinks in any <b>week</b> | no more than 9 drinks in any <b>week</b> |



#### Beer

341 mL  
(12 oz)  
5% Alcohol



#### Cider/Cooler

341 mL  
(12 oz)  
5% Alcohol



#### Wine

142 mL  
(5 oz)  
12% Alcohol



#### Hard Liquor

43 mL  
(1.5 oz)  
40% Alcohol

## Other resources that can help:

Free app from Google Play and App Store

[www.ConnexOntario.ca](http://www.ConnexOntario.ca) - Access free and confidential health services

[www.DrugAndAlcoholHelpline.ca](http://www.DrugAndAlcoholHelpline.ca) or call

1-800-565-8603



## Set a Goal and Make a Plan:

My daily alcohol limit: \_\_\_\_\_

My weekly alcohol limit: \_\_\_\_\_

## Identifying 'triggers':

Understand your drinking habits; ask yourself 'what are the things that give me the largest urge to drink or drink more?' Are there certain places, people or situations that give me the urge to drink?

I have the urge to drink most when:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Ways I plan to handle my urge to drink alcohol:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Strategies to help you cut down on drinking:

- Plan ahead and set a limit on the amount you will drink
- Use non-alcoholic drinks to satisfy thirst
- Choose drinks with lower alcohol content, or mix with water, juice or low-calorie soft drinks
- Take the money you would have used for alcohol and put it towards something you have always wanted (e.g. vacation, new outfit, etc.)