

A woman with short, dark, curly hair is looking upwards with a thoughtful expression. She is wearing a vibrant red shawl with a dark, swirling pattern. Behind her is a large, intricate wooden carving of a face, possibly a Māori or Polynesian artifact, set against a clear blue sky. The lighting is bright, suggesting a sunny day.

**He ara oranga  
A journey to wellbeing**



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## Introduction

For most of us, quitting smoking can be hard, but if you're serious about taking up the wero (challenge) you can create a healthier life for yourself and your whānau.

Successfully quitting smoking means you are exercising tino rangatiratanga over your body, your environment and your destiny.

Whānau have a considerable impact and influence on your daily life and, likewise, your actions have the same influence on your whānau.

**You are more likely to stay quit if you:**

- ▶ get support
- ▶ use a full eight weeks of nicotine patches, lozenges or gum
- ▶ read information about quitting.



# Hei whakaarotanga – te momi hikareti, te kahungatanga\* me te mutu

## Thinking it over – smoking, addiction and quitting

**Health is not only about what is happening to your body, but about what is happening to you mentally and spiritually, and this also includes your whānau.**

### Tikanga auahi kore

Smoking is a breach of the tikanga that treats breath as tapu. This tikanga comes from the creation of the first human being, Hine-ahu-one, who was given life through Tane Mahuta breathing life into her and reciting an ancient karakia:

*Tihei mauri ora, ki te whai ao,  
ki te Ao Mārama.*

**Behold the breath of life, strive for the new world, the world of light.**

Every breath is precious, which is why we hongi when we greet each other. We literally share our life-breath with the other person.

### Te Whare Tapa Whā

Te Whare Tapa Whā, the four cornerstones of the house, is one approach to consider when thinking about the things that harm your health.

\* Kahungatanga – addiction.



**Te Taha Wairua**

– your spiritual health and that of your whānau, including practising tikanga Māori.

**Te Taha Hinengaro**

– your mental wellbeing, and that of your whānau and each person within it.

**Smoking attacks all four cornerstones of Te Whare Tapa Whā and damages your overall health.**

**Te Taha Whānau**

– the way your whānau lives and works together, the health of the physical environment you live in, and how your whānau fits within your community.

**Te Taha Tinana**

– your physical wellbeing and signs of ill health.



**If you think you're ready to quit,**  
spend some time thinking about why you smoke.  
Understanding why you smoke will help you  
improve your chances of quitting. Make a list.

*Ahakoa ngā ārai ka taea  
It doesn't matter what*

**How does smoking make you feel?**



**When do you reach for a smoke?**



**What don't you like about smoking?**



**Why would you like to quit smoking?**



**If you are ready to quit smoking,  
remember you will not be alone.**

*the barriers are, they can be overcome.*



*Whāia te ara ngāwari mōu ake.*

# 2

## Werohia ōu ake whakaaro Challenging your thinking

Oranga for you and your whānau means positive wellbeing. You can make mistakes and, provided you learn from them, you will always be on a path to oranga.

The decision to quit is the first step of a journey to oranga. Through becoming auahi kore (smokefree) and staying that way, you will learn more about yourself.

### Triggers

Once you have quit, you will, at some point, have a craving for another cigarette. It may feel like a physical or mental need. The 'need' to smoke can be prompted by any one of these:

**1 Addiction to nicotine** – after you quit, your body will crave nicotine for two to three days, but you may still feel like you need a cigarette for some time afterwards.

**2 Habit** – some activities and situations may prompt you to smoke, such as talking on the phone, after meals, alcohol, or social events, including distressing times such as tangihanga.

**3 Feelings** – you may want to smoke when you are hungry, angry, lonely, stressed or tired.

Plan for times that might make you want to smoke. Make a list of your high-risk times, and the actions you can take.

*Follow the path that suits you.*

## Walking the talk

Quitting will challenge your thoughts and feelings around smoking. You will have to change your lifestyle. You know that being auahi kore is best for you, your whānau, tamariki and friends.

Add your own to these examples.

Trigger times	Feelings	Action plan
Nothing to do	Boredom	Wash the walls – see how much paru from smoke there is!
First thing in the morning	Tired	Shower as soon as you wake up.
With a cup of coffee	Grumpy	Try a different drink – juice, water, herbal tea.
Tangihanga	Stress	Spend some time outside (preferably with non-smokers); have a walk if you can.



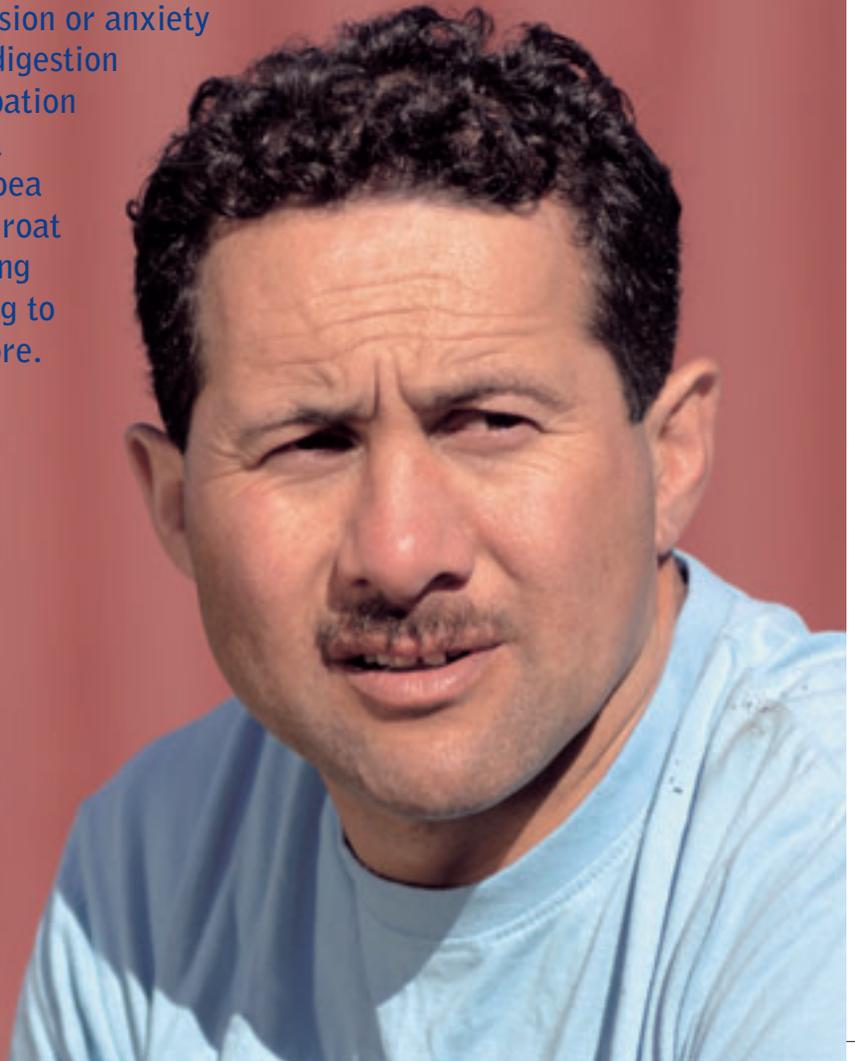
Trigger times	Feelings	Action plan
		
		
		
		

## Understanding recovery symptoms

Experiencing withdrawal is the way your body reacts when it stops getting nicotine and all the other chemicals in tobacco smoke. Think of them as recovery symptoms.

Recovery symptoms can include:

- cravings for a smoke
- occasional headaches
- tingling fingers
- restlessness and difficulty concentrating or sleeping
- feelings of irritability, anger, sadness, depression or anxiety
- upset digestion
- constipation
- nausea
- diarrhoea
- sore throat
- coughing
- wanting to eat more.



## Tips to make quitting easier

- ▷ Get more active, physically and mentally.
- ▷ Get outside in the fresh air.
- ▷ Eat fresh and natural kai and drink more wai.

Think through activities where you would normally smoke and plan what you will do to remove the temptation to do so. For example:

**Risk time:** I like to smoke with my first cup of coffee in the morning.

**Change:** I'll make another hot drink instead and sit somewhere new to drink it.

**Risk time:** I like to smoke with my friends when we're out drinking.

**Change:** I'll drink a glass of water or juice every second drink.

**Risk time:** I like to smoke to get some quiet time for me.

**Change:** I'll go for a walk.

**Risk time:** I like to smoke so I don't eat so much.

**Change:** I'll find some new, healthy recipes and make the whānau a hākari to celebrate being auahi kore.



There are a few other things you might like to think through before you quit:

- ▷ Make a plan of attack – smokers who plan before they quit are more successful than those who don't.
- ▷ Think about using nicotine patches, lozenges or gum, which double your chances of quitting. Using patches, lozenges or gum is much safer than smoking for most people.
- ▷ Plan ways to get support:
  - call the Quitline (0800 778 788)
  - visit [www.tehotumanawa.org.nz](http://www.tehotumanawa.org.nz) for a list of Aukati Kai Paipa services
  - talk to your doctor
  - get support from whānau and friends.

**And always set a quit date!**

A close-up of a hand with a yellow arrow drawn on the palm, pointing towards a yellow sticky note. The sticky note is placed over a blurred background of a person running on a grassy hill.

 My quit date is:

## Health effects

Smoking can cause bad health, so quitting can significantly lower health risks such as:

- heart disease
- stroke
- cancer
- emphysema
- decreased fertility
- impotence
- harm to newborns, children, your whānau and friends.

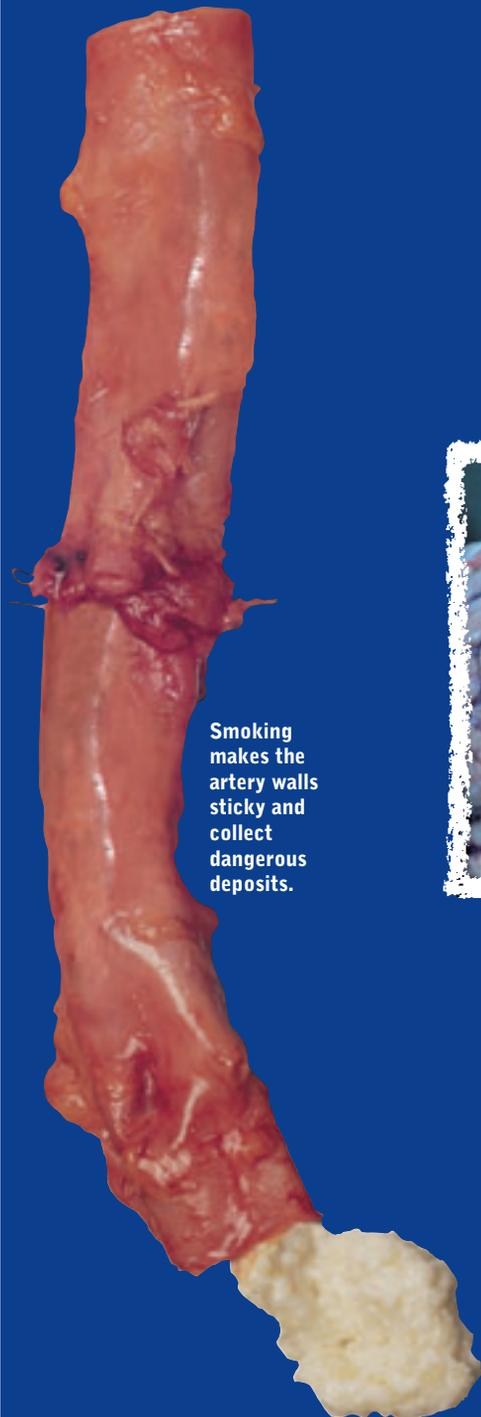
By making your home and car auahi kore you stop putting yourself and your whānau at risk from health problems caused by smoking.

Your choice to quit smoking improves your oranga, and can help you increase your:

- ✓ sense of identity
- ✓ self-esteem, confidence and pride
- ✓ control of your own destiny
- ✓ mental alertness, physical fitness, spiritual awareness
- ✓ personal responsibility, co-operative action
- ✓ respect for others
- ✓ economic security
- ✓ whānau support.

Smoking attacks oranga because as an addiction it:

- ✗ takes control
- ✗ affects your physical fitness and health
- ✗ drastically impacts on the whānau.



Smoking makes the artery walls sticky and collect dangerous deposits.



Smoking is a leading cause of irreversible blindness.



This is the result of a minor stroke in a smoker – aged 38.



The amount of tar a pack-a-day smoker breathes in every year.

# 3

## Te āwhina i tōu whānau kia mutu Supporting your whānau to quit

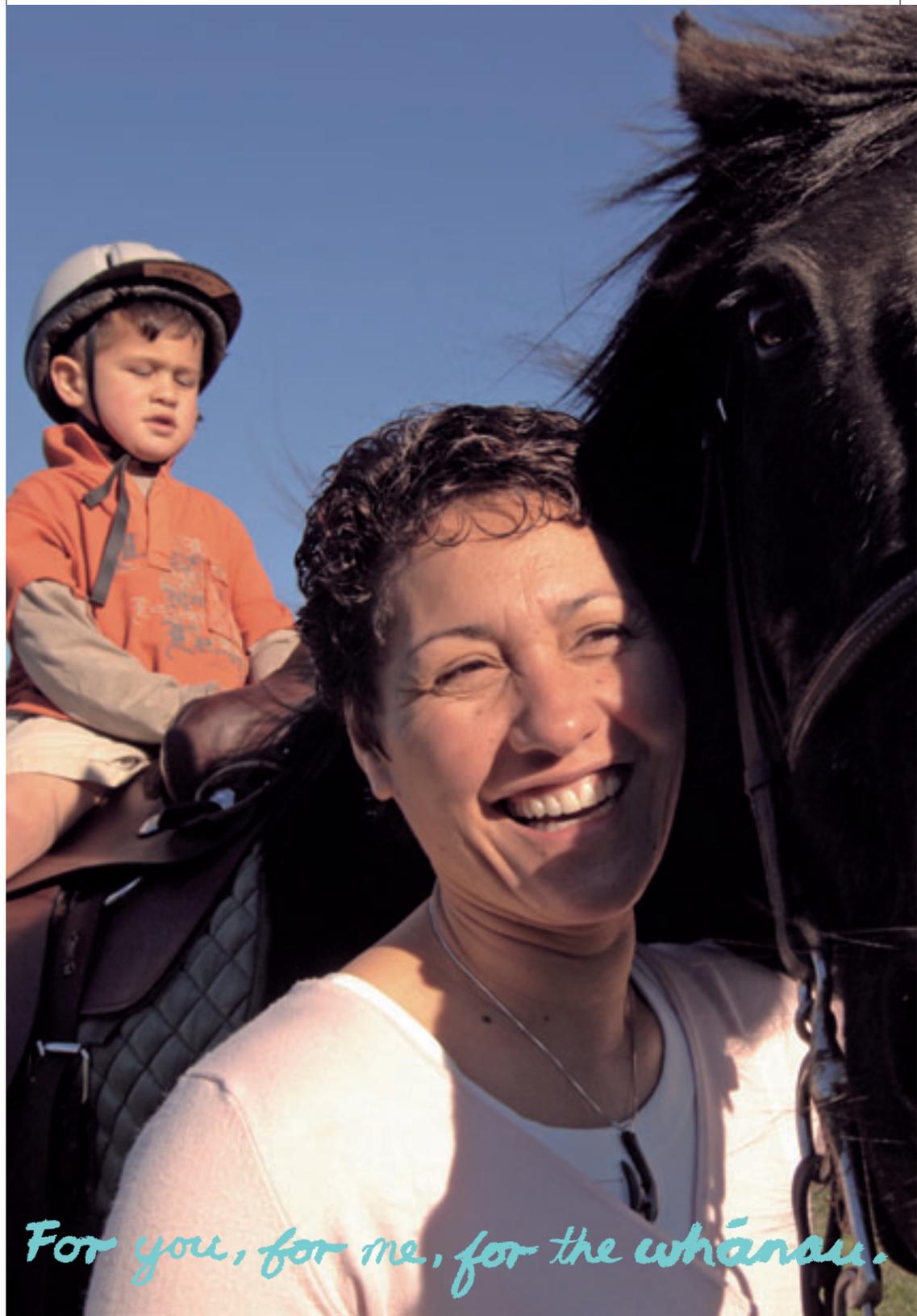
This section provides tips and advice if you'd like to support a member of your whānau through their quitting experience. Choosing to quit is a positive step towards improving everyone's health.

### Smoking not only harms the smoker but harms the whānau.

The whānau can help one of their own to quit by:

- ▷ **Tautoko** – supporting with positive encouragement
- ▷ **Manaakitanga** – protecting and nurturing your whānau
- ▷ **Pupuri taonga** – being kaitiaki (guardians) and holders of the knowledge of the whānau
- ▷ **Tū tangata** – standing tall and proud of being auahi kore (smokefree).

*Māu, māku, mā te whānau*



*For you, for me, for the whānau.*

## Actively supporting your whānau

All members of a whānau can help change a person's behaviour and habits.

Whānau can have a positive influence on someone quitting. Ex-smokers and non-smokers can offer extra support.

Remember nicotine is an addictive drug. It is not from the lack of will power that your whānau member may still crave smoking.

## Being a positive influence on your whānau

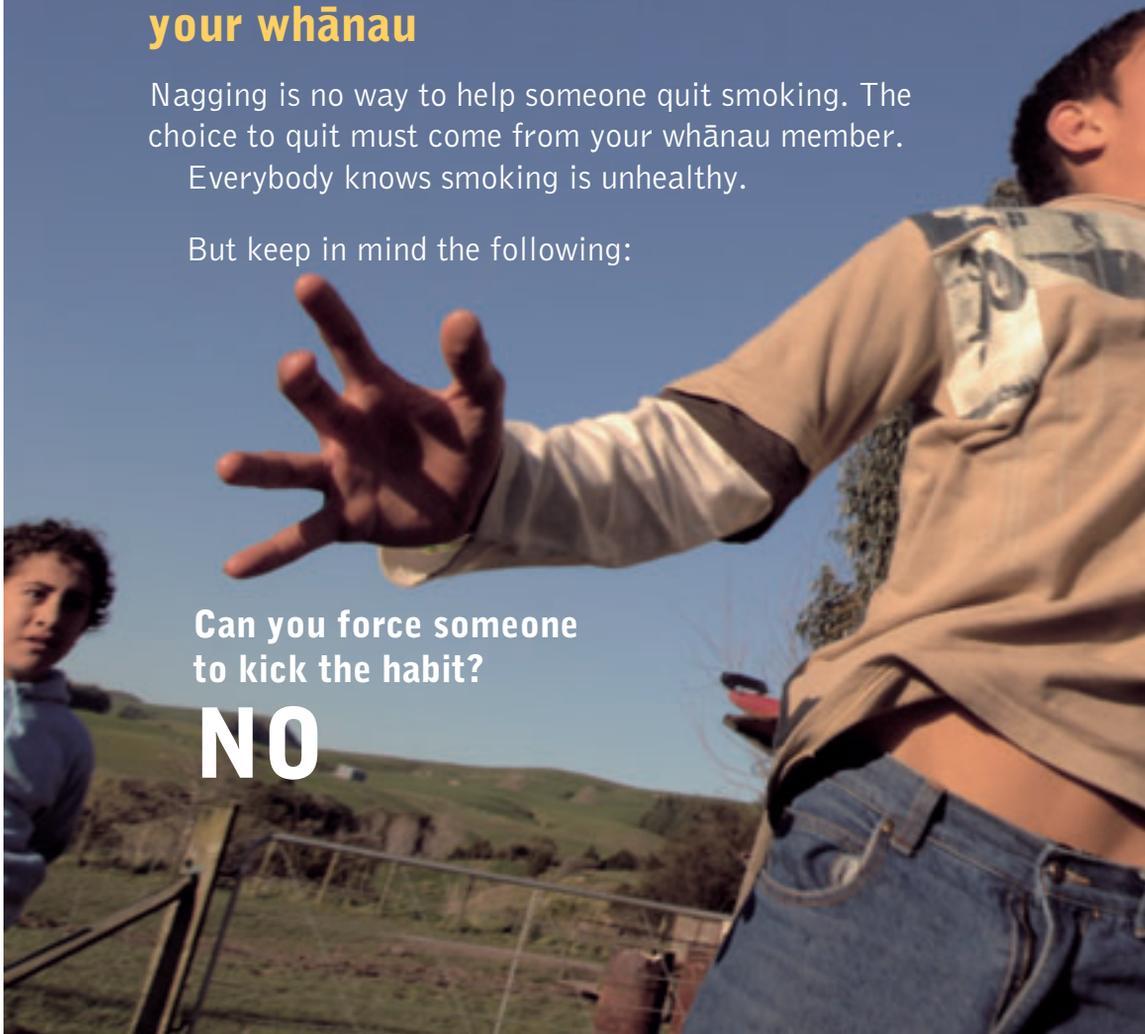
Nagging is no way to help someone quit smoking. The choice to quit must come from your whānau member.

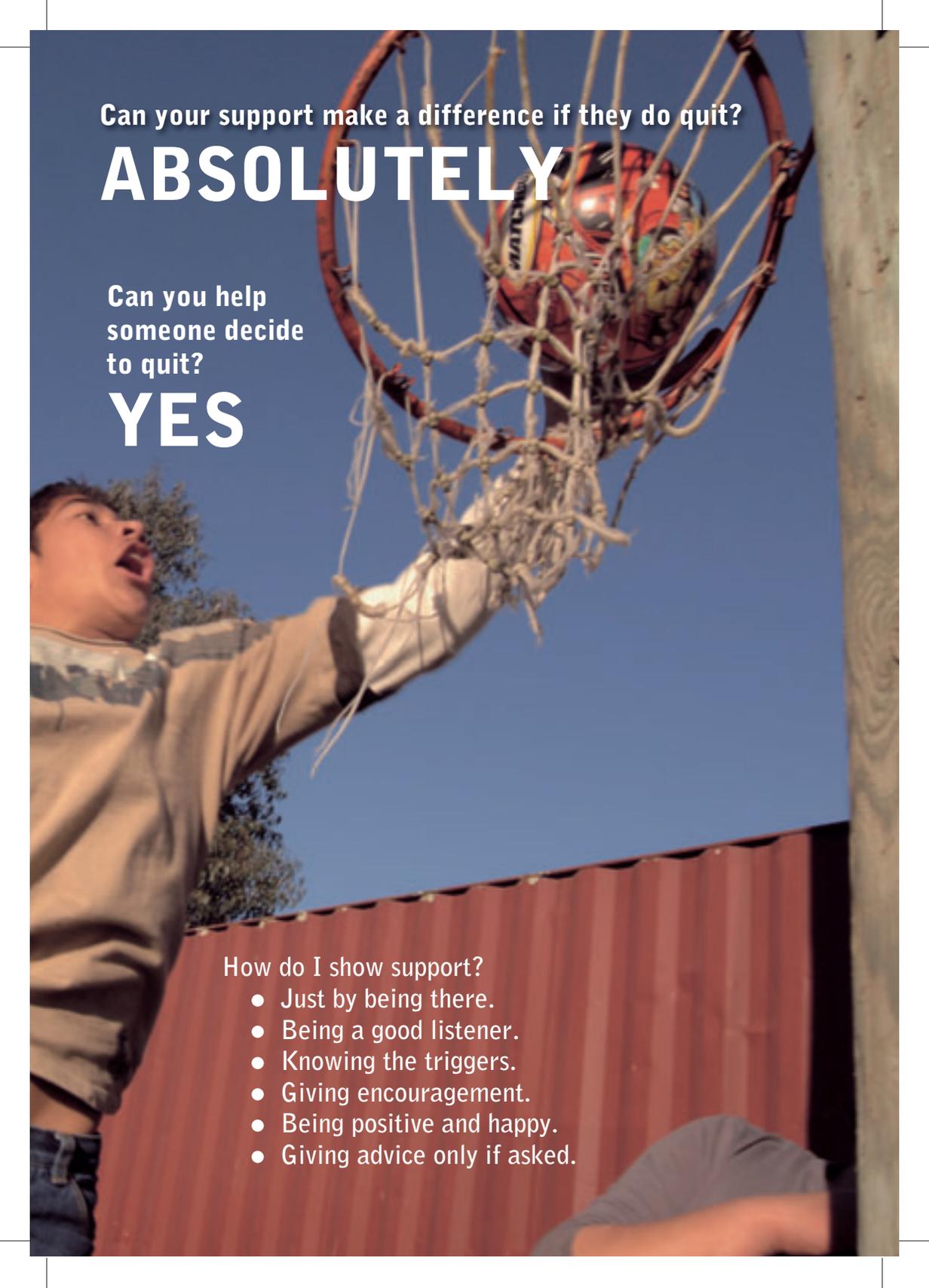
Everybody knows smoking is unhealthy.

But keep in mind the following:

Can you force someone to kick the habit?

**NO**



A young man in a tan hoodie is looking up at a basketball hoop. A basketball is stuck in the net. The background is a clear blue sky and a red corrugated metal wall.

Can your support make a difference if they do quit?

# ABSOLUTELY

Can you help  
someone decide  
to quit?

# YES

How do I show support?

- Just by being there.
- Being a good listener.
- Knowing the triggers.
- Giving encouragement.
- Being positive and happy.
- Giving advice only if asked.



**Te Matahoki – he  
tikanga e ū ai ki te  
kaupapa whakamutu**

**Relapse – regaining  
focus and motivation**

## **Relapse can be a normal stage in your quitting journey**

Relapse means you've gone back to your old smoking ways.

Seek help if you relapse. Support services such as the Quitline and Aukati Kai Paipa understand how hard it is to quit and will support you.

### **FACE YOURSELF and work out**

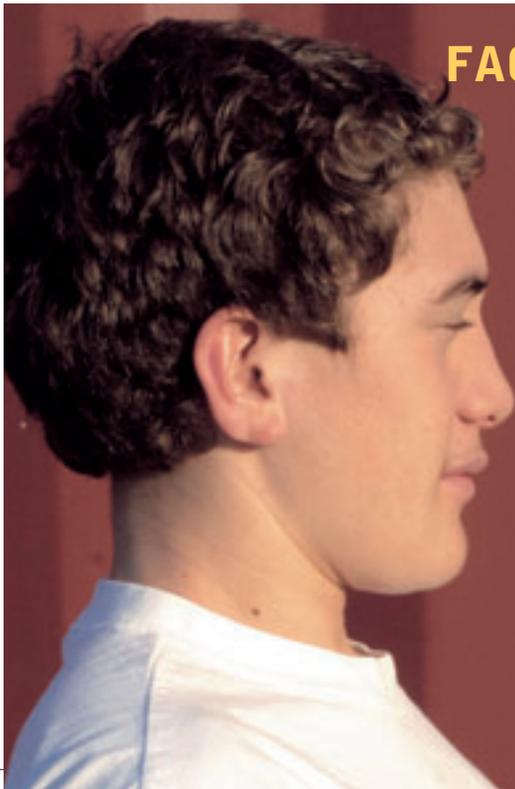
Was it because you stopped  
smoking when you did not want to?

Was it because you saw  
someone smoking?

Was it because you smelt  
someone else's smoke?

Was it because you  
were stressed?

*Ka hinga! Ka  
You fall, you get up.*



## Getting back on track

- ▷ Get to know the triggers that led you to start smoking again.
- ▷ Look over the lists you built in Section Two, Triggers.
- ▷ What will you do next time a trigger comes up? Plan for it.
- ▷ Phone the Quitline, 0800 778 778, and ask an Advisor to send you a copy of the Relapse booklet, *Relapse Matahoki*. It has advice and suggestions on what to do should you relapse.
- ▷ Remember, it is possible for you to change, and to learn to cope in other ways.
- ▷ Try, if you can, to take action very soon after relapsing.
- ▷ You have to want to quit.
- ▷ Believe that you will cope with the challenges and change your behaviour.

### What started you smoking again.

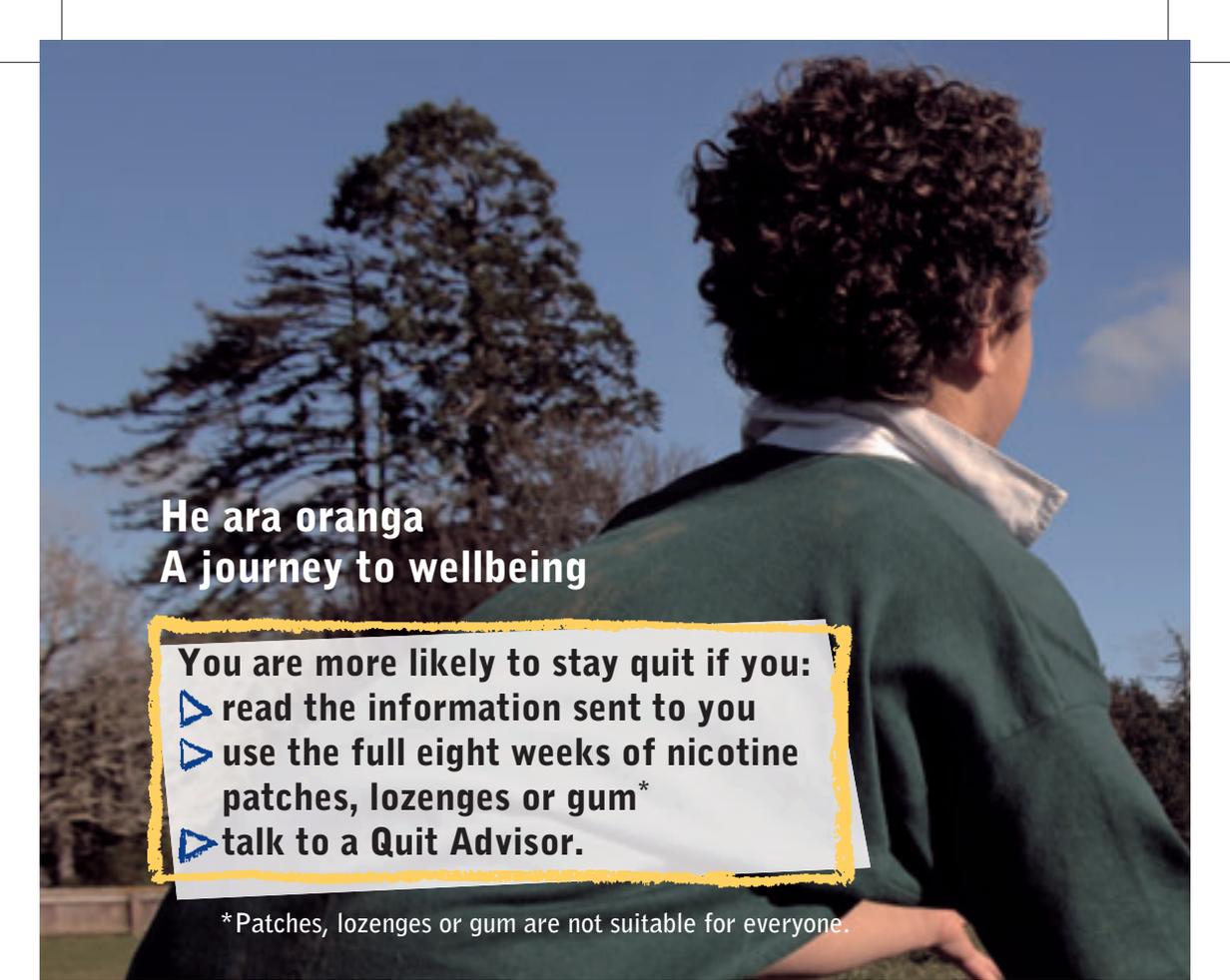
Was it because you were just getting used to being quit and you were not able to handle being around others who were smoking?

Was it because you thought that "it is OK to have just one puff or one smoke"?

Was it because you thought your craving was still strong?

tū! Ka ora!  
you survive - keep going





**He ara oranga  
A journey to wellbeing**

**You are more likely to stay quit if you:**

- ▷ read the information sent to you
- ▷ use the full eight weeks of nicotine patches, lozenges or gum\*
- ▷ talk to a Quit Advisor.

\*Patches, lozenges or gum are not suitable for everyone.

**5**

**Me pēhea te kimi  
āwhina  
Getting support**



To help you follow through with your choice to stop smoking, you can contact:

▶ **your doctor**

▶ **Aukati Kai Paipa**, offers free face-to-face service as well as patches, lozenges or gum – [www.tehotumanawa.org.nz](http://www.tehotumanawa.org.nz)

▶ the **Quitline, 0800 778 778**, offers free telephone support and resources as well as low cost patches and gum. An eight week supply of patches, lozenges or gum will cost you as little as \$3.

All these services can help you if you relapse.

You can also calculate how much money you have saved by not smoking at [www.quit.org.nz](http://www.quit.org.nz), as well as keeping an online diary or journal (blog).

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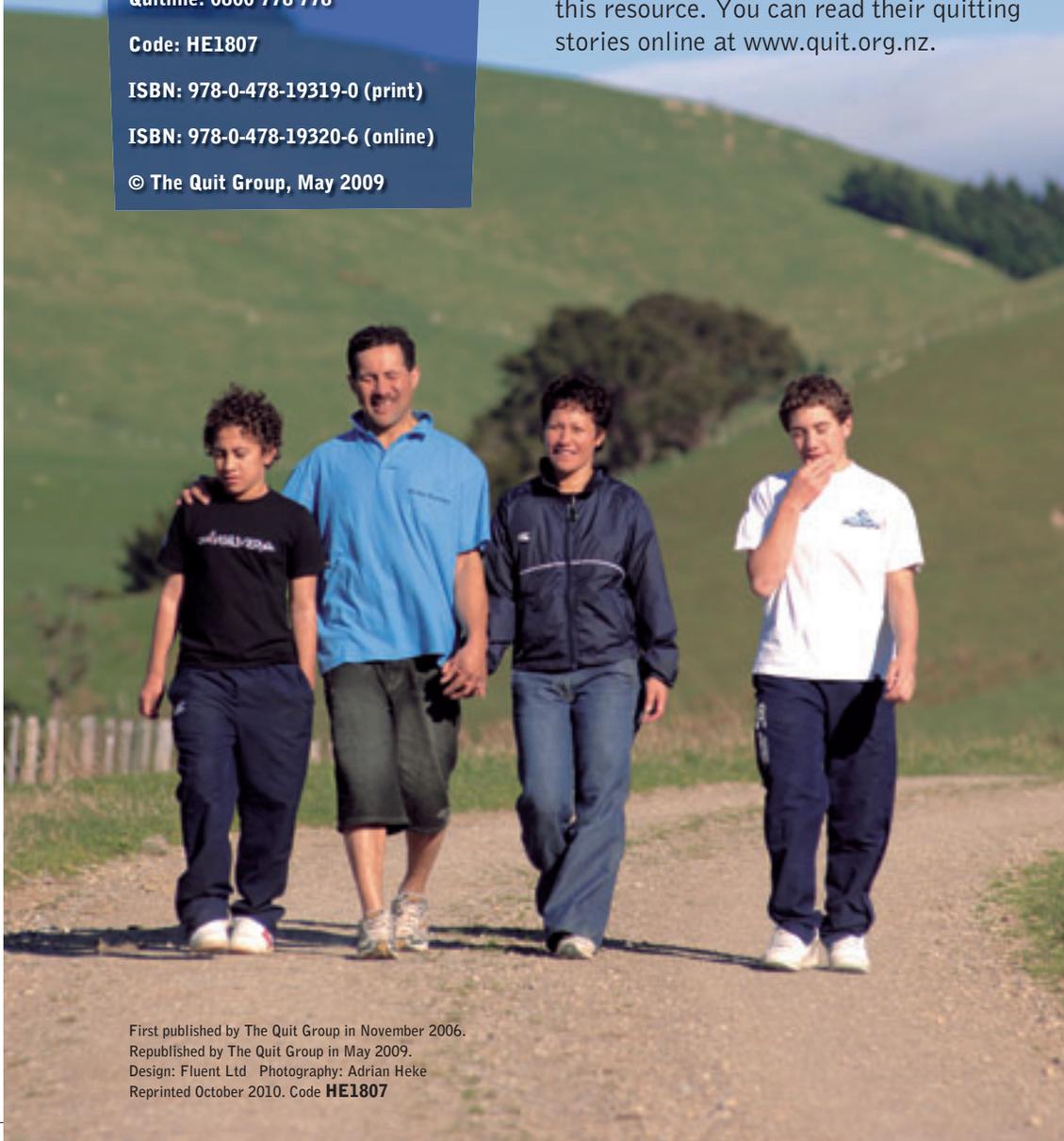
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Me mutu, hei oranga  
mō te whānau

Let's quit for the wellbeing  
of the family

Thank you to the Karena family and the people of Rangitane ki Tamaki Nui a Rua for their willingness to be a part of this resource. You can read their quitting stories online at [www.quit.org.nz](http://www.quit.org.nz).



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