

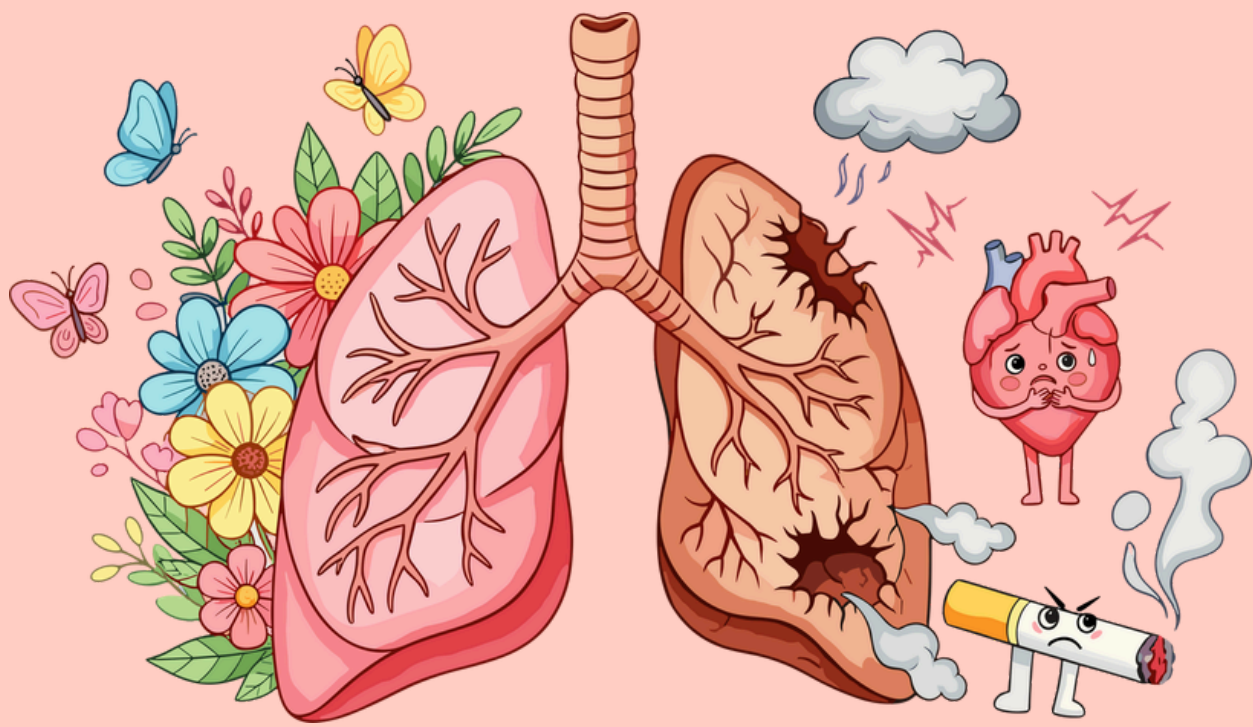
# Smoking

## “When a Coping Tool Becomes a Trap”

Smoking affects more than just the body. Nicotine also impacts the mind, influencing stress, mood, and emotional coping. What may feel calming at first can slowly create dependence and make it harder to manage emotions without smoking.

### Physical Effects

Cigarette smoking has a direct impact on the physical body, especially the lungs, heart, and overall stamina. It reduces oxygen supply, making everyday activities feel more tiring, and weakens the immune system over time. Long-term smoking increases the risk of respiratory illnesses, heart disease, and other chronic health conditions, often affecting sleep, energy levels, and general physical well-being.



### Psychological Effects

Nicotine does not only affect the body; it also alters brain chemistry and emotional functioning. While smoking may provide temporary relief from stress or discomfort, it often leads to increased anxiety, irritability, restlessness, and difficulty concentrating when nicotine levels drop. Over time, this creates a cycle of dependence where emotions and stress feel harder to manage without smoking.



### Breaking The Craving Cycle

Cravings to smoke are usually temporary and can pass if managed with healthier coping strategies. Activities such as slow breathing, drinking water, chewing a gum, taking a short walk, listening to music, or engaging in a brief distraction can help reduce the intensity of urges. Reaching out to a trusted person or grounding oneself in the present moment can also provide emotional relief. Practising these alternatives regularly helps build better coping habits and reduces reliance on smoking over time.



# “Motivation and Readiness Assessment”

## Step 1: My Decision About Smoking

Circle one:

- I want to quit smoking completely
- I want to reduce my smoking
- I am not ready to quit yet, but I want to think about it
- I am unsure

## Step 2: How Acceptable Is Change for Me?

On a scale of 0–5, how ready or willing are you to work on reducing or quitting smoking?

0 = Not ready at all

5 = Completely ready

My number: \_\_\_\_\_

## Step 3: Why Did I Choose This Number?

I chose this number because

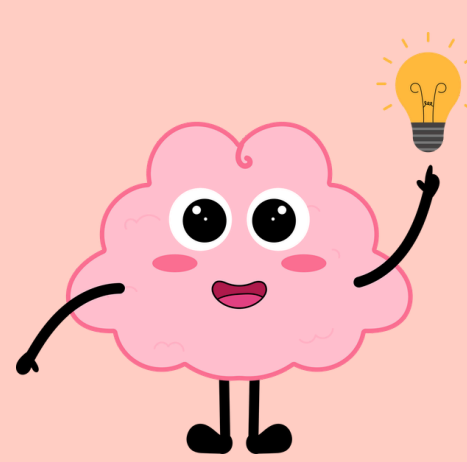
\_\_\_\_\_

What makes it not lower?

\_\_\_\_\_

What would help me move one step higher? \_\_\_\_\_

# ACTIVITY 1



## "Burning the habit, not the self"

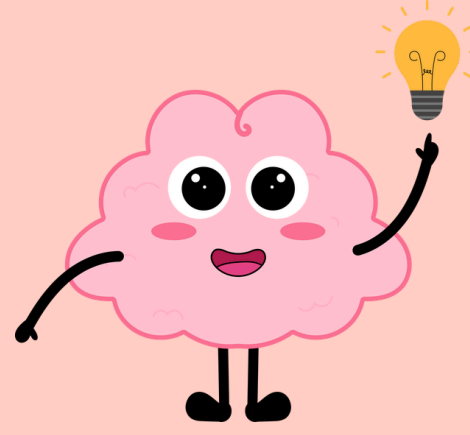


1. Ask the individual to take a blank sheet of paper.
2. Instruct them to cut the paper into two pieces.
3. Ask them to roll one piece tightly, shaping it to resemble a cigarette.
4. The bottom tip of the rolled paper can be coloured or painted to resemble a cigarette filter.
5. Before lighting it, ask the person to pause and reflect:  

“What does this cigarette represent in your life?”  
“What has it taken away from you?”
6. With supervision, the individual burns the paper cigarette in a safe manner. As it burns, encourage them to imagine: letting go of cravings releasing dependence burning away something harmful rather than inhaling it
7. After the paper has burned, ask the person to notice how they feel emotionally and physically.
8. End the activity with a short reflection or grounding exercise.

This activity uses a symbolic approach to help individuals externalise and release the urge to smoke by “burning” a paper cigarette instead of smoking a real one. The purpose is to replace the smoking ritual with a safer, controlled action that provides emotional relief and a sense of control. For safety, the activity should be conducted under supervision, in a fire-safe area, using only paper, with water kept nearby, and should be avoided for individuals with fire-related trauma or self-harm involving burning. By mimicking the action of smoking without nicotine and adding a meaningful visual of letting go, the activity can help reduce cravings and support healthier coping during moments of urge.

# ACTIVITY 2

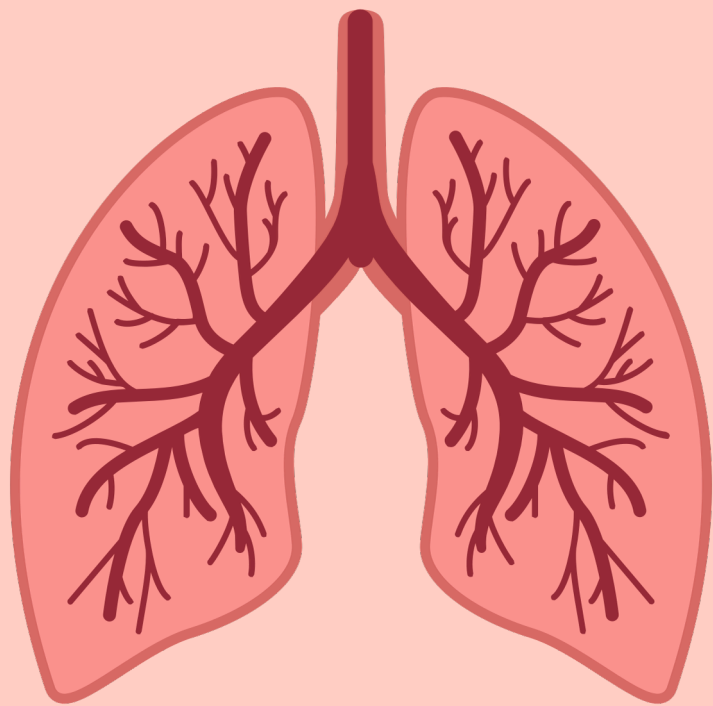


## “Gratitude for the Body Within”



This activity encourages individuals to reflect and appreciate their brain, heart, and lungs by writing positive or thankful statements about each organ. The purpose is to build awareness of how these organs support daily functioning—such as thinking, feeling, breathing, and living—while gently fostering self-care and respect for the body. By focusing on gratitude rather than fear, this exercise helps shift motivation away from harm and toward protecting one’s physical and mental well-being.

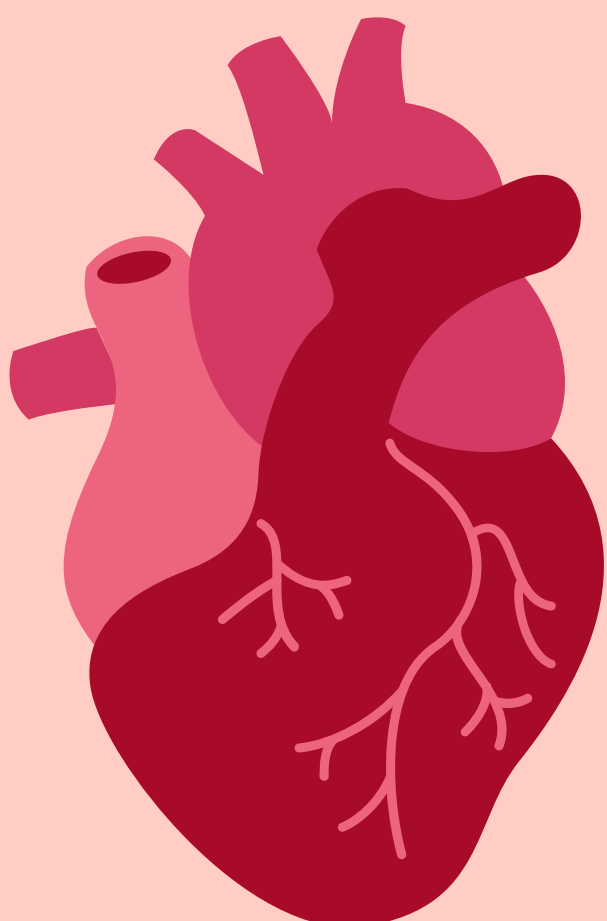
"For each image, write something kind or appreciative about how that organ supports your life".



If I reduce smoking , I feel



I want to but this is stopping me



Instead of smoking , I can do this