

Workplace Wellness



*Supporting a Safe, Happy and
Healthy Environment.....*

December 2017

Christmas is just around the corner...what an exciting time of year. Christmas is an opportunity for family and friends to get together to enjoy the season. May this Christmas end the present year on a cheerful note, and make way for a fresh and bright New Year. Wishing you and your families a Merry Christmas and a Happy New Year!

Cornwall Ontario – On January 1st 2018, all hospitals in the province of Ontario will be mandated to be smoke-free, under the Smoke Free Ontario Act. Until January 1st 2018 hospitals are permitted to identify one designated smoking area on the grounds for patients, employees and visitors.

An individual found to be smoking in the smoke-free area (indoor or outdoor) of a hospital or psychiatric facility may be charged with an offence, and if convicted, could face a maximum fine of \$1,000 (for a first offence) or \$5,000 (for any further offence)

If you are unsure or wanting to quit smoking the information below from Nicorette.ca may help you make that decision.

Get Ready to Quit - Smoking

We're here to help you break-free from smoking by giving you the information and inspiration you need. These articles give you details both about smoking and quitting, as well as motivation to start on your quit journey. Think of them as your tools to do an amazing thing – to stop smoking for good.

Quit Before? This Time is Different

We understand that making the decision to quit smoking can be difficult, because what's ahead is most likely one of the hardest things you'll ever do. It's also one of the most amazing things you'll do. We're here to help you every step of the way.

Here are facts, tools, and inspiration to get you through and help you break free from smoking for good.

The Facts are on Your Side

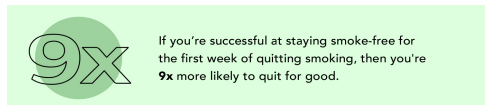
We think the following facts are pretty amazing.

Nicotine Replacement Therapy (NRT), like [NICORETTE](#), can DOUBLE YOUR CHANCES[®] of successfully quitting smoking versus willpower alone.

What's more – if you stay smoke-free for your first week of quitting, you're 9x more likely to quit for good. We can help you get through that [crucial first week](#).

The First Week Predicts Your Success

Getting through the crucial first week of quitting smoking:



It's Never Too Late

The [health benefits](#) of stopping smoking begin within the very first hour of quitting. You become healthier throughout the following days and weeks. By quitting, you regain lung capacity and decrease your chances of a heart attack or stroke, which means it's never too late to stop smoking.

Health Benefits of Quitting Smoking

Did you know you start feeling the health benefits of quitting smoking within the first hour? If you're curious to know what happens after you quit smoking, we have the answers.

Health Benefits

Your body transforms when you stop smoking.

- **20 minutes**
Your blood pressure and pulse rate return to normal.
- **8 hours**
Oxygen levels in your blood return to normal and the levels of nicotine and carbon monoxide are reduced by more than half.
- **24 hours**
Carbon monoxide has been eliminated from your body. Your lungs start to clear out mucus and other smoking debris.
- **48 hours**
There's no nicotine left in your body. Your ability to taste and smell is greatly improved.
- **72 hours**
Breathing becomes easier. Your bronchial tubes begin to relax and your energy levels increase.
- **2 to 12 weeks**
Circulation improves throughout the body, making walking and running a whole lot easier.
- **3 to 9 months**
Coughs, wheezing and breathing problems get better as your lung function is increased by up to 10%.
- **1 year**
Your heart-attack risk reduces by half.
- **5 years**
Your heart-attack risk falls to about half that of a smoker.
- **10 years**
Risk of lung cancer falls to half that of a smoker. Risk of heart attack falls to same as someone who has never smoked.

You'll also experience these physical effects when you quit smoking:

- Improved fertility
- Healthier looking skin
- Whiter teeth and fresher breath
- Softer and shinier hair

Other Benefits

It's important for you to celebrate these other wins when you break free from smoking for good:

- Better smelling clothes
- Less stress
- More money

Habits Can Be Broken

Breaking a habit isn't easy, but we also know it's easier if you change your behaviour. Our [tips](#) give you ideas about how to start new habits. In particular, it's essential for you to [write down your smoke-free goals and to reward yourself](#) along your quit journey.

Writing Down Goals & Rewarding Yourself

Because quitting smoking is one of the hardest things you'll do, it's important to have ways to navigate your quit journey, especially when your promise weakens. If you give yourself milestones and rewards, you'll have a greater chance of success. Here's how.

Put the reasons you want to stop smoking in writing.

Make a list of the reasons you want to stop smoking and put it somewhere you'll see. This record can help you through the tough times, like if you slip up and [have a cigarette](#).

Set and write down daily, weekly, and monthly goals.

This physical contract with yourself can inspire and help boost your confidence.

Track your progress on a calendar.

Rather than counting down the days - count them up. Get yourself a calendar and tick off each day you've managed to stay cigarette-free. The ticks will soon add up – reminding you of your hard work and how far you've come if your willpower falters.

Reward yourself.

Treat yourself at each milestone of the goals that you wrote down. Make the rewards meaningful, like buying something you've had your eye on, getting a gym membership, or planning a small dinner party - all to celebrate your accomplishment.

What If You Have a Cigarette?

Relapses happen, so don't be too hard on yourself. The most important thing is for you to know is [how to deal with a relapse](#) rather than letting it break your promise.

What to Do if You Have a Cigarette

If a relapse happens, don't be too hard on yourself. We know it may feel like a big setback, but it's better to accept it and move on. Don't let it deter your promise to quit – in fact, strengthen it with these tips.

- **Understand that quitting smoking is a learning process.**
Keep in mind that quitting smoking is like learning to ride a bicycle. Of course you'll fall, but it's more important to get up and back on your bike. That's how we learn, and the same logic applies to quitting smoking. Over time, you'll find the right balance.
- **Don't stop using your NICORETTE® product.**
It's perfectly safe to continue using any NICORETTE® product, even if you slip up and have a cigarette.
- **Try to understand what made you slip up and plan what to do differently.**
A big part of quitting smoking is figuring out what makes you want to smoke. By figuring out the

trigger, you can recognize it the next time and instead try a new behaviour (like going for a walk or eating a healthy snack).

- **Talk to someone in your support network.**
Rely on support as you get back on track, and share your feelings. As well, talking may help you better understand why you slipped up and how to avoid doing it in the future.
- **Remind yourself of your goals.**
Think of the good things that have happened since you quit smoking. Quickly refocus on quitting and remember the reasons why you quit.
- **Talk to your healthcare professional about using the [NICODERM®](#) patch with your [NICORETTE®](#) product.**
If the amount of NICORETTE® you are taking does not help you stop smoking, talk to your healthcare professional about using more than one type of [Nicotine Replacement Therapy \(NRT\)](#) at the same time.

Remember, You're Doing Something Amazing

By quitting, you're doing an amazing thing – for yourself and the people in your life. Once you quit, there are so many other things you can do.

Quit Smoking Tips

We understand that quitting smoking is one of the biggest challenges you'll face. These tips will help keep you motivated. Even more, they give you ways to change your behaviour so that you can stop smoking for good.

Tip 1: Make a date to quit.

Choose a date to quit smoking and stick with it. It's a great way to mentally prepare to stop smoking.

Tip 2: Put it in writing.

Make a list of the reasons you want to stop smoking and put it somewhere you'll see it. This record can help you through the tough times when your resolve weakens.

Tip 3: Quit with a friend.

A US study in 2008 found that smokers whose friends quit were 36% more likely to stop themselves, while smokers whose colleagues quit were 34% less likely to smoke too.

If you want to succeed in your mission to give up cigarettes for good, grab a friend who also wants to quit. That way, you can keep each other motivated and you'll know you're not in it alone.

Tip 4: Use the money you save on cigarettes to treat yourself.

Make sure you actually see the money you save. Set up a special account or just start a 'quitting jar', to store the saved cash. Then for the fun part - deciding how to spend it.

Tip 5: Surround yourself with support.

People understand that quitting is a real challenge and requires a lot of willpower, so surround yourself with their positive words of encouragement.

Tip 6: Identify what makes you crave a cigarette.

Strengthen your willpower by limiting or skipping triggers you commonly associate with smoking, such as drinking alcohol, coffee, or tea. If that's the case, try drinking less when you first quit.

Tip 7: Keep busy to resist the urge to smoke.

Whenever you feel the urge to smoke, resist it by keeping busy. Make a list of five-minute strategies of things to do when a craving hits, like going for a walk, calling a friend, or drinking a glass of water.

Tip 8: Work out the stress.

Physical activity is a great way of dealing with the stress of quitting and cigarette cravings. Walk, run, swim, or take up a new activity. Your lung capacity improves by as much as 10%, nine months after you quit. You'll be able to do more.

Tip 9: Eat well.

Cigarette cravings can be confused with hunger pangs. Keep fruit, vegetables, and other healthy foods handy for these moments.

Tip 10: Try Nicotine Replacement Therapy (NRT).

NICORETTE® offers a range of NRT products which can help tackle cigarette cravings and nicotine withdrawal symptoms throughout your quit journey. By using NICORETTE®, you double your chances of quitting successfully versus willpower alone.

Tip 11: Don't fall at the first hurdle.

Psychologists have found that people persist in solving problems for longer when they're told the problems are hard. Giving up smoking may be one of the most difficult things you'll ever do. However, your persistence will help you succeed, even if you occasionally [relapse](#).

Tip 12: Rely on expert help.

Elite athletes have coaches and successful people have mentors. It simply makes sense to use the help that you have available to give up smoking.

[Eastern Ontario Health Unit - Cornwall - Pitt St
Quit Smoking Programs](#) 613-933-1375

toll free - 1-800-267-7120

Tip 13: Reward yourself.

Treat yourself at each milestone of your goals. Make the rewards meaningful, like buying something you've had your eye on.

Tip 14: Focus on the positives.

Think of all the positives of living smoke-free, such as being healthier overall and having more energy, better skin, whiter teeth, and a better sense of taste and smell. The less you think about smoking the easier it will be to stay smoke free.

Tip 15: Find new ways to relax.

Help keep your mind off smoking by finding new ways to relax, such as deep breathing, light exercise, or reading.

Tip 16: Plan an 'anniversary' party.

Quitting smoking is no easy task – but if you give it your all and stay motivated, you'll get there. If that's not an excuse for a party, then we don't know what is.

Why not promise your family and friends a celebration for your one-year anniversary as a non-smoker? It'll be yet another positive target and reason to stay motivated, as well as a great way to share your achievement with your loved ones.

Information taken from: www.nicorette.ca › [Get Ready to Quit](#)

Cheesy Cauliflower Breadsticks

Prep Time

10 mins

Cook Time

40 mins

Total Time

50 mins

Cheesy Cauliflower Breadsticks - gluten free, low carb, cheesy cauliflower breadsticks! This recipe is a winner and a keeper!

Course: Appetizer

Cuisine: American

Servings: [8](#)

Calories: 185 kcal

Author: Joanna Cismaru

Ingredients

- 4 cups riced cauliflower about 1 large head of cauliflower
- 4 eggs
- 2 cups [mozzarella cheese](#) I used a Tex Mex blend
- 3 tsp oregano
- 4 cloves garlic minced
- salt and pepper to taste
- 1 cup mozzarella cheese, or more for topping

Instructions

1. Preheat oven to 425 F degrees. Prepare 2 pizza dishes or a large baking sheet with parchment paper.
2. Make sure your cauliflower is roughly chopped in florets. Add the florets to your [food processor](#) and pulse until cauliflower resembles rice.

3. Place the microwaved cauliflower in a large bowl and add the eggs, 2 cups of mozzarella, oregano, garlic, salt and pepper. Mix everything together.
4. Separate the mixture in two and place each half onto the prepared baking sheets and shape into either a pizza crust, or a rectangular shape for the breadsticks.
5. Bake the crust (no topping yet) for about 25 minutes or until nice and golden. Don't be afraid the crust is not soggy at all. Once golden, sprinkle with remaining mozzarella cheese and put back in the oven for another 5 minutes or until cheese has melted.
6. Slice and serve.

Recipe Notes

If you do not have a microwave, I'd recommend cooking the cauliflower first either in your oven or on the stovetop and then ricing it. Easiest would be to steam it and then ricing it.

The cauliflower should not be soggy at all after microwaving it. If however, you find that it is soggy, place it on a few paper towels and squeeze the water out of it.

Nutritional information based on 1 cup mozzarella cheese for topping. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

The crust can be frozen, already baked, and just thaw it out on the counter or microwave. Or add the cheese and place it back in the oven and bake it for a few minutes until the cheese melts and browns.

Recipe taken from: [Jo cooks recipes](#)

Newsletter prepared by: Lynn Heatley
Health Services & HR Assistant



Merry
Christmas
&
Happy
New Year!