

March 8th 2023 – World no smoking day

Courage is fire and bullying is smoke

~ Benjamin Disraeli



Every year, the second Wednesday in the month of March is observed as No Smoking Day. The purpose of the day is to support smokers who want to stop and to increase public awareness of the negative effects of smoking on health. According to the World Health Organization, tobacco smoking results in the death of more than 8 million people annually, up to half of all users. Almost 7 million of those fatalities are directly related to tobacco use, whereas 1.2 million are brought on by exposure to secondhand smoke. Notwithstanding the numbers, public health initiatives such as warnings, labels, age restrictions, and bans on smoking in certain places have had a positive impact on smoking rates.

Smoking is one of the worst habits a person can acquire. Many of people start smoking every day even if they are aware of the risks. The earliest signs of smoking are coughing and throat irritation, followed by foul breath and stinky clothing. With time, more severe conditions like heart disease, bronchitis, pneumonia, stroke, and other malignancies may appear.

Five successive stages in the process of quitting:

1) Pre-contemplation (not thinking about quitting)

At this point, people are not actually considering quitting, and if confronted, they are likely to defend their smoking habits. They can feel defeated by past failures to stop smoking or think

they are too dependent to ever give up. The messages on the health advantages of quitting smoking are unlikely to be well received by these smokers. But the vast majority of "pre-contemplators" eventually start to consider giving up.

2) Contemplation (thinking about quitting but not ready to quit)

Smokers are contemplating quitting now or in the near future at this point (probably six months or less). They view smoking as a problem that needs to be fixed and are more conscious of the personal costs. As a result, individuals are more receptive to learning about smoking and recognizing the obstacles that stand in their way of quitting.

3) Preparation (getting ready to quit)

Smokers who have decided to stop are preparing to do so during the preparation period. They are making baby efforts towards quitting since they believe there are more negative aspects of smoking than positive ones. For instance, they might be smoking fewer cigarettes while they are just beginning to plan. They say things like, "This is serious... something has to change," and they might even set a quit date.

4) Action (quitting)

At this point, people are actively trying to quit smoking, may use temporary rewards to keep themselves motivated, and frequently seek out the assistance of family, friends, and other people. They reevaluate their commitment to themselves in their minds and solidify action plans to handle internal and external pressures that can cause slippage. Smokers need the most assistance and support during this phase, which typically lasts up to six months.

5) Maintenance (remaining a non-smoker)

Former smokers who are in the maintenance stage are able to employ new coping mechanisms to deal with stress, boredom, and social demands that had previously been a part of their "smoker's identity." Even if they could make a mistake and smoke a cigarette, they strive to learn from it to prevent it from happening again. They are better able to maintain their smoke-free status and feel more in control as a result of this.

Some tips to follow to quit smoking:

- 1) **Have milk:** It is thought that drinking milk can help you quit smoking. Milk must be consumed daily in a minimum of two cups. When you feel the want to smoke, you can drink a cup of milk. If plain milk doesn't appeal to you, try mixing it with some fruit or, for that matter, lassi.
- 2) **Rainbow diet:** The more toxins are eliminated from your body, the easier it will be for you to resist the want to smoke. Eat a rainbow-colored diet that is high in fruits and vegetables to assist your body get rid of pollutants.
- 3) **Keep occupied:** There are fewer odds that you will develop an urge to smoke if you are consistently working or otherwise busy.
- 4) **Have lots of water:** Our body need a lot of water. It aids with digestion, keeps us hydrated, and supports quitting smoking efforts. You can remove toxins from your body with the aid of water.
- 5) **Have fruits:** When you want to smoke, grab some fruits like pineapple or grapes, or just some popcorn, carrots, cucumber, or celery. You must stay away from coffee and alcohol during withdrawal since they could make you want to smoke. Regular exercise aids in the body's detoxification and the elimination of toxins.