

Conquering Challenges— Participant

OBJECTIVE: *To conquer challenges that might be faced when quitting.*

Take pride in your accomplishment! Conquering your addiction to tobacco is not an easy task. As you undertake this challenge, you may begin to notice obstacles that will threaten your resolve to quit. This session is intended to helping you identify and overcome these obstacles.

Conquering Danger Situations

Throughout your day, you encounter numerous situations that make it difficult for you to say NO to a cigarette. Spend a few minutes thinking of occasions when you are tempted. Write them on the left-hand side.

Times when I Don't Want to Quit	My Healthy Response

The times when you will struggle the most to remain a non-smoker are your “Danger Situations.” Every person has different points in their day or situations that they face that make them feel most tempted to smoke. Fortunately, there are many positive ways you can choose to handle these encounters. Now spend a few minutes thinking about healthy ways you can choose to respond to these stressors. Remember the relaxation and stress management exercises discussed during the previous session. It may also be helpful for you to intentionally avoid “danger situations” for some time until you feel more confident in your non-smoker status. Perhaps you will want to avoid drinking or spending time in bars; perhaps you will want to avoid hanging out with friends who smoke during breaks at work.

Healthy Lifestyle Choices

Some of the concerns about quitting you might have had involve making healthy lifestyle choices. The next section of this week’s reading will cover a few of these topics.

Weight Gain

For many people, fear of weight gain is a serious hindrance to stopping smoking and staying quit. Unfortunately, it is a fact that many (but not all) people who quit smoking will gain a small amount of weight. There are many potential reasons for weight gain. One is that the nicotine in cigarettes stimulates the body's metabolism. When you quit, this stimulant effect is lost and weight gain can occur. In addition, some people eat more after they quit smoking — often without even realizing it! This added food is often high calorie products such as candy or sweets. There are many reasons why people might eat more while they are quitting. People may feel the need to have something in their mouth to replace cigarettes or may need to have something to do with their hands. They may feel that they can “treat” themselves with food while they are quitting. Or they may simply be bored. Consider whether your diet could use some improving. The food pyramid on the following page will help you improve your diet, avoid weight gain, and be healthier at the same time.

On average, people gain 5-10 pounds when they quit smoking. While this may be annoying, it is not considered serious weight gain. If you are concerned about weight gain, you can avoid adding new weight by watching what you eat and by increasing your level of physical activity. Be prepared. Stock your kitchen with lots of satisfying foods that are low in fat: apples, carrots, celery, crackers, low-fat Popsicle, etc. Keep sugar free gum or hard candy on hand. Give yourself an array of inviting choices. Some people also find chewing on straws, cinnamon sticks, native roots, or gum to be helpful — these keep your mouth and hands busy as well!

Physical Activity

By now you may be feeling physically different because you've stopped smoking. You may have more energy, breath easier, have a better sense of smell and taste, and feel more alert. In addition, you are saving money you would have spent on cigarettes!

Being active can be a great help in your quest to stop smoking. It helps you cope with withdrawal symptoms, reduces stress, and can help you avoid gaining weight. Being active simply means looking for ways to move your body more. For example, climb stairs rather than take the elevator or escalator, walk part of the way to work, go dancing or bowling, or take a walk each day during your lunch break. Be certain to check with your physician or other health care provider before making a dramatic change in your activity level. Think of some activities that you can do to be **more active**.

Spiritually Centered

Not only is it important for you to think about making healthy physical changes, it is also important for you to remain spiritually centered during this transition. Consider doing a few of the following during your journey to become a non-smoker:

- ~ Voice out loud your reasons for stopping cigarette use every day.
- ~ Say a prayer - ask for courage and strength as you strive to be healthier.
- ~ Spend time outside or in a quiet place

Review

Although watching what you eat and increasing your level of activity are important, do not forget your primary goal: to stop smoking and stay quit! Right now, nothing is more important to your health and well being than to stop smoking and stay quit. Do not lose sight of this. Do not try to make too many changes at once. Above all, do not let anything interfere with your efforts to stop smoking — you can conquer this challenge!

Native American Food Guide

The US Department of Agriculture published The Food Guide Pyramid in 1992. Instead of the old "Basic Four Food Groups" the pyramid ranks five major food categories, emphasizes eating more bread and cereals, fruits and vegetables. The following outlines examples of today's food and traditional Northwest Indian foods.

BREAD GROUP - choose 6 - 11 servings per day

These foods provide carbohydrate for energy, fiber for healthy digestion, plus iron and B vitamins.

- * 1 slice bread
- * 1 ounce ready to eat cereal
- * 1/2 cup cooked cereal
- * 1/2 English muffin or hamburger roll
- * 1 tortilla
- * 1/2 cup spaghetti, noodles, macaroni, or rice
- * 1 cracker

Traditional Grains:

- * Indian biscuits (Bannock bread)
 - * Dried corn
 - * Lukameen
 - * Mush
 - * Wild oats
 - * Wild rice
 - * Popcorn
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VEGETABLE GROUP - choose 3 - 5 servings per day

These foods provide vitamins A and C, plus fiber for healthy digestion.

- * 1 cup raw leafy greens
- * 1/2 cup chopped raw or cooked vegetables
- * 3/4 cup vegetable juice
- * 1 medium potato

Traditional Vegetables:

- * Sprouts or new shoots
- * Peeled stems
- * Spring Greens
- * Wild Rhubarb
- * Indian Celery
- * Wild Mushrooms
- * Wild roots such as bitter root, camas, and cattail
- * Seaweed
- * Black tree moss

MEAT GROUP - choose 2 - 3 servings per day

These foods provide protein for developing and maintaining strong bodies, plus iron for healthy blood.

- * 2 - 3 ounces cooked meat, poultry, or fish
- * 1/2 cup cooked dried beans or peas
- * 1 hot dog
- * 1 egg
- * 2 tablespoons peanut butter, nuts or seeds

Traditional Meats, Fish, Birds, Eggs, and Nuts:

- * Deer, elk, mountain goat, rabbit, squirrel, or beaver
- * Seal or Whale
- * Salmon or other Fish
- * Oysters, clams, sea urchin, mussels, crab squid, or octopus
- * Ducks, geese, pheasant, grouse, quail, or chickens
- * Eggs of salmon or birds
- * Acorns, hazelnuts, or pinenuts

DAIRY GROUP - choose 2 - 3 servings per day

These foods provide calcium for strong bones and teeth, plus protein.

- * 1 cup milk or lactose reduced milk
- * 1 cup yogurt
- * 1 1/2 ounces cheese

Traditional Calcium Sources:

- * Breast milk for babies
 - * Bone soup or broth
 - * Fish head soup
 - * Canned salmon with the bones
 - * Cough, camas or wild carrots (in large amounts)
 - * Oyster or clams
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FRUIT GROUP - Choose 2 - 3 servings per day

These foods provide protein for developing and maintaining strong bodies, plus iron for healthy blood.

- * 3/4 cup 100% fruit juice
- * 1 medium piece fresh fruit
- * 1/2 cup canned or fresh chopped fruit
- * 1/2 cup canned or fresh chopped fruit
- * 1/4 cup dried fruit

Traditional Fruits and Berries:

- * Wild berries such as huckleberries
 - * Choke cherries
 - * Wild crab apples
 - * Wild black cherries
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EXTRAS: FATS & SWEETS - use only very small amounts!

These foods provide lots of extra calories, but few of the vitamins and minerals that our bodies need to function well.

- * Butter, margarine, mayonnaise, or salad dressing
- * Lard, oil, or gravy
- * Fried food, chips or fry bread
- * Sugar, honey, syrup, candy, jam, or jelly
- * Pie, cake, cookies or desserts
- * Soda pop, Kool-Aid, sports drinks, sweetened teas, or fruit flavored punches

Traditional Fats and Sweets

- * Animal fat
 - * Fish Oil
 - * Honey
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Native American Food Pyramid

A Guide to Daily Food Choices



Note: These are only a few of the many Native American Foods that could fit within the Food Guide Pyramid