

STOPPING SMOKING MINDFULLY: GUIDED MEDITATION



Meditation can be a helpful tool in tobacco dependence treatment by reducing stress, improving mental focus and increasing self-awareness. Here is a guided meditation that you can try:

1. Find a quiet place where you won't be disturbed. Sit down in a comfortable position with your back straight and your feet flat on the ground.
2. Close your eyes and take a few deep breaths, inhaling through your nose and exhaling through your mouth.
3. Focus on the sensation of the breath moving in and out of your body. Pay attention to the feeling of the air passing through your nostrils, the rise and fall of your chest and belly.
4. As thoughts or emotions arise, acknowledge them without judgment and bring your attention back to your breath.
5. Visualize yourself as a non-tobacco user, free from the addiction and its negative effects on your health and well-being. See yourself living a healthy and fulfilling life without tobacco.
6. Repeat a positive affirmation to yourself, such as "I am strong and capable of stopping smoking" or "I choose to live a healthy and smoke-free life."
7. When you are ready, take a final deep breath and slowly open your eyes.

Remember that meditation is a practice, and it may take time and patience to see results. Be kind to yourself and take small steps towards your goal of stopping smoking. Seek support from friends, family, or a healthcare professional if needed.

References:

- Tindle, H., Barbeau, E., Davis, R., Eisenberg, D. et al. (2006) Guided imagery for smoking cessation in adults: a randomized pilot trial. *Complementary Health Practice Review*, 11(3): 166-175.
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Wynd, C. (2005). Guided health imagery for smoking cessation and long-term abstinence. *Journal of Nursing Scholarship*, 37(3), 245-250.

