

ME MUTU TĀTOU



Quitline 0800 778 778 or pātuhi mai 4006

www.quit.org.nz

Quitline
ME MUTU

Mā mātou koe e awahi

He mate warawara kino te kai paipa, he uaua te whakamutu. Kei te pai, e mārāma ana mātou, ā, kei konei mātou ki te āwhina, ki te tautoko i a koe. Kia kaha, ka taea tonutia e koe!



Waea: Waea mai ki Quitline 0800 778 778 – he kōrero ārahi ā mātou hei āwhina i a koe ki te haukoti i tō kai paipa.

Quitline 0800 778 778



Txt2Quit: Me tūhono atu ki Txt2Quit. Ina pērā, ka rere utukore atu ki tō waea ētahi whakaaro pai hei āwhina i a koe ki te whakamutu i te kai paipa.

Haere ki www.quit.org.nz, ki reira rēhita ai.



Tatauranga whakamutu: I konei ka tātaihia ōu ake tatauranga Me Mutu, kia kite ai koe i te nui o te moni ka penapenahia e koe i tō kore e kai paipa.

Heoi anō, me rēhita, i www.quit.org.nz



Rangitaki whakamutu: Mā konei koe kuhu atu ai i te whānau rangitaki. Ka tautokona koe e ētahi atu e wawata ana kia mutu tā rātou kai paipa.

Me rēhita anō, i www.quit.org.nz/blog



He whakapiri, he pia ngaungau, he rare paratupeka:

Tikina mai tētahi o ēnei mō te \$5 noa iho – whakamutua te momi hikareti, kātahi anō ka pēnei te ngāwari o te utu.

Rēhita mai i www.quit.org.nz, waea mai ki 0800 778 778, pātuhi mai ki 4006 rānei.



He Mahere Whakamutu: Hangaia tāu ake Mahere Whakamutu hei āwhina i a koe i ō mahi ki te whakamutu i te momi hikareti. Whāia ngā tohutohu i te ipurangi, kōrero ki te kaitohutohu i te waea rānei.

Rēhita mai i www.quit.org.nz, waea mai ki 0800 778 778, pātuhi mai ki 4006 rānei.



Kanohi ki te kanohi: Mō ngā āwhina kanohi ki te kanohi, tēnā koa whakapā atu ki tō tākuta, ki te kaituku ratonga hauora o tō rohe, ki te whārangi ipurangi quitstrong.nz rānei kia rapu ai i tētahi kaitautoko. Waea mai ki a Quitline, i nā pīrangi koe ki te tautoko. Mā tātou e rapu kaitautoko mōu.

Ehara taku toa i te toa takitahi, engari he toa takitini



Ko te whakamutu i te kai paipa, he mahi mā te tangata takitahi, engari inā te tokomaha e haere ana i tō taha, e kore ai koe e mokemoke. Mā Quiltline tonu koe e tautoko, mā roto i tana ratonga kōrero i te waea, i te ipurangi. He ratonga kanohi ki te kanohi e tū ana i te nuinga o ngā hapori. He āta mahi tahi ēnei rōpū e rua ki te āwhina i a koe i roto i tō whawhai rangatira kia tū tupeka kore koe.

He taru tawhiti – waiho ki tawhiti

He tapu te hā ki te Māori. Nā Tāne i ahuhau mai te wahine tuatahi, a Hineahuone, nāna anō i whāngai atu te hā ki roto i a ia, me te taki anō i tēnei karakia onamata:

*Tihei mauri ora
Ki te whaiao
Ki te ao mārama!*



He puiaki tonu te hā. Ko tēnei mea te hongī, he whakawhitinga o te hā o te tokorua. Kia momia te hikareti, he nui ake i te 4000 ngā matū kino e urutomo ana, e patu ana i te tinana.

He tini whetū ki te rangi

He huna tonu tā te kai paipa i ēnei āhuatanga e whā, e kore ai e kitea ngā whetū e kānapanapa ana, e tauhikohiko ana.

Mauriora *(Te tuakiri ā-iwi)*

Ehara nō te ao Māori taketake ake tēnei mea te kai paipa, engari e mate ētahi o ngai Māori i te kaipaipa i ia tau.. He kaumātua te tokomaha, ngā kaipupuri i ngā kōrero tuku iho.

Te oranga *(Te tūāpapa hauora)*

Ki te mutu tō kai paipa, ka nui ake tō kaha, ka tūhauora ake, ā, kua pai tō kawae ake i te maha atu o ngā mahi e pārekareka ana.



Waiora *(Te taiao)*

I tua atu i te takakino i te tinana, ka noho roa mai anō hoki ngā paitini o roto i te auahi ki ngā kākahu, ki ngā hanga o roto i te whare, ki ngā waka, ki te hau e ora ai te tangata, ōna hoa, me tōna whānau katoa atu.

Toiora *(Te noho hauora)*

Ka māmā noa ake te kawae i ngā mahi pērā i te kapa haka, i te waka ama, i te hīkoiko, i te oma, tae atu anō hoki ki te whakahā noa iho, ki te kore e haere te kai hikareti i te taha.



He wero nō mai rā anō

Nō mua noa atu i te putanga o ngā tohu whakatūturu i te mate atu o te tangata i te kai paipa, tērā tētahi rangatira o Te Arawa, o Ngāti Rangitihi i kite i ōna kino. Ko Raureti Mokonui-ā-rangi te ingoa o te tangata nei, ā, i te tau 1883 ka titoa e ia te haka nei e kōrero ana i ngā kino o te kai paipa:

*Ko te kōrero, ko te aha?
Ko te whakaatu, ko te aha?
Turi! Pōturi! Nei anō ngā rore mōu
Turi! Pōturi! He wairangi nōu*

**Kua takoto
te mānuka**

A man with a serious expression stands in a lush green forest. He is shirtless and wears a traditional Māori skirt (pāhau) made of black and white woven fibers. He holds a long, intricately carved wooden taiaha (spear) diagonally across his body. The background is filled with vibrant green foliage, including ferns and broad-leafed plants, with sunlight filtering through the trees.

He hīkoi kia mutu ai

1. Whakatauria te rā e mutu ai

Whiriwhiria he wā e iti ana ngā pōkaikaha, ngā taumahatanga i runga i a koe.

2. Kia mārama koe ki ngā take

- **Te utu** – Ki te pau i a koe he pāketete kotahi i ia rā, e \$12,400 tēnā ka pau i te tau, ka mutu ka piki haere tēnā utu. Kāore e kore he mea whaihua ake, pārekareka ake e taea ana e koe te hoko ki tēnā nui o te moni.
- **Ngā tamariki, mokopuna** – E kaha ake te tūpono tīmata o tētahi tamaiti ki te kai paipa me he kai paipa tētahi o ōna mātua. Ki te mutu tāu nā kai paipa, kātahi nā te tauira pai ki ō tamariki.
- **Te hauora** – Ko ngā kamupene hoko tupeka anake te hunga hoko taonga ki te iwi e mate ai te tangata ki te tika tana whai i ngā tohutohu a te kaihangā mō te whakamahi i taua taonga. Heoi anō, ko te rongopai, ina mutu tō kai paipa, ka tīmata tonu atu i konā te whakaora ake a tō tinana i a ia.
- **Te whānau me ngā hoa** – Ahakoa kāore anō pea kia mutu tāu nā kai paipa, ka taea e koe te āwhina ētahi atu kua mutu tā rātou kai paipa. Ā, kia mutu tāu momi, kua pai tō tautoko i ētahi atu – ka noho pea koe hei taringa whakarongo, ā, ki te inoia koe, kua pai tō tāpae whakaaro hei ārahi. He tautoko tahi, he manaaki tahi – koinā te kaupapa.



3. Ko ngā mea tērā e raru ai koe

- **Te matenui ki te paratupeka** – Mā ngā whakapiri, ngā pia ngaungau me ngā rare e āwhina ki te pēhi i te matenui.
- **Ō ritenga** – He kai paipa koe i muri i te kai, i a koe e kai waipiro ana, i a koe e inu kawhe ana rānei? Whakarārangitia mai ētahi atu mahi ka taea i ēnei wā, i tua atu i te momi hikareti.
- **Ō kare ā-roto** – Kia tau te pōuri, te pōkaikaha, te hōhā ki te tangata, kua tahuri pea ki te hikareti hei whakamaheatanga. He aha ētahi mahi kē atu ka taea?

4. Ko ngā whakapiri, ngā pia ngaungau me ngā rare

Ka tupu te tūpono ū tonu koe ki tō mahi aukati ki te whakamahia ēnei hanga. E \$5 noa iho te utu o tēnā. Waea mai ki Quitline 0800 778 778, tonoa i te www.quit.org.nz pātuhi rānei 4006.

5. Kia pūmau te kore e kai paipa

Tērā tonu pea ka pupū ake te hiakai nui ki te kai paipa, i ētahi tau tonu pea i muri i tō pare atu i ngā paipa ki rahaki. He āhuatanga māori tēnei – ehara i te tohu kua hinga koe, kua toa ko te hikareti. Heoi anō, anei he mahi hei TĀMI i tō hiahia ki te momi paipa:

- **Takaroa** – Me takaroa, kava e huri tika atu ki te kai paipa. Kava e huakina te pāketete, kava e tākiritia te māti. Kia pau ētahi meneti torutoru nei, ka iti haere tō hiahia ki te hikareti.
- **Āta whakahā** – Āta kapohia te hau takiwā, āta tukuna anō tō hā. Kia toru ēnei whakahā roa.
- **Mahia he mahi kē atu** – Me whakarongo pea ki te puoro, ka haere rānei ki te hīkoikoi haere, ka waea atu rānei ki tētahi hoa. Kimihia he mahi e kore ai e wātea ō ringaringa.
- **Inumia he wai māori** – Āta inumia te wai māori kia iti nei. Puritia ki tō waha, kia rongo ai koe i te reka, i te hāhā o te wai.

Ko koe te tino rangatira o tōu ake tinana

Ina whakarērea atu e koe ētahi mahi hē o mua, ka pakari ake tō tū, tō whakahaere i a koe anō. Arā hoki ētahi e mea ana kua hōhā rātou i te noho hei pononga nā te tupeka, hei mauhere nā te kai paipa. Ina mutu te momi, ka ora ake, ka hauora ake koe. Ka whakahīhi koe ki a koe anō, ā, ka kaha ake te āhei ōu ki te kawea ake i ētahi atu mahi uaua.



Te matahoki

Mō te nuinga o te hunga ka mahi ki te aukati i tā rātou kai paipa, me neke atu i te whakamātauranga kotahi e tutuki ai. Ki te tūpono hoki anō koe ki te kai hikareti, anei ētahi whakaaro hei āwhina i a koe ki te haukoti anō i tēnei mahi:

- **Pātaihia te pātai, 'He matahoki rangitahi noa iho tēnei?'**
Ehara hoki i te mea ko te kainga o te hikareti kotahi, e tohu ana kua tangata kai paipa tūturu anō koe. Nō reira, kia kava e riro koinā he take e hoki tūturu anō ai koe ki te kai paipa māu.
- **He aha i toro anō ai tō ringa ki te hikareti?** Ko tētahi atu tangata kai paipa? I pā he raru whawhati tata ki a koe? I pōhēhē koe kāore he hē o te hikareti kotahi nei? I tere rawa rānei tō whakamutu i te mau whakapiri, i te kai pia ngaungau, rare rānei?
- **Ki te matahoki koe, me kimi āwhina.** Kei te mōhio ngā ratonga pērā i Quitline, ngā ratonga tūpeka kone o ia rohe he pēhea rawa te uaua o te haukoti i te kai paipa, mā rātou koe e āwhina. Ahakoa kua tonu āwhina pea koe i a rātou i mua atu, kei te pai, kei reira tonu rātou ki te tautoko i a koe.
- **Me whakapono koe ki a koe anō.** Āe, he mahi uaua te aukati i te kai paipa, engari kua tutuki i a koe ētahi atu mahi uaua i mua atu i tēnei.
- **Kia tere tonu tō kimi ara whakatika.**
- **He iti pea te 'hikareti kotahi', engari he nui te utu.**



Te kimi āwhina

- Waea mai ki Quitline 0800 778 778, ka haere ki www.quit.org.nz pātuhi utukore ki a 4006 rānei.
- Haere ki tō tākuta, ki te whare whakaora rānei.
- Haere rāne ki quitstrong.nz kia rapu ai i ētahi kai tatou i tō ake rohe.

***Ka hinga, ka tū,
ka ora!***



Quitline 0800 778 778 OR TEXT 4006

www.quit.org.nz

Quitline
ME MUTU

LET'S ALL QUIT



Quitline 0800 778 778 or text 4006

www.quit.org.nz

Quitline
ME MUTU

We can help you

Smoking is a powerful addiction. You might have found it hard to give up in the past. We understand, and we're here to support you. Kia kaha, stay strong, you can do it!



Phone: Call Quitline 0800 778 778 for free advice and support to help you quit smoking.

Quitline 0800 778 778 or text 4006



Txt2Quit: Sign up to Txt2Quit and we'll send you free quitting tips and support straight to your mobile.

Register at www.quit.org.nz



Quit stats: See how much money you're saving with your very own real-time Quit stats.

Register at www.quit.org.nz



Quit blogs: Join the blogging whānau and get tautoko from others who are also quitting smoking.

Register at www.quit.org.nz/blog



Nicotine patches, gum and lozenges: Get a supply of one of these products for just \$5 – it's never been cheaper to quit.

Register at www.quit.org.nz or call Quitline on 0800 778 778 or text 4006



Quit Plan: Create your own Quit Plan to help you on your quitting journey. Follow the steps online or talk to an advisor on the phone.

Register at www.quit.org.nz or call Quitline on 0800 778 778 or text 4006



Face to face: To get face-to-face help, contact your doctor, local healthcare provider or visit quitstrong.nz to find a quit coach. You can also call Quitline to find a face-to-face service in your area.

New Zealand Government

Ehara taku toa i te toa takitahi, engari he toa takitini

My strength is not mine alone, but the strength of many



Quitting smoking is an individual journey but there are many walking by your side. You are not alone. Quitline can support you with a national phone and online service. Kanohi ki te kanohi (face-to-face) services are delivered locally within most communities. Both services work together to help you become smokefree.

Smoking is not a part of who we are

Our breath is our life-force. As Tāne breathed life into the first woman, Hineahuone, he recited this ancient karakia:

*Tihei mauri ora
Ki te whaiao
Ki te ao mārama!*

*Behold the breath of life
Strive for the new world
The world of light!*



Every breath is precious. Hongi is an example of this. When we greet each other, we are sharing our life-breath. But when we smoke, every puff poisons us with over 4000 chemicals.

Look to the stars

Smoking attacks every aspect of our health and wellbeing – it blocks out the stars.

Mauriora

(Cultural health)

Smoking isn't a Māori tradition, yet it kills many Māori a year. Many are kaumātua, holders of history for our whānau.

Te oranga

(Healthy foundations)

With new energy and health from quitting smoking, you can do more of the things you love.



Waiora

(Healthy environment)

As well as damaging our bodies, cigarette poisons linger in clothes, furniture, cars and the air we share with whānau and friends.

Toiora

(Healthy lifestyles)

Things like kapa haka, waka ama, walking and running – even just breathing – will all feel easier without cigarettes.



A challenge from the past

A leader of Te Arawa/Ngāti Rangitihi could see the dangers long before it was proved that smoking kills. In 1883 Raureti Mokonui-ā-rangi composed a haka warning about the trap of smoking:

*Ko te kōrero, ko te aha?
Ko te whakaatu, ko te aha?
Turi! Pōturi! Nei anō ngā rore mōu
Turi! Pōturi! He wairangi nōu*



***Kua takoto
te mānuka***

*The challenge has been
laid down*

Steps to quit smoking

1. Set a quit date

Try to choose a time when you don't have extra stress or pressure to deal with.

2. Know your reasons

- **Cost** – A pack a day costs about \$12,400 per year, and that cost is only going to rise. What would you rather spend the money on?
- **Tamariki and mokopuna** – Children of smokers are more likely to become smokers themselves. You'll be setting them a good example by quitting.
- **Health** – Tobacco companies sell the only consumer product that kills people when used as the manufacturer intends. The good news is that as soon as you stop smoking, your body begins to repair itself.
- **Whānau and friends** – Even before you quit yourself you can support others to stop smoking. Once you've quit you can encourage others by being a good listener and giving advice only when asked. It's about tautoko and manaakitanga – looking after each other.



3. Know your triggers

- **Addiction to nicotine** – The patches, gum and lozenges can help your physical cravings.
- **Habits** – Do you smoke after kai or while drinking, or with a cup of coffee or tea? Have a list of other things you can do instead of smoking at these times.
- **Feelings** – Emotions are big triggers, too. You might smoke for comfort when sad, for relief when stressed, for something to do when bored. What could you do instead?

4. Use patches, gum or lozenges

They increase your chances of quitting for good. A supply of one of these products is just \$5. Call Quitline 0800 778 778 or text 4006 or order from www.quit.org.nz

5. Stay quit

You may sometimes get strong cravings to smoke, even years after quitting. This is normal and doesn't mean you are failing. Use the four Ds:

- **Delay** – Pause instead of acting on the urge to smoke. Don't open a pack or light a cigarette. After a few minutes, the urge to smoke will pass.
- **Deep breathe** – Take a long slow breath in and then breathe out slowly. Repeat three times.
- **Do something else** – Take your mind off smoking by taking action – put on some music, go for a walk, ring a friend or keep your hands busy.
- **Drink water** – Sip the water slowly, holding it in your mouth for a few moments to savour the taste.

You have control over your own body

Moving away from old habits lets you take control of your life. Some people say they are sick of feeling like a slave to tobacco, as if they are chained to smoking. Your health and fitness and your sense of wellbeing will improve. You'll feel proud once you've done it, and you'll be more able to take on other challenges.



Dealing with relapse

It takes most people more than a few goes before they quit for life. If you do find yourself back in your old smoking patterns, here's some things to help you quit again:

- **Ask yourself, 'Is this just a slip-up?'** One cigarette doesn't make you a smoker – don't use a slip-up as an excuse to go back to smoking.
- **What caused you to go back to smoking?** Was it another smoker? A crisis in your life? Did you think you could just have one? Did you stop using your patches, gum or lozenges too soon?
- **Seek help if you relapse.** Services such as Quitline and regional stop smoking services understand how hard it is to quit and will support you. It doesn't matter if you've asked them for help before – they will be there for you as many times as it takes.
- **Believe in yourself.** Yes, it may be hard work, but you've done other hard things before.
- **Try, if you can, to take action very soon after relapsing.**
- **Remember: just one cigarette will hurt.**

Getting support

- Call Quitline 0800 778 778 or text 4006. It's free and available 24 hours a day, 7 days a week. Or go to www.quit.org.nz.
- Visit your doctor or medical centre.
- Or visit quitstrong.nz to find a quit coach in your area.



Ka hinga, ka tū, ka ora!

You fall, you get up, you thrive!



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Quitline
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