



Makara patapa / quit smoking

Podcast transcript

Introduction

The makara patapa program is a TAC initiative, as part of our holistic approach to health and wellbeing, supported by the Department of Health Tasmania.

Episode 7: Callie Gower

Introduction:

Ya everyone. Nunami here, In 2022, I was asked to travel across Lutruwita and record our community stories of quitting smoking.

I heard so many great success stories of our people who managed to quit and got a good picture of why our people chose to quit, how they did it, and what supports they were able to access along the way.

This is the makara patapa podcast.

Callie:

Ya mina Callie Gower, from lutruwita/ Tasmania. And I'm from Launceston – kanamaluka/River Tamar.

So I started in primary school and I think it was just, I guess you see adult smoke so you want to try something. And I remember my first cigarette absolutely made me sick. It was not nice, it made me really sick, but I think it just by the time I got to high school there was more people smoking and then I just kept smoking.

So it would be 10, probably 10 years. I think the biggest thing is like I've got asthma and I can realize how unfit I am and it's just it doesn't feel nice not to breathe and then money. It cost a lot of money especially now it's \$50 a pouch every time, and I go through them a lot during the like weekend, so I'm buying two pouches in three days. So yeah, it adds up a lot.

I think I've thought about it a lot, but the first time was probably about a month ago, which I went five days without it and that was the hardest thing ever. I think that's the most hardest thing I've ever had to quit.

There was always a thought like it was always like, I really want to stop. And this time I was like, OK, I'm ready for it and I went through the five days and then it come to the weekend and it's a social thing. So I was like, I'll just have a few drags and it got me back into my habit again.

I wanted to go cold Turkey. Sorry and I like the first day it was, I got real bad withdrawals. Which I had went to the doctors to help me sleep and they just gave me whatever and then that's I kinda just stopped taking them and it kind of got easier.



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But I think as the like three days is where your worse withdrawals are and I kind of passed that and I got through that and then it was more just craving. And I think like as the days went on, the more you thought about it and because it was like something missing.

But I've always been the kind of person who wants to cold turkey things, I don't want to rely on, the thing I'm addicted to get off it.

So, which I think next time I might try something, but I've just, the last time I had tried patches, which actually I tried a long time ago. I put a patch on, and it just made me really, really sick.

I think it's habits more than anything. So, after I eat something I would like to go have a smoke and then it's social. And drinking alcohol is where you smoke more cigarettes too. During the weekend is when I smoke the most, but so I try to keep myself busy as much as possible and tried to find other things to do on a lunch break where I would go do something else after I eat.

So, it's just getting out of those little habits or before bed and just, you know, find another thing to do so you don't think about it.

I think keeping busy is your biggest thing when quitting smoking. I don't want to smoke forever. Like I don't know why even go back into it honestly, but 'cause I went five days without it. That's a long time I believe after smoking every day. But I think the more I try eventually, I will eventually just stop. I don't know when, but it will be again soon.

I think you just gotta be ready for it, I think, yeah, just completely just stop and that's it. And that's like which I'm just waiting for that day. I'm like, OK, I'm done smoking.

Don't give up and ask for support. Like if you need help, get the help you need and don't think that it's you have a problem and it's whatever. Just go get help. Yeah, and just stay strong push through, it's all about your mind. And yeah, I think anyone's capable to quit smoking.

Nunami Outro:

Ya Everyone, Nunami again - thanks for listening to the makara patapa podcast. A podcast series by the Tasmanian Aboriginal Center with support from public Health Services Tasmania.