



PRECONCEPTION

Guide - 2

MADE SPECIFICALLY FOR
YOU



Your dedication to creating the healthiest possible environment for your next pregnancy is truly inspiring. I'm particularly proud of how you've modified your smoking habits to only after work - this shows incredible strength and determination. Let's build on this success as we prepare your body for welcoming another little one into your family.

YOUR PRIMARY FOCUS

Areas

1. Supporting your path to becoming smoke-free
2. Nourishing your body for optimal fertility
3. Maintaining the wonderful progress with anxiety and OCD
4. Protecting your peace during stressful family situations

GENTLE APPROACH TO

Becoming Smoke Free

Week 1-2: Setting Your Foundation

- Take a moment to acknowledge that you're now a "reducing smoker" - this is significant progress!
- Continue with your current max 6 cigarettes per day pattern
- Each time you "feel like" a cigarette, practice this 4-7-8 Breathing Technique first to see if the craving passes:
 - Find a comfortable seated position
 - Inhale quietly through your nose for 4 counts
 - Hold your breath for 7 counts
 - Exhale completely through your mouth for 8 counts
 - Make a whooshing sound while exhaling
 - Repeat 4 times
 - *This technique can also be used when you're feeling irritable and need a moment **AND** when you feel yourself compelled to tap (do this and see if the urge subsides).*

GENTLE APPROACH TO

Becoming Smoke Free

Week 2-3: (When you go back to work) Gentle Reduction

- Choose one more cigarette to eliminate in the evening taking you to a max of 5 per day.
- Replace with:
 - A 10-minute evening walk after dinner
 - Cup of calming herbal tea
 - 4-7-8 breathing practice (above)
 - Quick stretching sequence (See Page 4)
 - Progressive muscle relaxation (See Page 5)
- For remaining cigarettes, wait 15 minutes when the urge hits
- Use this time to practice breathing or take a short walk

Week 3-7: Building New Patterns

- Work towards eliminating another cigarette in the evening each week. So.
 - Week 3 - a max of 4 cigarettes per day
 - Week 4 - a max of 3 cigarettes per day
 - Week 5 - a max of 2 cigarettes per day
 - Week 6 - a max of 1 cigarette per day
 - Week 7 - and by the time we get together again - Smoke Free!
- **Initially i.e. Weeks 3, 4 and 5** Create smoke-free zones in your daily routine:
 - First hour after returning home
 - An hour Before bed
- Add these nurturing replacements:
 - After-work unwinding ritual with chamomile tea or a non-alcoholic beverage - there are so many great options available now, even just from Woolworths.
 - Evening relaxation stretches
 - Evening walk (especially Wednesdays and Fridays)
 - Stress-relief bath with Epsom salts

Remember: You've already mastered being smoke-free all day at work - this shows your incredible capability!

QUICK STRETCH ROUTINE FOR STRESS RELIEF

Perfect for Smoking Cravings or *Anxiety Moments*

Standing Stretches (2 minutes)

1. Reach and Release (30 seconds)
 - Stand tall, inhale deeply
 - Reach arms overhead, spreading fingers
 - Hold for 3 breaths
 - Exhale, fold forward, letting arms and head hang
 - Gently sway side to side
2. Shoulder Rolls (30 seconds)
 - Roll shoulders backward 5 times
 - Roll shoulders forward 5 times
 - Squeeze shoulders to ears, hold 3 seconds
 - Release with a big exhale
3. Side Stretch (1 minute)
 - Reach right arm overhead, lean left
 - Hold for 3 breaths
 - Switch sides
 - Repeat twice on each side

Seated Stretches (2 minutes)

Can be done in any chair

1. Neck Release (30 seconds)
 - Slowly drop right ear to right shoulder
 - Hold for 3 breaths
 - Repeat on left side
 - Gentle head rolls in half circles (front only)
2. Spinal Twist (30 seconds)
 - Sit sideways in chair
 - Twist toward chair back
 - Hold for 3 breaths
 - Repeat other side
3. Wrist and Fingers (1 minute)
 - Extend arms forward
 - Flex and point wrists
 - Spread fingers wide, then make fists
 - Roll wrists in circles both direction.



Final Breathing (1 minute)

- Sit comfortably
- Place hands on belly
- Take 4 slow breaths
- Make exhale longer than inhale

Tips:

- Never force or bounce
- Stop if you feel pain
- Focus on your breath throughout
- Can be done in parts if needed
- Perfect replacement for a cigarette break

Remember: This routine is about stress relief, not flexibility. The goal is to feel calmer and more centered when finished.

PROGRESSIVE MUSCLE RELAXATION

Guide

Progressive Muscle Relaxation (PMR) is a deep relaxation technique that helps reduce anxiety and stress by systematically tensing and releasing muscle groups. It's particularly helpful during smoking cessation as it provides a physical release for tension.

Basic PMR Routine (15 minutes):

1. Find a quiet space and comfortable position
2. Close your eyes and take three deep breaths
3. For each muscle group:
 - Tense muscles firmly (5 seconds)
 - Notice the tension
 - Release completely (10 seconds)
 - Notice the relaxation

Muscle Group Sequence:

1. Hands - make fists
2. Forearms - flex wrists
3. Upper arms - bicep curl
4. Shoulders - shrug
5. Face - scrunch
6. Neck - gentle head tilt
7. Chest - deep breath
8. Stomach - tighten
9. Thighs - squeeze
10. Calves - point toes
11. Feet - curl toes

QUICK VERSION (2-3 MINUTES)

When craving a cigarette

Focus on:

- Hands and arms (tense/release)
- Shoulders and neck (tense/release)
- Stomach (tense/release)
- Take three deep breaths



MORE STRESS MANAGEMENT

Techniques

1. Use the STOP technique (In that crucial moment):

- **S** - Stop what you're doing
- **T** - Take a breath
- **O** - Observe your thoughts and surroundings
- **P** - Proceed mindfully

2. Practice the "Grey Rock" method

when needed (to set boundaries with others):

- Keep responses simple and neutral
- Avoid sharing sensitive information
- Maintain calm, measured responses



DAILY PEACE PRACTICES

- Morning sunlight exposure for 10 minutes
- Evening gratitude journal
- Gentle stretching before bed
- Regular walks in nature

NOURISHING FOOD JOURNEY

General Guide

DIETARY FOCUS AREAS

Weekly Meal Planning Strategy

Morning Energy Boost:

- 1 egg prepared your favorite way
 - ***Remember if you're making that omelette throw in a couple of handfuls of spinach too.***
- Handful of berries
- Slice of sourdough with avocado

OR

- Smoothie with berries + chia seeds + spinach

AND

- 1-2 Glasses of water

Satisfying Lunch Options (rotate through these):

1. Mediterranean Bowl:

- Quinoa /brown rice/sweet potato base
- Grilled chicken or chickpeas
- Colorful vegetables
- Olive oil dressing

AND

- 1-2 Glasses of water

2. Nourishing Salad:

- Dark leafy greens
- Salmon or lentils
- Pumpkin seeds
- Balsamic dressing

AND

- 1-2 Glasses of water

NOURISHING FOOD JOURNEY

General Guide

Evening Comfort:

- Palm-sized portion of protein
- 2 cups of colorful vegetables
- Small portion of complex carbs (choose from):
 - ½ cup cooked quinoa
 - 1 small sweet potato
 - ⅔ cup brown rice
 - 1 cup butternut squash
 - 2 corn tortillas
 - 1 slice sourdough bread
 - ½ cup cooked rolled oats

AND

- 1-2 Glasses of water

Fertility-Supporting Snacks

- Apple slices with almond butter
- Greek yogurt with berries
- Handful of walnuts and dried figs
- Carrot sticks with hummus

AND

- 1-2 Glasses of water **with each snack**



Set up for Success

1. Visible Reminders:

- Keep eggs front and center in fridge
- Store healthy snacks at eye level
- Keep berries washed and ready to eat



2. Weekly Prep (Sunday):

- Hard boil 3-4 eggs for snacks
 - (Korean marinated style)
- Wash and store berries
- Prepare seed mix for smoothies
- Cut vegetables for easy access



3. Create a simple shopping list with:

- "Always Buy" items (eggs, berries, leafy greens, capsicums, broccoli, mushrooms, zucchini, carrots, apples, Greek yogurt, hummus, sweet potato, quinoa, brown rice, chicken, salmon)
- "When On Sale" items (salmon, organic produce, almond butter)
- "Once a Month" items (nuts, seeds, dried figs, organic goji berries) 2 corn tortillas, rolled oats, corn tortillas



Remember: The goal is progress, not perfection. If you miss your dietary goals one day, simply restart the next meal. Every egg you eat, every serving of vegetables you include, is supporting your body's preparation for conception.

FINALLY

Track Your Progress

**PRINT THIS ENTIRE GUIDE AND KEEP IT SOMEWHERE VISIBLE
(LIKE ON YOUR FRIDGE).**

**The next 10 pages are your weekly tracking sheets - aim to both pages
each week for the next 5 weeks.**

How to Use Your Tracking Sheets:

1. Write the date at the top of each page
2. Note which day of your cycle you're on for each entry
 - (Day 1 = first day of your period)
3. Fill in all boxes daily - even partial information is valuable!
4. Take photos of completed pages to share at our next appointment

Why Tracking Matters:

- **Identifies Patterns:** Helps us understand how your cycle affects your smoking habits, stress levels, and food choices
- **Reveals Triggers:** Shows clear connections between stress, smoking, and other behaviors
- **Guides Treatment:** Allows us to adjust your supplement and lifestyle recommendations based on real data
- **Supports Success:** Research shows people who track their habits are more likely to achieve their health goals
- **Empowers Change:** Makes you more aware of your daily choices and their impacts
- **Celebrates Progress:** Helps you see improvements over time, even small ones

**Remember: There's no such thing as a "bad" tracking day -
honest data is what helps us support you best!**

Week 1

WEEKLY SELF REVIEW

WEEK OF

MONDAY - DAY ____ OF CYCLE	
# OF CIGARETTES	
EXERCISE	
STRESS LEVEL (1-10)	
SLEEP QUALITY (1-10)	
CIGARETTE TRIGGERS	
WENT WELL	
NEEDS ADJUSTMENT	

TUESDAY - DAY ____ OF CYCLE	
# OF CIGARETTES	
EXERCISE	
STRESS LEVEL (1-10)	
SLEEP QUALITY (1-10)	
CIGARETTE TRIGGERS	
WENT WELL	
NEEDS ADJUSTMENT	

WEDNESDAY - DAY ____ OF CYCLE	
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EXERCISE	
STRESS LEVEL (1-10)	
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CIGARETTE TRIGGERS	
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THURSDAY - DAY ____ OF CYCLE	
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EXERCISE	
STRESS LEVEL (1-10)	
SLEEP QUALITY (1-10)	
CIGARETTE TRIGGERS	
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NEEDS ADJUSTMENT	

FRIDAY - DAY ____ OF CYCLE	
# OF CIGARETTES	
EXERCISE	
STRESS LEVEL (1-10)	
SLEEP QUALITY (1-10)	
CIGARETTE TRIGGERS	
WENT WELL	
NEEDS ADJUSTMENT	

SATURDAY - DAY ____ OF CYCLE	
# OF CIGARETTES	
EXERCISE	
STRESS LEVEL (1-10)	
SLEEP QUALITY (1-10)	
CIGARETTE TRIGGERS	
WENT WELL	
NEEDS ADJUSTMENT	

SUNDAY - DAY ____ OF CYCLE					
# OF CIGARETTES		STRESS LEVEL (1-10)		WENT WELL	
EXERCISE		SLEEP LEVEL (1-10)		NEEDS ADJUSTMENT	
CIGARETTE TRIGGERS					



Week 1

FOOD JOURNAL

MONDAY	
BREAKFAST	<hr/> <hr/> <hr/>
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DINNER	<hr/> <hr/> <hr/>
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TUESDAY	
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Week 2

WEEKLY SELF REVIEW

WEEK OF

MONDAY - DAY ____ OF CYCLE	
# OF CIGARETTES	
EXERCISE	
STRESS LEVEL (1-10)	
SLEEP QUALITY (1-10)	
CIGARETTE TRIGGERS	
WENT WELL	
NEEDS ADJUSTMENT	

TUESDAY - DAY ____ OF CYCLE	
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EXERCISE	
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WENT WELL	
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EXERCISE	
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CIGARETTE TRIGGERS					



Week 2

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Week 3

WEEKLY SELF REVIEW

WEEK OF

MONDAY - DAY ____ OF CYCLE	
# OF CIGARETTES	
EXERCISE	
STRESS LEVEL (1-10)	
SLEEP QUALITY (1-10)	
CIGARETTE TRIGGERS	
WENT WELL	
NEEDS ADJUSTMENT	

TUESDAY - DAY ____ OF CYCLE	
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EXERCISE	
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Week 3

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Week 4

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Week 4

FOOD JOURNAL

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Week 5

WEEKLY SELF REVIEW

WEEK OF

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# OF CIGARETTES		STRESS LEVEL (1-10)		WENT WELL	
EXERCISE		SLEEP LEVEL (1-10)		NEEDS ADJUSTMENT	
CIGARETTE TRIGGERS					



Week 5

FOOD JOURNAL

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BREAKFAST	<hr/> <hr/> <hr/>
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