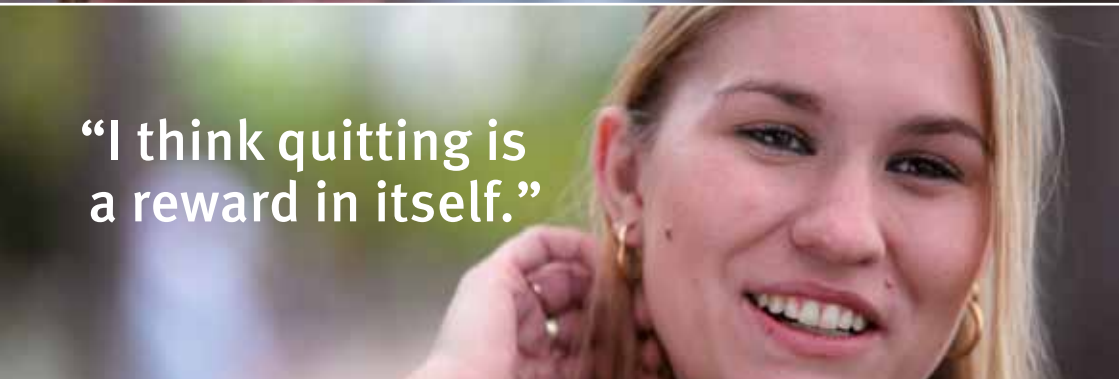


You can quit smoking

A step-by-step guide for young people



“I’d be happy if I quit smoking.”



“I think quitting is a reward in itself.”



“I could get fit again...”

Everything you need to know about tobacco smoking, the benefits of quitting, how to quit and staying quit.

Quitting smoking is possible and definitely worthwhile.

There are so many good reasons to quit smoking. The benefits include improvements to your health, your looks, your sense of taste and smell, your fitness and your finances. You will feel better about yourself and improve the health of family and friends around you.

This booklet provides you with the information and resources needed to help you quit smoking, giving you the best chance of successfully quitting. Quitting smoking is different for everyone. This book helps you identify your personal motivations and challenges, and identify strategies and quit methods that will work best for you.

For more information or resources about quitting smoking call the Quitline 13 QUIT (13 7848), available 7 days a week.

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Table of Contents

Reasons to quit smoking	1
Tobacco smoking facts	1
Benefits of quitting	1
Impacts of smoking	5
Step-by-step guide to quitting	9
Deciding to quit	9
Getting ready to quit	10
Understanding nicotine addiction	10
Quit planning	11
How to quit	14
Challenges	15
Staying a non-smoker	18
Tips for tough times	19
Resources	23

You can quit smoking

Reasons to quit smoking

Reasons to quit smoking

So why quit? There are many good reasons to quit smoking. Being clear about your personal reasons for quitting smoking will help you stay positive while you are becoming a non-smoker. Some great reasons to quit smoking are included below.

What you need to know

Tobacco smoking facts

Prevalence of smoking

- Smoking is still the leading cause of preventable disease and death in Queensland.
- Smoking kills more than 3,400 Queenslanders every year – 10 times more than the road toll.
- In 2010, 15.5 per cent of Queensland adults (18+) reported smoking daily. Of young Queenslanders (18-24) who smoke, 16 per cent reported smoking daily.
- Smoking rates for Aboriginal and Torres Strait Islander people are more than double the overall population, and rates of tobacco-caused disease and premature death are also higher.

Benefits of quitting

So, why quit? There are stacks of good reasons to quit smoking: Your health, your looks, your fitness and your finances, plus how you feel about yourself and the people around you.

Your health

The benefits of quitting start almost immediately, with noticeable improvements within the first 72 hours. Remember, the benefits are not just about your health, other benefits relate to your looks, finances and your friends and family.

- When you stop smoking, you reduce your risk of getting cancers of the mouth, throat, oesophagus, bladder, kidney and pancreas.
- Plus your body starts working better because your immune system gets stronger and helps your body fight infection and disease.
- There are some diseases that are irreversible – like emphysema, which destroys air sacs in your lungs. Once you've got it, you can't get rid of it. But if you stop smoking in time, you can avoid it.

Time since quitting	Health benefits
20 minutes	Heart rate drops.
12 hours	Blood levels of carbon monoxide drop dramatically.
72 hours	Sense of taste and smell improve.
2 weeks – 3months	Lung function and circulation improves.
1 – 9 months	Coughing and shortness of breath decrease.
1 year	Risk of coronary heart disease is halved compared to continuing smokers.
5 years	Stroke risk is reduced to that of a non-smoker five to 15 years after quitting. Risk of cancers of the mouth, throat and oesophagus decreases.
10 years	Risk of lung cancer death is about half that of a continuing smoker and continues to decline. Risk of cancers of the bladder, kidney and pancreas decreases.
15 years	Risk of coronary heart disease is the same as someone who has never smoked.

Your looks and you

Smoking ages and wrinkles your skin. So when you quit, your skin looks younger and healthier. No smoking also means no more stains on your fingers and teeth, and you and your clothes won't smell of smoke. Because your body's healthier, your fitness level will improve and that helps keep you at a healthy weight. You'll also feel great about yourself - not just because your appearance has improved, but because you've achieved something that's really hard to do.

Your finances

Quit smoking, and you'll have more money.

With prices averaging around \$15 for a packet of cigarettes, you could save around \$5,400 every year – that's an overseas holiday, money towards a car, house or a shopping spree. In the long-term, if you saved at this rate for five years you would save around \$27,000.

Based on spending \$15 per day on cigarettes, you can see the savings add up quickly.

Time since quitting	Money saved	What else could you do with the money
2 days	\$30	<ul style="list-style-type: none"> • Buy a CD • Treat yourself and a friend to a movie
7 days	\$105	<ul style="list-style-type: none"> • Enjoy dinner for two • Buy a few DVDs
1 month	\$450	<ul style="list-style-type: none"> • Take the kids to a theme park • Buy some new clothes
2 months	\$900	<ul style="list-style-type: none"> • Buy a new television • Have a weekend away
6 months	\$2700	<ul style="list-style-type: none"> • Buy an overseas airline ticket • Saving for a car
1 year	\$5400	<ul style="list-style-type: none"> • Saving for a mortgage • Pay a lump sum off your mortgage.

Social reasons

- You won't smell of cigarettes and smoke.
- Smoking gives you bad breath, a loud persistent cough, smelly clothes, and smelly hair.
- You won't feel isolated when you have to leave your friends who don't smoke.
- You won't need to break up the time you spend with the children in your life.
- You won't feel the social stigma anymore! More and more workplaces, public areas, pubs, restaurants, shopping centres, sports grounds, parks and playgrounds have become smoke-free.

Your friends, family and kids

If you don't smoke, you won't be exposing people around you to your smoke – and that's good for everyone's health. Cigarette smoke is especially dangerous for kids.



ACTIVITY

Before going ahead with quitting, it can be helpful to write down your reasons for quitting. Doing this will increase your motivation and help you to discover what may make it harder for you to quit or stay a non-smoker (e.g. those things you like about smoking or hate about quitting). Whatever the outcome, completing this exercise may assist you in becoming clearer about your decision to quit and help plan for the unexpected.

What I like about smoking...

e.g. It helps me relax

What I don't like about smoking...

e.g. I feel guilty after having one

What I like about being quit...

e.g. I have more energy

What I don't like about being quit...

e.g. having cravings

Impacts of smoking

When you smoke, more than 4,000 chemicals hit your brain, heart and other organs. Tobacco smoke is a mix of all of these chemicals, containing tar and nicotine, carbon monoxide gas (found in car exhaust fumes), ammonia (found in floor cleaner) and arsenic (found in rat poison).

At least 69 of the chemicals in tobacco smoke are known to cause cancer. When a cigarette burns, the main chemicals affect your body in the following ways:

- carbon monoxide - robs the heart of oxygen
- tar - clogs the lungs and causes or stimulates cancer
- phenols - paralyse and eventually kill the hair-like cells lining airways
- fine particles - irritate the throat and lungs, cause smoker's cough and damage lung tissue
- cadmium, lead, formaldehyde and hydrogen cyanide - toxins affecting all organs in the body.

Health impacts

In the short-term smoking can lead to:

- reduced brain and nervous system activity
- enhanced alertness and concentration
- increased blood pressure and heart rate
- decreased blood flow to body extremities like the fingers and toes
- dizziness, nausea, watery eyes and acid in the stomach
- decreased appetite, taste and smell.

In the long-term smoking can lead to:

- less or no sense of smell and taste
- shortness of breath
- persistent cough
- early face wrinkles (and lots of them)
- damaged heart and arteries
- damaged blood vessels
- increased deposits of cholesterol on your heart and arteries, leading to angina and heart attacks.

Know the risk - Smoking gives you a much greater chance of:

- lots of cancers: lips, tongue, mouth, nose, pharynx, larynx, oesophagus, lungs, pancreas, cervix, uterus, bladder and anus
- colds and chronic bronchitis
- emphysema
- heart disease and heart attacks
- blood clots – called DVTs (deep vein thrombosis)
- stroke
- stomach ulcers
- inflamed gums, periodontitis and loss of teeth
- blindness, from cataracts or macular degeneration
- reduced fertility for both men and women, and impotence for men
- reduced blood flow to your body, causing peripheral vascular disease and gangrene, and finally amputation.

Smoking and men

The more you smoke, the greater your risk of infertility and impotence. Smoking has been associated with having a lower sperm count and volume and an increased likelihood of sperm abnormality. If you smoke and are considering starting a family or adding to your family, quitting is the best thing you can do.

Don't forget your smoking affects the health of those around you, involving your partner, children and friends. If your partner is pregnant quitting smoking is important.

Women, smoking and pregnancy

Every year, 6,000 women die too early in Australia because of smoking-related illness. If you're on the pill and you smoke, you're 10 times more likely to develop heart disease than other women on the pill. The more you smoke, the bigger your risk of getting cervical, uterine and vulvar cancer.

Pregnancy

If you're having a baby, quitting smoking at any stage during pregnancy is important. Quitting smoking will reduce the risk of pregnancy complications and the risk of your baby developing serious illness.

- If you smoke when you're pregnant, your baby is exposed to exactly the same chemicals you are. Blood flows from you to your baby through the umbilical cord carrying all the things your baby needs to grow. Chemicals from your smoking are also carried along this cord.
- Smoking during pregnancy limits the amount of oxygen that can get to your baby. Every puff you take on a cigarette increases the carbon monoxide in your bloodstream. The carbon monoxide replaces oxygen in your blood and so it reduces the amount of oxygen available to your baby. This is not good for your baby and can place stress on its heart.
- If you quit, you will reduce the risk of your baby being underweight at birth. This risk is even lower if you quit before you get pregnant, or in the first three months of being pregnant.

If you smoke while you're pregnant, you run a greater chance of:

- miscarriage
- premature birth
- stillbirth
- complications with labour
- smaller than average baby (which leads to a higher risk of death and disease in infancy and early childhood)
- impaired lung development
- perinatal death (the baby dying at or shortly after birth).

There is also a higher risk of Sudden Infant Death Syndrome (SIDS or cot death) if a mother smokes during pregnancy or there is smoking around the baby after he or she is born.

Remember passive smoking – inhaling smoke from others around you, like your partner – is also a risk to you and your unborn baby. After birth, passive smoking also puts your newborn baby at risk. And if you breastfeed and smoke, the poisons from cigarettes go to your baby through your breast milk.

You can quit smoking

Step-by-step guide to quitting

Step-by-step guide to quitting

Deciding to quit

The first step is deciding you want to quit smoking. This will take commitment, motivation and effort, and you will go through ups and downs.

Think of all the reasons you're quitting smoking, and all the good things you have to look forward to. Write them all down, so you can remind yourself why you're doing this.

ACTIVITY

From the following list tick the things you are looking forward to when you are a non-smoker. Add your own ideas in the space provided.

- Having more money to spend on what I really want or need
- Having more energy – not struggling during a gym workout or sporting event
- Improving my appearance – not having stained fingers and smelly breath
- No longer feeling isolated or having to leave my friends or family to smoke

Getting ready to quit

Most people are not sure if they are ready to quit smoking and doubt whether they will succeed. Quitting smoking is hard - most smokers will attempt to quit many times before successfully staying quit.

Don't put off quitting because of this. The more times you attempt to quit and stop smoking, the closer you are to finally succeeding!

If you understand your nicotine addiction and prepare to quit with a plan that best suits you. Quitting is different for everyone so identifying the best method to help you will give you the best chance of succeeding.

Understanding nicotine and addiction

Nicotine is the addictive drug found in tobacco.

Nicotine also produces also many different effects on the body at the same time. It stimulates your nervous system – so even though it may feel like it's relaxing, smoking actually increases your heart rate and blood pressure, and affects your mood and performance.

Withdrawal symptoms

Nicotine is a drug. When you take it away from your body you can go through withdrawal, which is how your body responds to the absence of the drug.

Almost everyone who quits smoking experiences some form of withdrawal from nicotine. When you quit, you will most likely experience cravings and be a bit irritable - these are the two most common symptoms.

Withdrawal symptoms are worst when you first give up. But they do reduce and disappear. People who have a higher level of nicotine dependence are more likely to experience withdrawal symptoms, however the severity of these symptoms varies with each individual. Symptoms can also be associated with certain times, places, situations or activities normally associated with smoking.

Withdrawal symptoms may include:

- cravings or urges to smoke
- headaches
- increased coughing
- feelings of irritability, depression or anxiety
- feelings of restlessness and/or difficulty concentrating
- changed sleep patterns
- temporary increase in appetite
- gastrointestinal upsets such as nausea, constipation or diarrhoea.

The good news is the symptoms don't last forever – it's just while your body is adjusting to life without nicotine. The worst symptoms occur during the first 48 hours, with some milder symptoms lasting up to a few weeks. It might help to think about these symptoms as positive signs that your body is healing itself. There are lots of things you can do to get yourself through withdrawal. The use of nicotine replacement therapy or prescribed medication can assist in reducing withdrawal symptoms. **Remember, withdrawal symptoms are a positive sign that the body is returning to its normal state.**

Quit planning

If you have a plan in place before you quit, you'll be more successful. Planning can be quick!

Know why you smoke

Every smoker has their own smoking habits. These habits are usually associated with a certain time of day, activity or event, mood, place or persons. For example, you might smoke more often on the way to and from work, when you have your coffee, when having an alcoholic drink, with a particular group of friends or when feeling stressed.

Choose your quit method

Think about how you plan to approach quitting and how you are going to support yourself and get support from others to reach your quit goal. There's no need for you to do this alone.

Here are some ideas:

Think about the risky times, places or moods that make you feel like smoking and develop a specific plan for them. For example, if parties are where most people drink and smoke, a plan you might develop is: 'If I'm at a party and I get really bad cravings, then I'll take a few deep breaths, grab my friend who supports me quitting and head to a place where people aren't smoking. Or I'll chew gum or get something to eat. I'll remind myself why I'm quitting and focus on how great I will feel to have conquered my craving and stayed on my quitting journey'.

ACTIVITY

My main triggers are: _____

My main strategies to manage these triggers are: _____

If you're not sure, start a smoking diary to determine your routines and habits around your smoking.

ACTIVITY

Think about what's happening each time you have a cigarette or feel a craving for one. Rate how much you need it.

- Value 1** – could do without,
2 – I feel like it
3 – I need it
4 – I really need it
5 – I must have it

Date	Time	Occasion, activity, person I'm with	Feeling or mood	Value	What I did instead
10 Aug	10am	Break from work with Bec	Bored	4	Went for a walk, got a smoothie
10 Aug	8pm	After dinner – usual cigarette time	Cranky	5	Called Bec, brushed teeth, watched TV
10 Aug	10pm	Out with friends	Excited	4	Chewed gum, danced, got friends to help me not have a smoke – not offer me one

Another strategy might be avoiding the situation altogether: 'In my first week of quitting, I'm not going to go to any parties. I'll go to the movies – something that entertains me but where I can't smoke'.

Think of some smoke-free places you can go – environments where there are people you can be comfortable around without smoking.

Call the Quitline 13 QUIT (13 7848) for support from a trained counsellor. They can give you tips on how to manage or avoid difficult situations or how to best deal with cravings.

How to quit smoking

To improve your chance of quitting and staying a non-smoker, it is a good idea to get some support. Having support with developing a quit plan and identifying the right quit method for you can really help. You may find these tips useful:

Get support:

Call Quitline 13 QUIT (13 7848) for free information, practical assistance and support. Quitline's trained counsellors are available seven days a week to help you get through the process of quitting. Many of the counsellors are young people themselves and can talk to you about how to best approach quitting and give you any support needed through the process.

Counsellors focus on the reasons why people smoke not why they shouldn't, so callers are not given a 'health lecture'. Counsellors can:

- Provide information and advice about quitting including resources
- Assess a smoker's level of nicotine dependence
- Help develop strategies to prepare for quitting such as develop a quit plan and set a quit date
- Determine habits and routines around smoking
- Discuss motivations for and barriers to quitting
- Provide advice on products such as medications to help with quitting
- Support smokers while they are quitting including providing tips for managing cravings

Alternatively, discuss quitting smoking with your general practitioner or pharmacist and plan your quitting strategy together.

Getting support from friends and family may also help support you through the quitting process. Quitting with a friend can also be useful as you can help each other through the hard times.

Consider using pharmacotherapy

Different products are available to help you quit smoking. Nicotine Replacement Therapy (NRT) includes patches, gum, lozenges, sublingual tablets and inhalers. The aim of NRT products is to replace some of the nicotine from cigarettes without the harmful chemicals found in tobacco smoke, thus reducing withdrawal symptoms such as cravings and anxiety. These products are available at your local pharmacy or

supermarket. Talk to your general practitioner, pharmacist or call the Quitline 13 QUIT for more information about these products. NRT is also now available on the Pharmaceutical Benefits Scheme, speak to your general practitioner. Bupropion Hcl and Varenicline are non-nicotine medications that are also effective in helping smokers to quit. These medications are only available on prescription so speak to your general practitioner.

The support I choose is: _____

Set a quit date

It is best to make the date within two weeks from when you decided to quit. Choose an easy day to stop, one when you will not be under much pressure, but will have plenty to occupy yourself.

TIP

Throw away all cigarettes, lighters and ashtrays in your home and car. If your partner smokes, suggest that he or she stops too, or only smokes outside the house.

My quit date is: _____

Challenges

Stress

Lots of people say they smoke because of stress. Nicotine can have a short term relaxing effect on the brain. Ultimately, though, smoking cigarettes doesn't get rid of your stress.

When you smoke, your heart rate speeds up and your blood pressure gets higher. Between cigarettes, your body begins to go into withdrawal from nicotine and you begin to feel a little anxious and irritable. Another smoke makes the feelings of stress disappear for a bit longer –but it's only a quick fix. In the end, all the little withdrawals between smokes just add more stress to your day.

Managing stress

The best way to handle stress is to notice that you're feeling stressed as early as you can – and then do something about it. If you take time to think about it, you can usually identify what makes you stressed, how you feel when you're stressed and what you can do to relieve it.

We asked lots of young people for their tips on how they deal with stress:

- take time out – even 5 or 10 minutes of doing nothing or something else breaks up the day
- find a way to relax – there are lots of methods and techniques to relax, including deep breathing, relaxing your muscles, meditation, visualising, exercising and walking
- learn to say no – don't take on too many commitments
- balance your time and prioritise the things you need to do
- talk to someone you trust – maybe family or a friend about things that are worrying you
- make sure you plan some things just for pleasure and fun, without pressures
- share the load at home or at work, so you're not doing everything for everyone
- think about the way you think – do you have some thoughts or attitudes that create stress?
- be gentle with yourself – reward yourself and remind yourself that you are doing your best
- get a balance of different things and people in your life.

Fear of failure

Many people lapse when they try to give up smoking. Lapsing is when you have a cigarette, or a few, when you're trying to give up.

Just remember: it's not like taking up smoking again! In fact, for many people, lapsing is just part of the process of giving up. So if you do have a cigarette, just think of it as a lapse. Then collect yourself and keep on not smoking. Try using a lapse as a chance to learn. Have a look at what got you to the point of having the smoke, and then look at how you can manage that situation in the future. Like if you had a cigarette at a party with friends... think about how to avoid saying 'yes' to a smoke, and how you can get support from your friends instead. Maybe you can ask them not to offer you a cigarette – or maybe you can choose to be somewhere else, just while you're newly quit.

Peer and social pressure

Everyone's different, so you'll need to find out for yourself which situations are the hardest for you to avoid smoking. The trick is to think about ways to manage these situations. For example, smoking and drinking are perfect partners, so avoiding drinking for a little while may help.

Here's what one person suggested:

"If you know you're going to a tough situation where it will be hard for you to resist – like a family BBQ or a night out with friends – then think of all the things that will help you resist and make it easier on yourself. You could ask your friends not to smoke around you. You could go outside and take a few deep breaths if it gets too much, or chew gum. Hang with a non-smoking friend, or get a buddy to go along and support you. Eat and keep your hands busy. Leave for five minutes and then come back if the cravings are too strong. You may need to consider limiting the events you go to and how long you stay in the first few weeks of quitting, and then re-introduce your normal social life a bit at a time."

Weight gain

Many smokers, particularly women, want to quit smoking but are worried about gaining weight. Quitting smoking doesn't mean that you will automatically gain weight but about three-quarters of people who stop smoking do put on some weight – on average, between 2 and 4kg.

There are a few reasons why people may put on some weight. For one, your metabolism (the way your body uses energy) changes when you stop smoking, and this means you want to eat more than you did. Your best bet is to be as healthy as you can.

Eat a balanced diet, avoid fatty foods, drink plenty of water and get active. The more physical activity you do – like walking, dancing, swimming, cycling or aerobics – the better your metabolism gets. Your aim is to balance yourself out. Balance the energy you get from food and the amount of energy you burn. To lose weight, take in less energy from low-fat, high-energy foods and exercise more.

If you're worried about gaining weight when you quit smoking, try some of these tips:

- get active – exercise will burn fat and release endorphins which will help you to stay in a positive state of mind. Exercise also helps many smokers to manage cravings
- choose low-fat snacks to nibble on
- avoid the food or drink you usually associate with having a cigarette
- if a cigarette used to mark the end of each meal, then find a new marker – like drinking water, brushing your teeth or eating a piece of fruit. Without a marker, you might want to keep eating more – or crave a cigarette
- Keep an eye out, too, for emotional eating – eating because you're stressed or unhappy – and swapping food for cigarettes to get a handle on those times. It's an easy mistake to make
- Nicotine replacement therapy – like patches and gum – can help reduce the amount of weight you might gain while quitting, as well as help your cravings.

The good news is that when you give up smoking the food tastes much better. Smokers often comment that they can't believe how different the food tastes after they have quit.

Alcohol and Smoking

Cravings are often stronger when you are drinking and socialising. Remember, alcohol may also weaken your resolve about staying quit. You may want to reduce your alcohol consumption or socialisation in drinking environments whilst quitting.

Staying a non-smoker

Be aware of triggers

Once quit, most smokers feel the urge or desire to smoke. Being ready to manage cravings is an important part of any quit plan.

Using nicotine replacement therapy products such as patches, gum, lozenges, sublingual tablets and inhalers, or other medications, can help to manage cravings as it replaces some of the nicotine from cigarettes without the harmful chemicals found in tobacco smoke.

Cravings are generally experienced in situations that remind you of smoking. You may need to consider changing your environment particularly in first few weeks of quitting.

TIPS FOR TOUGH TIMES

Here are some tips to help you manage cravings:

Tick the suggestions you would like to try. In the blank spaces, write down your own ideas, including what you may have tried in the past that you plan to use again.

- Know what leads to (triggers) your cravings. Knowing is the first step to being able to beat it. This may be when you are in a particular situation (e.g. at the pub watching the football), feeling a particular way (e.g. stressed or anxious), or around certain people (e.g. friends who smoke).
- Remind yourself that cravings only last for 5 – 10 minutes, sometimes less!!
- Remember the more you give in to your cravings the more they come back... BUT the more you don't give in to the craving, the weaker the craving becomes!
- Keep yourself busy – distract yourself with something to do even if you only delay having a cigarette.
 - watch TV or a DVD
 - go for a walk, ride, or run
 - go to the gym
 - listen to music
 - _____
 - _____
- Do something with your hands, especially if you have found you miss having something there. Do the same for your mouth, for example, chew normal gum, suck on a sugar free mint, cut up some fruit and vegetables to eat, and/or sip water. Avoid chocolate or other sugary items as this may lead to weight gain.
- Reduce your caffeine intake. Tea, coffee, iced coffee, soft drinks and chocolate all contain caffeine. Cravings often occur when having these drinks due to pairing the two together in the past. For example, having a couple of coffees while having a few cigarettes.

- Reduce your alcoholic drinks. Cravings are often stronger when you are drinking and socialising. Also alcohol may weaken your resolve about giving up smoking.
- Organise a quit buddy, whether this is someone who is quitting with you or is just someone who will provide you with some support during the tough times and congratulate you when you have been quit for a while. This could be a friend, family member, co-worker, spouse or partner. In the tough times this is a person you could speak to, to help you through.
- Make changes in the routines that are strongly linked to your smoking. For example, get up earlier and go for a morning walk, or sit in a different place for breakfast.

What other changes could you make to your routine? _____

- Start exercising. This can be as simple as parking the car further away from the shops so you are walking the extra distance.
- Use coping thoughts. The way you think about quitting can help you resist tempting situations. For example, remind yourself why you quit, think of the benefits of quitting and the positive changes you have achieved as a result of quitting, and challenge your negative thoughts: For example, instead of “One cigarette will be okay” try “Last time I was tricked into this I went back to smoking. One cigarette is dangerous”.

ACTIVITY

This exercise is for smokers or ex-smokers to help prevent them from relapsing back into smoking. It is important to know that there is a difference between slipping-up (i.e. having a few cigarettes and then continuing with quitting) and relapse (i.e. resuming smoking daily). A slip-up is not a sign of failure and does not mean that you cannot quit.

Use the table below to write in those things you have noticed in the past or you think may cause a slip up or relapse in the near or distant future. Then use the column to the right to write down those things that you will do to prevent yourself from having a smoke in these situations.

Potential relapse risks	Strategies
e.g. Stress	e.g. Call a supportive friend – seek help!

If you have a cigarette

If you do have a cigarette, don't let this lead you back to smoking regularly. You've tried too hard to quit. Tell yourself that you can give up and that you went a long time without a cigarette. Say to yourself, "I am determined to stay a non-smoker".

Don't forget you can call the Quitline 13 QUIT (13 7848) for support from a trained counsellor. They can give you tips on how to manage or avoid difficult situations or how to return to being a non-smoker.

If you return to regular smoking

Most smokers quit many times before succeeding. If you do return to smoking then begin to plan for your next attempt. Quitting is hard so it may take a little while but it is definitely worth it. Each time you attempt to quit you are much closer to finally staying quit.

Remember, your body is healthier thanks to everyday that you were smoke-free.

TIPS

- **Consider your motivations for quitting.**
- **Develop a quit plan again that takes into consideration what may have led to you smoking again. Learn from your last attempt. Think about what strategies worked best for you.**
- **Call the Quitline 13 QUIT (13 7848) for support from a trained counsellor. They can help you review your last quit attempt, identify what strategies worked best for you and what didn't.**

Resources and services to help you quit

To improve your chance of quitting and staying stopped, it is a good idea to get support. You may find the following websites or services helpful:

Get support:

ONLINE

www.mysmoking.qld.gov.au

www.health.qld.gov.au/quitsmoking

www.quitnow.info.au

www.quitbecauseyoucan.com.au

www.cancerqld.org.au

QUITLINE 13 QUIT

Call the Quitline **13 QUIT (13 7848)** for free information, practical assistance and support. Quitline's trained counsellors are available seven days a week to help you get through the process of quitting.

You can email 13QUIT@health.qld.gov.au for information and resources or request a call back from a counsellor online at www.health.qld.gov.au/quitsmoking

HEALTH PROFESSIONAL

Discuss quitting smoking with your general practitioner or other health professional e.g. pharmacist. They can give you advice on quit products to assist you.

Different products are available to help you quit smoking. Nicotine Replacement Therapy (NRT) includes patches, gum, lozenges, sublingual tablets and inhalers. The aim of NRT products is to replace some of the nicotine from cigarettes without the harmful chemicals found in tobacco smoke, thus reducing withdrawal symptoms such as cravings and anxiety. Bupropion and Varenicline are non-nicotine medications that are also effective for helping smokers to quit, speak to your general practitioner about these medications.



Any time. Any day.
We're here to help.

