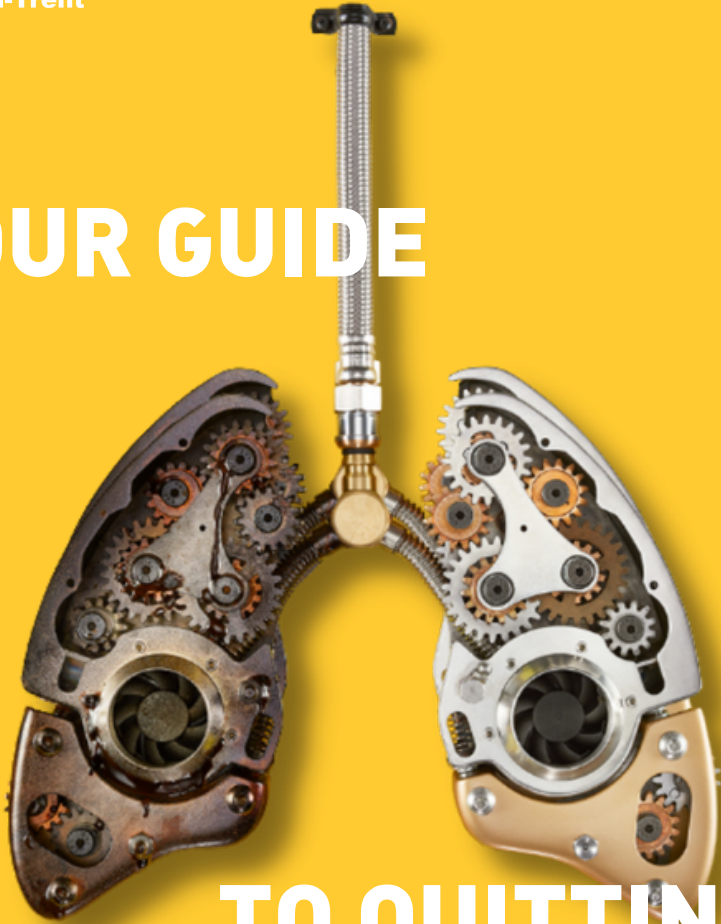




City of  
Stoke-on-Trent



# YOUR GUIDE



# TO QUITTING

Better  
Health

LET'S  
DO THIS

**QUIT**  
SMOKING STOKE-ON-TRENT

# HOW TO USE THIS GUIDE

Congratulations on making the decision to stop smoking.

**Stopping smoking is the single most important thing you can do to improve your health and the health of those around you.**

This booklet will give you the information you need to prepare yourself for the journey ahead and it will be your guide to successfully quitting.

- You can use this booklet to guide yourself to give up smoking.
- It can also be used with the support and guidance of a stop smoking advisor.



Evidence suggests that people who use the support of a stop smoking service are much more likely to quit!

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# 1. KNOWING YOUR REASONS

Everyone has their own, highly personal, reasons for deciding to stop smoking. However, there are three main benefits of giving up. They are:

## **a. Greatly improved health and wellbeing:**

Many people know the impact smoking has on health. What is less well known is that quitting smoking significantly improves your chances of living for longer.

## **b. More spare cash:**

Smoking is an expensive habit. A smoker with a 20-a-day habit can expect to spend over £4,000 a year on cigarettes!

## **c. Benefits to the health and wellbeing of family and friends:**

Research shows that exposure to second-hand smoke seriously increases health risks to those around you.

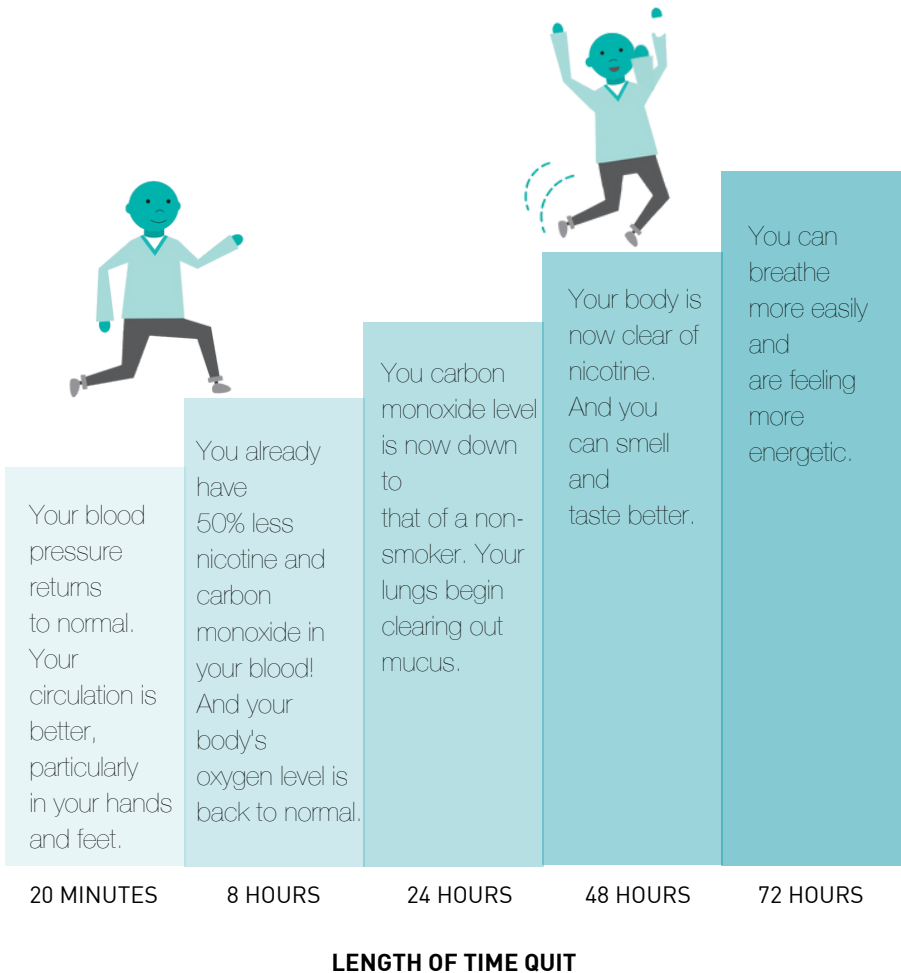
## **A. GREATLY IMPROVED HEALTH AND WELLBEING**

**Just 20 minutes after you quit, your body will begin to heal the harm caused by smoking over many years! Quitting before the age of 40 reduces the risk of dying from smoking-related diseases by 90%.**

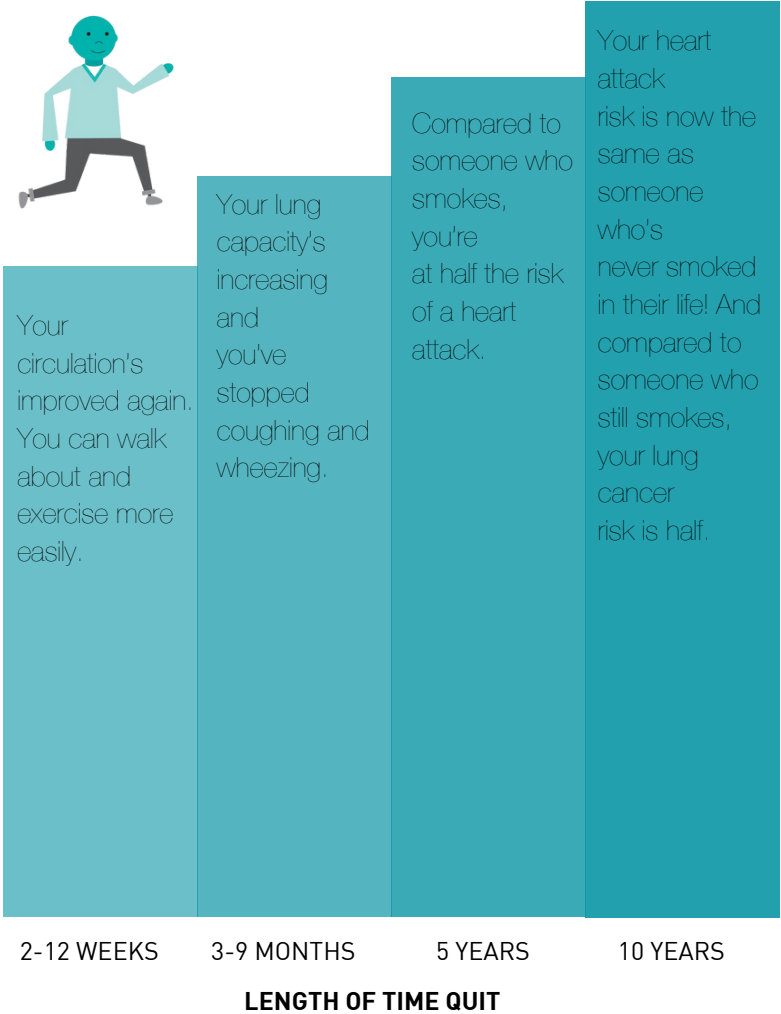
## YOUR STEPS TO HEALTH

Use the following chart to keep focused on the improvements you are making along your quit journey.

### THE FIRST THREE DAYS - THE BENEFITS



# THE FUTURE - THE BENEFITS



2-12 WEEKS

3-9 MONTHS

5 YEARS

10 YEARS

**LENGTH OF TIME QUIT**

## HEALTH RISKS OF SMOKING:

We all know that smoking is harmful. By quitting, you will significantly reduce the risks to your health. On average, smokers die about ten years younger than non-smokers, and around half of the people who smoke regularly will eventually die from smoking-related causes. There are more than 4,000 chemicals in cigarette smoke. These pass straight from your lungs into your blood and body tissue every time you inhale, putting you at a much higher risk of developing over 50 major health conditions. These include:

**Cancer** About 90% of lung cancers are caused by smoking. Smoking can also cause cancer in other parts of the body including the mouth, throat, voice box, oesophagus (the tube between your mouth and your stomach), kidney, liver and more.

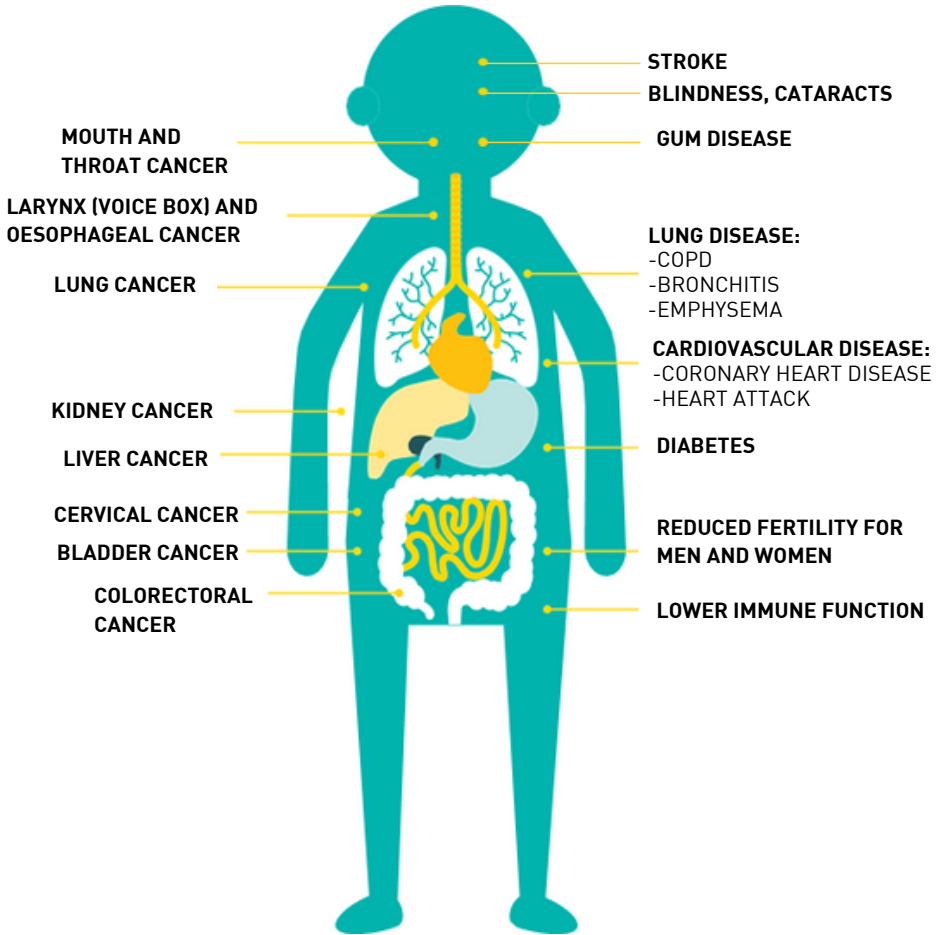
**CVD** This includes coronary heart disease, heart attack and stroke. Smokers are at almost double the risk of having a heart attack as people who have never smoked. In the UK, 64,000 smokers die from cardiovascular disease each year.

**Lung Conditions** Smoking causes around 90% of chronic obstructive pulmonary disease (COPD) cases. COPD incorporates bronchitis (including chronic bronchitis), emphysema and pneumonia.

**Others** There are many. For example, smoking can worsen the symptoms of respiratory conditions like asthma. It can also cause impotence in men and can reduce both men's and women's fertility.

# CANCERS

# OTHER HEALTH RISKS



**SMOKING  
DAMAGES EVERY  
PART OF THE  
BODY**



## WHAT YOU NEED TO KNOW ABOUT CARBON MONOXIDE

Carbon monoxide (CO) is one of the most dangerous chemicals in tobacco smoke. It is a colourless, odourless gas that is inhaled when cigarettes are burned. CO is poisonous because it binds with the haemoglobin in your red blood cells instead of oxygen. This means that the red blood cells cannot carry enough oxygen around the body. The impact of this is:

The major organs of the body won't have enough oxygen to keep them working properly – this can cause cell death which is one of the ways that smoking affects every part of the body.

The heart has to work much harder to pump oxygen around the body - this puts the heart under strain and is one of the reasons why smoking is associated with heart disease and heart attacks. Even the level of CO inhaled in passive smoking can put sufficient strain on the heart to cause a heart attack in someone with heart disease.

Even low levels of CO cause a lack of oxygen to the body, which can cause noticeable levels of fatigue.

One of the benefits of seeing a stop smoking advisor is that they will regularly test your CO level. This helps you to see your recovery in action and how quickly stopping smoking reduces your CO levels to that of a non-smoker.



Carbon Monoxide is gone from the body in just 24 hours after quitting! If you stop smoking when pregnant you can remove the biggest risk to your unborn baby in less than one day!

## FROM STATISTICS TO PEOPLE

### What the statistics don't tell you...

“ Like most people who smoked, I knew that smokers die ten years earlier than non-smokers. But to be honest it didn't really register with me – I just thought ‘so what – I die ten years earlier than I would otherwise, who wants to be old anyway?!’. But now I realise it's not the ten extra years I might have had that matter - it's the twenty years of poor health I've had to live with. I'd have stopped if I'd known what was in store. Twenty years of cancer scares, hospital appointments, tests and investigations, and the constant worry from waiting for the hammer to fall. Plus the ten years of breathlessness and not being able to go out on my own that comes with having COPD, which is directly because of my smoking. I'm sure I would have quit earlier if someone had explained this to me. But I did finally quit five years ago and it's the best decision I ever made. Despite all the problems I have from years of smoking, I still feel healthier. And I'm now free from the burden of smoking. ... ”

**Charlie's story (aged 68, quit age: 62)**

## B. MORE SPARE CASH

Smoking costs a lot, and it's only ever going to become more expensive as governments place more and more tax on tobacco to discourage people from using it.

A smoker with a 20-a-day habit can expect to spend over £4,000 per year on cigarettes.

Table 1 (below) illustrates the typical amount a person may spend on cigarettes.

### COST\* OF CIGARETTES

Cigarettes smoked per day	COST PER DAY	COST PER WEEK	COST PER MONTH** PCM	COST PER 6 MONTHS	COST PER YEAR
<b>5</b>	£2.85	£19.95	£86.45	£518.70	£1037.40
<b>10</b>	£5.70	£39.90	£172.90	£1037.40	£2074.80
<b>15</b>	£8.55	£59.85	£259.35	£1556.10	£3112.20
<b>20</b>	£11.40	£79.80	£345.80	£2074.80	£4149.60

\*Based on a packet of 20 standard size cigarettes costing £11.40 (rounded).

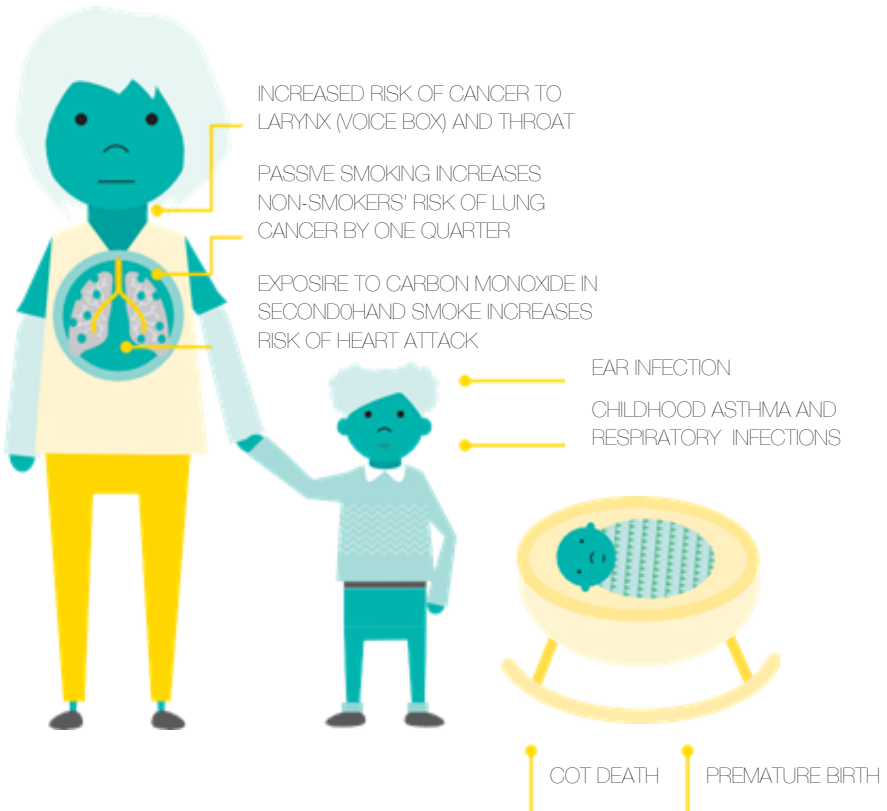
\*\*Cost per month based on 12 equal months per year.

\*\*\*Average cost is sourced from the Office of National Statistics 2021

## C. BENEFITS TO THE HEALTH AND WELLBEING OF FAMILY AND FRIENDS

Smoking around others puts their health at risk too.

### HEALTH RISKS OF SECOND-HAND SMOKE



**There is no safe level of second-hand smoke, especially for children who are more vulnerable and cannot protect themselves from it.**

## 2. UNDERSTANDING YOUR TREATMENT OPTIONS

### **What you need to know about nicotine addiction**

Some people find stopping smoking very difficult. One reason for this is that smoking causes the body to become dependent on one of the most highly addictive substances known to man – nicotine.

Nicotine works by producing physical and mood-altering effects on the brain that make you feel good. However, the brain quickly becomes used to nicotine and once this happens it requires more nicotine to get the same pleasurable effects.

When nicotine levels fall, the body experiences nicotine withdrawal. This is an unpleasant experience that causes the person to seek out more nicotine as a matter of importance. This is the experience of 'craving' that most smokers are so familiar with.

When you stop smoking you have to train your body to gradually get used to lower and lower nicotine levels. The body does not like this and puts up a fight in the form of withdrawal symptoms.

**To stop smoking completely, you need to find a way to keep the withdrawal symptoms at bay until they eventually go away. This booklet will help you to do that.**

## THE NICOTINE WITHDRAWAL CYCLE WHY QUITTING CAN BE HARD:



## HOW NRT AND VAPING CAN HELP YOU QUIT: IT CAN WEAKEN THE NICOTINE WITHDRAWAL CYCLE



## Beating withdrawal symptoms:

The good news is that withdrawal symptoms do not last forever. Although they vary from person to person, knowing how long symptoms usually last can help you plan how you will cope with them.

**TABLE 2: COMMON WITHDRAWAL SYMPTOMS**

Symptom	Cause	Duration
Light-headedness/ dizziness	More oxygen is now reaching your brain	Less than 48 hours
Problems sleeping	Nicotine is disappearing from your body	Less than 1 week
Urges to smoke/cravings	Your body is experiencing nicotine withdrawal	Less than 2 weeks
Mood swings or difficulty concentrating	Your body wants the chemicals in cigarette smoke	Less than 2 weeks
Low mood	Your body wants the chemicals in cigarette smoke	Less than 4 weeks
Restlessness	Your body wants the chemicals in cigarette smoke	Less than 4 weeks
Coughing	Your body is clearing tar from your lungs - this is usually worst when you first quit smoking	Less than 4 weeks
Extra Hunger	Your metabolism is changing and food tastes better now you have quit smoking	Can last for 10 weeks or longer

**REMEMBER: EVEN THOUGH WITHDRAWAL SYMPTOMS CAN BE UNPLEASANT, THEY ARE A SIGN THAT THE BODY IS HEALING!**



## BREAKING THE CYCLE OF NICOTINE ADDICTION

As long as your body is addicted to nicotine there is a chance that you will start smoking again.

The most effective way to quit smoking is to stop altogether instead of just cutting down. This is the quickest and most effective way to get rid of your brain's addiction to nicotine.

This is why once you reach your quit day experts recommend that you keep to the 'not a puff' rule. This means committing to never smoking tobacco ever again.



**Research shows that 75–95% of quitters who have just one cigarette go back to being regular smokers.** This is because just one puff on a cigarette reminds your body and mind of how smoking makes them feel, and makes them miss it.

### HOW DOES THE 'NOT A PUFF' RULE WORK

To help explain this, we are going to use the analogy of training a rescue dog! Say you decide to take home and train a rescue dog who has learned lots of bad habits. To keep the dog safe you want to have a rule that the dog must sit while you're both waiting to cross the road. If you tell your dog to sit every single time you're waiting to cross, it will quickly learn the rule and obey it. But if you only tell it some of the time, your dog will get confused about what it's meant to do. It might start straining at the lead or jumping up to get your attention. If you are very unreliable, the dog's behaviour may become completely unmanageable.



Your body's dependence on nicotine is a bit like a rescue dog needing to learn a new set of rules. By not having a single puff, you are giving a very clear message that the body needs to get used to a new set of rules. The more consistently you obey the 'not a puff' rule, the more quickly your body will learn that it will no longer receive nicotine in response to a craving/withdrawal symptom. Over time, cravings and withdrawal symptoms will get less and less strong.



### **Training your rescue dog with Nicotine Replacement Therapy!**

You can get extra help to beat your nicotine addiction. Using Nicotine Replacement Therapy (NRT) greatly increases your chances of quitting. Millions of smokers have already used it to stop. NRT helps you manage your withdrawal symptoms by giving you nicotine without the toxic chemicals found in cigarette smoke. By gradually reducing your use of NRT you can wean yourself off nicotine altogether. Keep reading to find out more about NRT.

### **Is stopping completely the only way to quit?**

No, whilst stopping completely is the most effective way for the majority of people, there are other methods such as 'cut down to quit' that can be helpful. A stop smoking advisor can help you find the best method for you.



**Smokers who manage 7 consecutive days without taking a single puff are far more likely to have quit 4 weeks later.**

## Stop smoking medicines

When you stop smoking you will have cravings for cigarettes. These will be strongest during the first few weeks but will pass as your body overcomes the physical addiction to nicotine.

Stop smoking medicines can help you manage these cravings, making it much easier to continue without cigarettes. There are two kinds of stop smoking medicines – (1) those that contain nicotine, and (2) those that don't:

### 1. MEDICINES CONTAINING NICOTINE – THESE ARE KNOWN AS NICOTINE REPLACEMENT THERAPY (NRT):

NRT delivers nicotine to the body, satisfying your nicotine cravings without exposing you to the thousands of dangerous chemicals in cigarette smoke.

#### **Most adults are safe to take NRT, however, you should check with your doctor beforehand if:**

- you have had a recent acute cardiac episode (e.g. heart attack) or have unstable cardiac disease.
- you are on regular medication such as insulin, anti-epileptic or anti-psychotic drugs.

#### **Other Considerations:**

- you are pregnant or breastfeeding, ask your midwife or a stop smoking advisor to advise you on what NRT to take.
- you are under 18, you can take NRT under the guidance of a stop smoking advisor.

**There are several different types of NRT, but most can be divided into two groups:**

### **SLOWER-RELEASE NRT**

that delivers nicotine over a long time (e.g. patches). Use these products to keep nicotine levels topped up and to prevent cravings.

### **FASTER-RELEASE NRT**

that delivers nicotine quickly, more like the 'hit' you get from smoking (e.g. nasal spray). Use these products instead of the cigarettes you are giving up.

The 'peak level' of an NRT product is the point at which it reaches its maximum level to reduce cravings.



**Different products reach peak levels at different times. It is best to use a combination of products to help you resist the urge to smoke, for example combining a patch with nicotine gum, nasal spray or lozenges to beat your worst cravings.**

**TABLE 3 : NRT - YOUR CHOICES...**

<b>Type of NRT</b>	<b>Faster or slower - release</b>	<b>How does it work?</b>	<b>When should you use it?</b>	<b>How do you use it?</b>
Nicotine patches	Slower - reaches peak level within 2-9 hours (dependent on brand)	Nicotine is absorbed constantly through your skin.	When you want to forget about smoking throughout the day.	Apply a 16-hour or 24-hour patch to your skin. You'll start to feel the effects within about 30 minutes.
Nicotine gum	Faster – reaches peak level within 30 minutes	Nicotine is absorbed through your mouth lining.	Throughout the day, before you feel the urge to smoke - your body takes longer to absorb the nicotine from these than from a cigarette.	Chew slowly, then place the gum at the side of your mouth. Chew up to 15 2mg or 4mg strength pieces a day.
Micro tabs	Faster – reaches peak level within 30 minutes			Place the microtab under your tongue until it dissolves. Most use between 8 to 24 microtabs per day.
Nicotine lozenges	Faster – reaches peak level within 30 minutes			Allow it to dissolve in your mouth. Do not use more than 5 lozenges in 6 hours or more than 20 lozenges per day.
Nicotine nasal spray	Faster – reaches peak level within 16 minutes	Nicotine is absorbed very fast through your nose lining.	If you need an immediate dose of nicotine to conquer your craving.	Spray once into each nostril. Use up to two doses an hour.
Nicotine inhalator	Faster – reaches peak level within 15/20 minutes	Nicotine vapour is absorbed through your mouth and throat.	If you miss the hand-to-mouth movement of smoking.	Inhale with either shallow or deep puffs. You can choose how many puffs you take and how often you take them, but use no more than six nicotine cartridges per day.

## What if NRT does not work for me?

NRT is not effective for everyone. However, many people do not use it correctly! The most common mistake people make is that they do not use enough NRT to keep their withdrawal symptoms at bay! It might help to speak with a stop smoking advisor to make sure you are getting the right dose.

**Did you know... A popular alternative to using NRT to deliver nicotine to the body during a quit attempt is to use e-cigarettes / vaping. Your stop smoking advisor can support you to quit using e-cigarettes.**

## 2. NON-NICOTINE (PRESCRIPTION) MEDICINES

Two medications have been proven to help people quit smoking: Varenicline (more commonly known as Champix) and Bupropion (known as Zyban).

These medications block the action of nicotine in the brain, so people who use them tend to experience less pleasure from the cigarettes they smoke. You will need a prescription for Champix or Zyban. Like a lot of medicines, they can cause some side effects. You cannot take Champix or Zyban if you are pregnant or under 18 years old. Table 4 gives more information about these medications and how they work. A stop smoking advisor can tell you about the possible common side effects and how you can overcome them. They can also advise when it might be necessary to stop or change medication.

**TABLE 4 : NON-NICOTINE (PRESCRIPTION) MEDICINES**

Medicine	How does it work?	How do you use it?	Possible side effects
<b>Champix</b>	It makes you feel better by stimulating nicotine receptors in your brain- in other words, you experience the relief that nicotine gives without actually having to consume any! This helps your body cope with withdrawal symptoms when you quit smoking. Champix also cuts down your brain's reward response pathways, making smoking less pleasurable.	Champix comes in tablet form. You start taking it one to two weeks before your quit date. Treatment normally lasts for 8-12 weeks.	<ul style="list-style-type: none"> <li>• Feeling/being sick</li> <li>• Difficulty sleeping, vivid dreams</li> <li>• Dry mouth</li> <li>• Headaches</li> <li>• Constipation or diarrhoea</li> <li>• Dizziness</li> <li>• Drowsiness</li> </ul>
<b>Zyban</b>	Zyban blocks the neurotransmitters in your brain that are linked with nicotine cravings, relieving your withdrawal symptoms when you quit. It also makes smoking less pleasurable.	Zyban comes in tablet form. You start taking it one to two weeks before your quit date. Treatment normally lasts for 8-12 weeks.	<ul style="list-style-type: none"> <li>• Feeling/being sick</li> <li>• Difficulty sleeping</li> <li>• Headaches</li> <li>• Constipation</li> <li>• Dizziness</li> <li>• Finding it hard to concentrate</li> </ul>

## Complementary Therapies

Some people say that complementary therapies such as hypnotherapy and acupuncture have helped them quit smoking, but there is not currently enough evidence to support their effectiveness. When trying any complementary therapies, always use a practitioner who is registered with the Complementary and Natural Healthcare Council.

## Heaviness of smoking index

The stronger your addiction to nicotine the more likely it is that you will need NRT or prescription medication to successfully quit.

The Heaviness of Smoking Index helps you to decide what would be the most effective stop smoking medication for you to try.

### HEAVINESS OF SMOKING INDEX (HSI)

**1. On the days that you smoke, how soon after you wake up do you have your first cigarette?**

0 - 5 minutes (3 points)

6 - 32 minutes (2 points)

31- 60 minutes (1 point)

60 + minutes (0 points)

**2. How many cigarettes do you typically smoke per day?**

10 or fewer (0 points)

11-20 (1 points)

21-30 (2 points)

31 or more (3 points)

#### SCORING



0

1

2

3

4

5

6

Less dependent

More dependent

Select the appropriate answer for each of the two questions. Then add the scores from your two answers together. This will result in a total score from 0 to 6. Although higher scores indicate heavier smoking and a stronger addiction to nicotine, a score of 0 still means that you may need medication support to successfully quit.



## 3. PREPARING TO QUIT AND STAY SMOKE FREE

### Understanding your smoking patterns

The better you understand what causes you to smoke the more likely it is that you will quit successfully.

#### There are 3 steps to understanding your smoking patterns:

A. MONITORING WHEN, WHERE, AND HOW MUCH YOU SMOKE

B. UNDERSTANDING YOUR SMOKING TRIGGERS

C. MAKING A PLAN TO DEAL WITH THE TRIGGERS

#### **A. Monitoring when, where, and how much you smoke**

In the weeks before your Quit Date, note down the following things each time you have a cigarette:

- The time you smoked
- Number of cigarettes smoked
- What you were doing at the time (including where you were and who you were with)
- How difficult it would be to give that cigarette up on a scale of 1 (not at all hard) to 10 (extremely hard)

## **B. Understanding your smoking triggers**

You may not be aware of it, but there is a reason behind every cigarette you smoke. Some of these reasons might be obvious, such as experiencing a craving when your nicotine levels are low. Others may be less obvious, such as being around smokers, stress or boredom. Psychologists call these reasons to smoke triggers.

### **There are four types of triggers for smoking:**

#### **Pattern triggers:**

These are things that you usually do when you smoke such as driving, talking on the phone, taking a break at work or watching TV. They also include points in the day when you usually smoke. You will be more likely to experience a desire to smoke in these situations.

#### **Social triggers:**

These include situations in which you would normally smoke, often involving other people who smoke too, for example, parties or bars or pubs, celebrations, meeting up with friends who still smoke, etc. You will be more likely to experience a desire to smoke in these situations.

#### **Withdrawal triggers:**

These are experienced when your blood nicotine levels drop to below normal levels and your body tells your brain to seek out a source of nicotine, usually a cigarette, for example, craving the taste of a cigarette or feeling restless.

#### **Smoking triggers:**

These occur when you're around cigarettes or things that remind you of smoking, for example smelling cigarette smoke; or handling cigarettes, lighters and matches.

## MY TRIGGERS

**Read the following list of triggers and think about which ones may cause you to smoke...**

- When I'm stressed or anxious
- When I'm angry or upset
- When I've just eaten a meal
- When I'm bored
- When I'm drinking alcohol
- When I want to get away from work for a few minutes
- When I'm having a cup of coffee
- When I need a time out from the kids or other responsibilities
- When I want to feel less hungry

**NOW IT'S TIME TO PLAN HOW TO TACKLE THESE ...**

## C. Making a plan to deal with the triggers

Now that you understand what is causing you to smoke, you can plan to tackle it. Read the next sections on managing cravings and medication to work out your stop-smoking strategies.

### MANAGING WITHDRAWAL SYMPTOMS

#### Cravings:

Caused by nicotine withdrawal, cravings reduce after several weeks as long as you don't have a cigarette. Here are some tips to help you resist the temptation to smoke, especially during the first few days.

#### TOP TIPS:

##### **DISTRACT YOURSELF**

By cleaning, texting a friend, doing a crossword or Sudoku, or playing a game on your phone or online - it's all about keeping busy and you may be doing something useful too.

##### **CREATE A MOTIVATION BOOSTER**

When you get a craving you can look at it to remind yourself why you want to keep going. For example, get your friends, family or kids to write you a note of encouragement and keep it in your wallet or purse

##### **BE ACTIVE**

Exercise is proven to help manage cravings – go for a brisk walk, do a few squats, jumping jacks or press-ups. Not only will it take your mind off having a cigarette – but it'll also help you keep fit!

##### **DE-STRESS**

Learn relaxation (deep breathing, muscular relaxation, visualisation) or meditation techniques to help you in the moment, for example taking ten deep breaths!

##### **USE ALL YOUR SENSES**

Taste (brush your teeth, drink water or sugar-free cordial, chew some gum), sound (listen to music, a podcast, radio, motivational playlist), touch (squeeze a stress ball or play with something that feels nice), visual (read a book, check Facebook, watch an engaging TV programme, check your tweets or Instagram), smell (sniff some essential oils, coffee grounds or beans, go out in the garden and bury your head in some herbs).

**ASK FOR HELP**

Speak to the people that are close to you about how they can support you in being smoke-free, or get on social media and see if anyone has any tips for keeping cravings at bay.

**USE AN APP**

The NHS Smokefree App or ask friends and family for recommendations.

**GETTING MY SUPPORT IN PLACE:**

Although the responsibility for whether or not you quit rests only with you, other people can have a big influence on your desire to quit.

Letting others know what to do to help you can improve your chances of quitting.

We have pulled together a list of the common do's and don'ts for supporting people during their quit attempt. Give this list to the people who need to support you and use it to have a conversation about how they can help you.

**DO'S AND DON'TS OF HELPING ME QUIT:**

Show these Do's and Don't to your supporters! These will help them know how to act as your cheerleader ...

**DO:**

**Ask me how you can help me - I may find it difficult to ask for help.**

**Understand I may be more emotional or difficult than usual - it's the side effects of withdrawal, but also a sign that my body is healing.**

**Encourage me and let me know that I can do it (unless I tell you not to).**

**Help me to distract myself from my cravings and withdrawal symptoms - help me break the routines that kept me smoking.**

**Remove from sight anything that will remind me of smoking when I visit (e.g. cigarette packets, ashtrays).**

**Understand that it may take many attempts at quitting before I am successful.**

**Believe in me – sometimes I will doubt myself**

**DON'T:**

**Give me advice unless I ask for it.**

**Ever offer me a cigarette or another form of tobacco**

**Smoke in front of me if this is possible.**

**Nag, preach, judge or try to make me feel guilty – I am doing my best.**

**REMEMBER - YOU CAN ALSO ACCESS ONLINE SUPPORT:**

- A** **Websites:** There are lots of sites with useful information on stopping smoking and great ideas to help you stay quit e.g. [www.nhs.uk/oneyou/smoking](http://www.nhs.uk/oneyou/smoking)
- B** **Apps:** If you have a smartphone you can download a range of apps including NHS Smokefree
- C** **Social media:** Chat with other quitters on Facebook and other sites for moral support and tops tips

## OVERCOMING RELAPSES

Everyone makes mistakes, if you have a cigarette it is not the end of the world. There's no need to feel bad about it, it is just a slip-up. You are learning to become a non-smoker after years of smoking!

You will have learned something from your slip-up that will help you the next time you're facing a problem. So, continue with your quit – you can still do it! Make sure you:

- Get in touch with a stop smoking advisor for some extra support.
- Picture how much more healthy and in control of your life you will be as a non-smoker.
- Reflect on why the slip-up happened

Remember why you want to be a non-smoker and think about why you had a slip-up.

### Ask yourself the questions:

1. Why did you want to quit smoking in the first place?
2. What was the situation that led you to smoke? What were you doing and who were you with?
3. How did smoking the cigarette make you feel? Did you enjoy it as much as you thought you would? Did it make you feel better about your problem?
4. If a similar situation or problem arises again, is there a different way you can deal with it? Make a plan for what you will do next time.

**LEARN AND CONTINUE WITH YOUR QUIT, YOU CAN DO IT!**

**NEXT** 

For further support please contact your stop smoking advisor.

