



Your guide to becoming tobacco-free

Better
Health

LET'S
DO THIS

QUIT
SMOKING **STOKE-ON-TRENT**

Service provided by

Reed Wellbeing

How to use this workbook

Becoming tobacco-free is a life changing decision, and we understand that it's not as easy as just wanting to stop smoking or using other tobacco products.

This workbook is filled with practical advice and activities to support you on your journey to a tobacco-free life. Based on scientific research and the experiences of many who have successfully become tobacco-free.

In this guide, we use the term 'tobacco-use' or 'becoming tobacco-free'. Whether you smoke or chew tobacco, our programme is for everyone who uses tobacco products. Feel free to use the term that feels right for you, whether it's becoming smokefree, quitting smoking or becoming tobacco-free.

Our 5-step process will help you to understand your tobacco use habits, prepare you to quit, manage your cravings, and learn self management skills to avoid lapses back to using tobacco products.

Every journey begins with a first step, and you've already taken that by joining the Be Tobacco Free programme.

Let's start this journey together!

Now is the best time to become tobacco-free!

Becoming tobacco-free is one of the best things you can do to improve your health. When you stop, you give your lungs the chance to function better and your breathing improves. There are lots of other benefits too.

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Welcome

Quit Smoking Stoke-on-Trent is here to support you on your journey towards a tobacco-free life—a journey filled with better health, increased energy, and a sense of freedom.

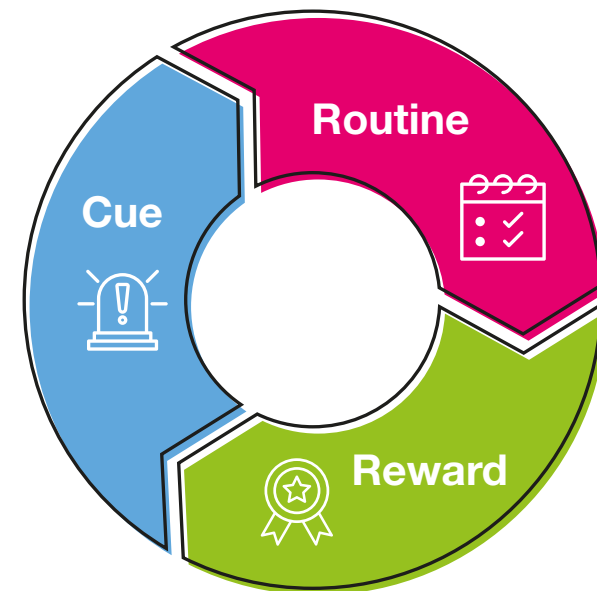
By joining the programme, you'll become part of a supportive community of people who truly understand your journey. You'll have access to expert guidance, practical resources, and encouragement—right when you need it most.

Benefits Include:

- **Personalised plan:** Tailored strategies and goals based on your specific needs and tobacco habits.
- **Professional support:** Access to experts who provide guidance, advice, and encouragement throughout your journey.
- **Treatment and products:** Your Coach can tell you about nicotine replacement products and other tobacco-free treatments that are available.
- **Educational resources:** Information on the health risks of tobacco use and the benefits of quitting, as well as tips for managing cravings and withdrawal symptoms.
- **Behavioural strategies:** Techniques to help you change your tobacco habits, cope with triggers, and develop healthier routines.

Step 1: Understand habits

Looking at your tobacco use as a habit, is the first step towards a healthier, tobacco-free life. A habit is a routine of behaviour that is repeated regularly and tends to happen without us being aware of it. It's an automatic response to the things around us, like specific situations or activities, and develops through a repeated loop of a cue, routine, and reward.



A cue can be things like feeling stressed, finishing a meal, drinking alcohol, or even seeing someone else smoke.



The routine is the behaviour of using tobacco as a response to the cues, such as using smoking as a way of coping with stress.



The reward is the experience of satisfaction or relief from the routine, which makes the cue a trigger for smoking.

Identifying triggers

We can learn how our habits are formed by understanding the cues that trigger our routines and the rewards we get from them. When these cues lead to unhealthy behaviours like smoking, we call them 'triggers'.

The four types of tobacco triggers:

Behavioural triggers

These are activities we are usually engaged in when we feel the urge to smoke. Examples include waiting for a bus, talking on the phone, listening to music, or watching TV.

Social triggers

These occur in situations where we would normally smoke or where others are smoking. Often, they involve people we know who also smoke, such as meeting with friends, celebrating with someone, or going to the pub.

Emotional triggers

Our emotions can vary in type and intensity throughout the day. Feelings of happiness, sadness, or other emotions can trigger smoking as a way to seek relief or pleasure.

Physical triggers

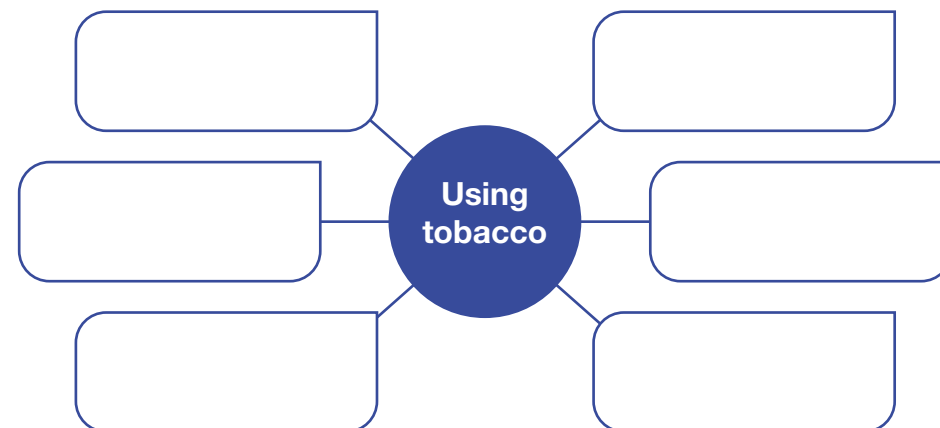
These relate to our senses and can include smelling smoke from others, seeing or holding items associated with smoking, or feeling restless and needing to occupy our hands.

Take a moment to think about the times YOU usually use tobacco. Is it after a meal? Before going to sleep? When you want to unwind? You can use the next page to write these down.

My triggers



Use this diagram to list the cues which can trigger your need or want to use tobacco. Below are some examples to help you identify which triggers affect you the most.



Examples:

Behavioural Alcohol, TV, driving, meals, coffee/tea

Social Socialising, events, bars, activities, smoky environments

Emotional Stress, anxiety, excitement, boredom, sadness

Physical Cravings, smelling smoke, hunger, seeing tobacco

Some habits are unwanted behaviours that can have a big impact on your life and overall wellbeing. You can use your understanding of how these habits are formed to start doing new, healthier behaviours in their place.

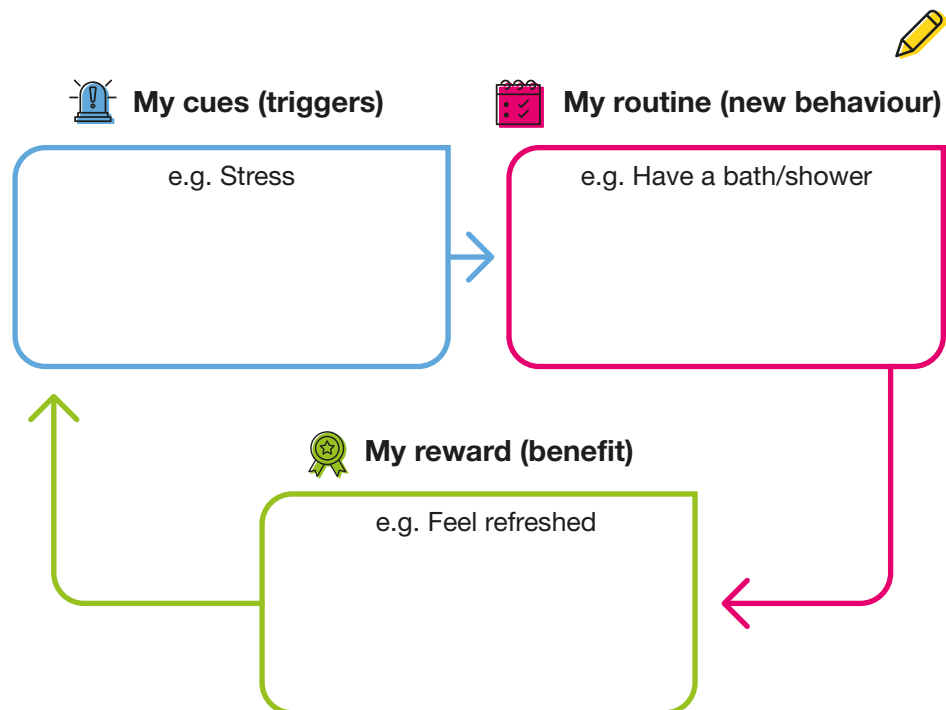
Building healthy habits

Healthy habits can help you be more efficient and free up space in your mind for other tasks.

Examples of healthy alternatives to using tobacco:

- Spend active time outdoors
- Talk with a friend/supporter
- Write yourself a supportive letter
- Practice mindful breathing
- Watch or listen to some comedy
- Read a book or magazine
- Have a soothing bath or shower
- Start a mood journal
- Drink some herbal or fruit tea
- Engage in a hobby
- Make a nutritious meal or snack
- Clean your home

Use the diagram below to write down your triggers, the new behaviour(s) you would like to do in place of tobacco use and how you would benefit from this.



Step 2: Prepare to quit

Understanding your personal reasons for wanting to become tobacco-free can help motivate you. Creating a reminder of what motivates you can help during the times you are struggling or finding things difficult. You may be motivated by things like:



Improved finances



Increased energy



Better fertility



A healthier life



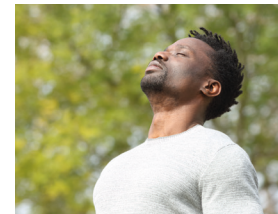
Restful sleep



Family health



Uplifted mood



Easier breathing



Better taste & smell

What motivates you?

What is your motivation for becoming tobacco-free?

Below are ideas on how to keep yourself reminded of your motivation(s). You can tick the ideas you want to try or add your own at the bottom.

Motivational reminders I can try	Tick
Create a motivation board with pictures and quotes that inspire me. I can look at it when my cravings are strong.	
Keep a journal where I can write about my journey, including my reasons for quitting and the benefits I notice.	
Set up alerts (such as NHS alerts) on my phone or other device to receive motivational messages that remind me of the benefits.	
Carry a physical item that reminds me of what's important in my life. E.g. a picture, a token, or a written note.	
Keep a jar (or app tracker) of all the money I would have spent on tobacco products.	
Ask my friends or family to write me motivational notes to read when I feel stressed or down and want to use tobacco products.	

Smoke-Free Home Pledge

I, [Your Name], pledge to keep my home smoke-free to protect the health and wellbeing of my family, friends, and myself.

By doing this, I will:

- 1. Not smoke indoors:** Make sure no one smokes inside my home, including guests.
- 2. Inform others:** Tell visitors about the smoke-free rule and ask them to follow it.
- 3. Promote health:** Support a healthier lifestyle by avoiding second-hand smoke.
- 4. Set an example:** Lead by example and encourage others to stay smoke-free.

Together, we can create a healthier and safer environment for everyone.

Signed



The final part of preparing to quit is to know what treatment options are available to help manage any withdrawal symptoms and cravings.

There are many treatment products that can help with managing cravings and reducing withdrawal symptoms. Below is some key information on what is available.

Nicotine Replacement Therapy (NRT)

NRT has been a popular choice to help people stop using tobacco for many years. It comes in a variety of forms including patches that stick to your skin, nasal sprays, gum, and lozenges. NRT provides a 'clean' form of nicotine without all the added toxins found in tobacco. It works by replacing the nicotine you would usually get from using tobacco to help prevent or manage cravings.



We often recommend what is known as 'combination therapy'. This is when you use a patch to provide a steady dose of nicotine throughout the day and/or night (long-acting), and a fast-acting product like nicotine gum or a spray at regular points during the time you are awake. It's important to use enough NRT to help you avoid using tobacco.

More is better than not enough.

Vape devices and e-liquids

E-cigarettes, also known as vaping, has fast become the most popular treatment option to help people stop smoking. In 2023, out of those that successfully stopped smoking, the highest number of people used vaping to help them quit.

Vapes are popular because they feel similar to smoking. When someone quits, they use a vape in the place of a cigarette. This can make it easier as they don't have to change their habits as much.

There are lots of false stories about harm caused by vaping and the devices being dangerous. There is currently no evidence of any high risks associated with vaping. Compared to smoking, vaping is considered much less harmful and of similar risk to the use of NRT. This is because there is no tobacco being burnt as with smoking, so you are not exposing your body to carbon monoxide (a harmful gas produced in the smoke) or the many harmful chemicals in tobacco.



Fact:

Individual cravings usually peak and drop again in just a few minutes, so if you can find a way to wait out the urge to smoke, it will usually go away!

Your Coach will work with you to create a personal quit plan involving the latest evidenced-based behavioural change approaches. They will also help you to make informed choices about treatments or medications.

Choosing a quit date is a crucial part of planning for success. This is the day when you will completely stop smoking - no exceptions, not one use of tobacco. Research shows us that smoking even a small amount after the quit date can prolong withdrawal symptoms, delay the breaking of the habit, and reduce self-confidence in feeling able to successfully stop smoking.



Setting my quit date

S

Set a quit date: Choose a day within the next 2 weeks that is either less stressful or will keep you busy and distracted from wanting to use tobacco.

T

Tell friends and family: Tell the important people in your life that you are becoming tobacco-free and what they can do to help support you, like not asking if you want a cigarette.

A

Anticipate and plan: Use your list of triggers to help plan for any difficult situations and know when you might need to use NRT or vape to help manage cravings.

R

Remove all reminders: Clear your space of tobacco related items like packaging, lighters, ash trays, or anything else that reminds you of using tobacco products.

T

Talk it through: Talk to your Coach about any worries, concerns, or questions you might have about becoming tobacco-free or your quit day.

My treatment plan



I will become tobacco-free on:.....

My reasons for wanting to become tobacco-free are:

-
-
-
-

My chosen treatment is:

Tips on how to use it from my Coach are:

-
-
-
-

Withdrawal symptoms – what to expect

When you become tobacco-free, you might experience different physical and emotional changes, known as withdrawal symptoms/effects. These symptoms are temporary and show that your body is healing and adjusting to the change. Understanding the symptoms you might face and focusing on the positives of better health and life improvements can help you manage withdrawal symptoms.

You can use this table to help understand some of the changes you might experience.

Symptoms	Cause
Light-headed or dizzy	More oxygen is going around your body and to your organs.
Difficulty sleeping or feeling restless	Your body and brain are adjusting to the change. Cravings can disturb sleep.
Feeling Irritable or Anxious	Nicotine increases feel-good hormones, so the body is getting used to the change. This usually resolves in 4-weeks.
Coughing and a sore or Itchy throat	The tiny hairs in your airways, called cilia, are growing back, and clearing out the mucus from your lungs.
Feeling more hungry	Your taste buds and sense of smell improve when you stop smoking so you might enjoy food more or be replacing the habit of smoking with eating.

The first week after becoming tobacco-free is usually the most challenging. After that, the intensity of symptoms tends to become less.

Managing withdrawal symptoms

Below are some suggestions of what you can do to help ease withdrawal symptoms whilst your body is getting used to being tobacco-free.

Symptoms	Suggested actions
Headache	Drink plenty of fluids, avoid bright lights, and use a medication like paracetamol if needed.
Difficulty Sleeping	Avoid all caffeine-containing drinks for at least 4-6 hours before sleep (tea, coffee, cola). Try warm milk and/or magnesium supplements (consult your doctor before taking supplements).
Feeling Irritable or Anxious	Practice deep-breathing exercises, yoga, or muscle relaxation by tensing and releasing.
Sore or Itchy Throat	Try sugar-free gum, hard boiled sweets, or an anaesthetic throat spray.
Constipation	Eat high fibre foods like vegetables, fruits, or wholegrains, and keep active to help digestion.
Feeling More Hungry	Keep nutritious snacks like fruits, vegetables, and nuts handy to avoid high-calorie junk food. Plan balanced meals to ensure you're getting the right nutrients without overeating.
Slower Metabolism	Add physical activities to your routine, like walking, jogging, or yoga, to boost your metabolism and manage weight.

If you have tried becoming tobacco-free before, think about any symptoms you experienced. Use the space below to list anything that you found helpful. 

Step 3: Complete quit week

This section is to guide you through your quit week. We understand that this change might bring feelings of anxiety or worry, but remember, every person’s experience is unique and we are here with you every step of the journey.

You can use the detail in this section, to help keep you motivated, manage cravings, and focus on your goal of a healthier, happier, tobacco-free you.

My quit day checklist:

I have...

☐

made a list of my triggers

☐

identified healthy habits to practice

☐

created a reminder of my motivation to become tobacco-free

☐

completed my treatment plan and shared it with my Coach

☐

got enough of my chosen treatment (NRT, vape or prescribed medication)

☐

cleared my space of tobacco reminders

☐

told my friends, family, and social contacts that I am quitting and how to support me



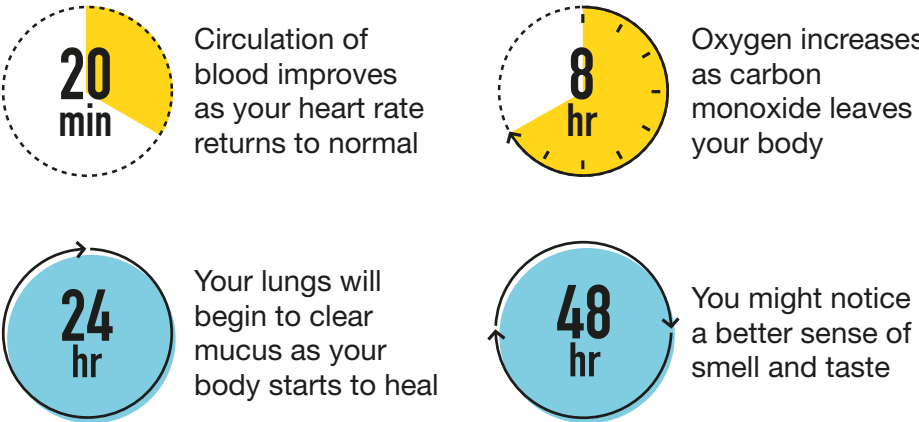
Example quit day

Below is an example of how your quit day might go. You can use this to help you make further plans as you get closer to your quit day, or on the day as a reminder and support tool.

Waking up on the quit day	Have your chosen treatment product next to where you sleep and use it as soon as you wake. Next, you might like to make a healthy breakfast or have a refreshing wash.
Daily activities	If you are using fast-acting NRT like gum or a nasal spray, make sure to use it around 30 minutes before you would usually smoke. Doing this will help to keep cravings and withdrawal symptoms away. Trying to keep active throughout your waking hours, can help boost ‘feel good’ hormones.
Lunch time	Have a nutritious lunch and drink plenty of water to stay hydrated and help flush out the toxins from tobacco. Eating well supports a balanced mood and good energy levels. Look at your motivations to stop and check the ‘top tips’ page if you find cravings difficult to manage.
End of the day	Take time to congratulate yourself for completing the main 3 Steps to becoming tobacco-free. You could tell a friend or another contact, make a reminder in this book, or add a reminder to your phone or calendar. Make time for the healthy things you enjoy and get a good rest. This is the start of your new way of living.

Noticing positive changes

When you become tobacco-free, your body begins to heal. Although these changes might not be noticeable straight away, they are taking place. The timeline below shows what happens in your body after you have quit tobacco:



Make a note here of your experiences:



What have you noticed?

.....

What is going well?

.....

Long-term benefits

The benefits of becoming tobacco-free increase over time. By the second day your body is already starting to adjust to the change. This is why many people who have successfully quit often say that days 3 to 5 can be the most difficult, as it's when your body has cleared most of the toxins.



Moving around and exercising is likely to be much easier

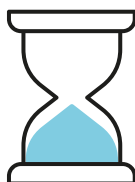


Your lung function will have increased by up to 10%



After 1 year

The risk of a heart attack has halved compared to when smoking



After 10 years

Compared to someone who still smokes, risk of lung cancer is half

From week 2 of being tobacco-free, there should be a noticeable difference in your energy, breathing, taste, and sense of smell. Over the next few months any smoking related cough you had will have eased. You might notice that you get ill from colds less often or recover quicker. These are just a few of the many improvements you will experience now that you are tobacco-free.

Step 4: Stay tobacco-free

It is important to celebrate every step in your success towards a happier and healthier future. No matter how small it might feel, taking the time to think about the things we do, helps to boost motivation by acknowledging these positive changes.

It's normal for people to focus on what isn't going well in life, but this can make it harder to manage stress or negative moods.

Exercises to boost positive thinking:

Write down 3 things you are grateful for today:

This could be things like noticing the sun shining, feeling more energetic, or having the opportunity to improve your health.

Focus on 3 things that you have achieved today:

It could be that you've completed parts of this workbook, managed to make time for the activities you enjoy or completed a task you wanted to get done.

Ask someone supportive what they admire about you:

Make a note of what they say and repeat this to yourself as often as you can. A supportive person is likely to say that they admire your strength in becoming tobacco-free or your resilience in staying tobacco-free.

Becoming tobacco-free reduces our risk of serious illnesses such as heart disease or cancer. When we stop, it also helps to protect the health of those around us by reducing their exposure to the dangers of second-hand smoke.

Staying motivated is an important part of staying tobacco-free. Another way to boost your motivation and celebrate success is to set yourself small rewards for reaching different goals. Use the list below to tick which ones could work for you or add some of your own.

Little rewards to boost my motivation



- ☐ An extra 10 minutes to relax.
- ☐ A new magazine or e-zine relating to your interests.
- ☐ A 'lazy day' of healthy snack plates instead of cooking.
- ☐ A day-time nap.
- ☐ Fresh flowers from the garden or a local walk.
- ☐ A candle lit bath or shower with soothing muscle soak.
- ☐ Watching your favourite movie or episode of a TV show.
- ☐ Self-care such as facemasks, manicure, or massage.
- ☐ Dance or sing to your favourite song.
- ☐ Write or draw something to remind you of this achievement.
- ☐ Tell a loved one about it, this could even be a pet!
- ☐ Plan a day out.
- ☐ Create a calendar to tick or add stickers to mark the moment.

.....

.....

.....

.....

Step 5: Maintain resilience

Staying tobacco-free can be tough. Sometimes, life gets hard, and you might think about using tobacco again to cope. But it's a myth that tobacco reduces anxiety and improves mood.

Tobacco might give temporary relief, but it keeps you hooked. Remember, a setback isn't a failure; it's a chance to learn. If you relapse (start using tobacco again), look at Step 1 of this guide to understand why and find ways to get back on track. Use the ABC chart to find other ways to handle what caused the relapse.



A

Activating event: What happened before it?

e.g. I was celebrating with a friend and a few drinks

B

Belief: What meaning did it have for you?

e.g. It felt rude to say no. One more for old times

C

Consequence: What were you thinking or feeling?

e.g. I thought I'd just have one when they offered

Tips for coping with triggers and withdrawal symptoms

Distract yourself:

Keep busy with activities like cleaning, message a friend, doing a crossword, or playing a game.

Use a motivation booster:

Look at notes of encouragement from loved ones or pictures of things you want to buy with the money saved from quitting.

Be active:

Exercise helps manage cravings. Try stretches, brisk walks, or lifting weights (consult your GP if you have health conditions).

De-stress:

Practice meditation or relaxation techniques like deep breathing or muscle relaxation.

Get out your self soothe box:

This is a collection of items to provide comfort and distraction during challenge moments, such as scented candles, fidget toys, adult colouring books, sudoku, aromatherapy oils.

Engage your senses:

Taste - Brush your teeth, drink water, chew gum

Sound - Listen to music or podcasts

Touch - Squeeze a stress ball

Visual - Read a book or watch TV

Smell - Sniff something pleasant



Commonly asked questions

Q: will I gain weight if I become tobacco-free?

A: Some people may gain weight after becoming tobacco-free because nicotine can suppress appetite and increase metabolism. However, the health benefits of becoming tobacco-free far outweigh the risks of gaining weight. You can manage your weight by maintaining a healthy diet and regular exercise.

Q: Can I become tobacco-free on my own?

A: Yes, many people become tobacco-free on their own, but it can be challenging. Support from Reed Wellbeing, your local pharmacy or GP surgery, family, and friends can significantly improve your chances of success.

Q: What are the withdrawal symptoms when I become tobacco-free?

A: Withdrawal symptoms can include cravings for nicotine, irritability, frustration, anger, increased appetite, difficulty sleeping, low mood, and restlessness. These symptoms can be managed with the help of NRT and other treatments, they will pass as your body begins to clear all the toxins and adjust to the change.

Q: Are NRT and vapes safe to use?

A: Nicotine is the active ingredient in both NRT and the e-liquid used in vapes. It is only hazardous at very high levels and has been used for many years to treat tobacco dependence.

Appointments record



My Stop Smoking Coach is:.....

I can contact them on:.....

Or email:.....

My next Appointments

[illegible]

My notes

This image shows a full page of primary-ruled paper. It features approximately 20 horizontal dotted lines spaced evenly down the page, providing a guide for handwriting practice. The paper is otherwise blank, with no margins, text, or other markings.

My notes

This image shows a full page of white paper with horizontal dotted lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

My notes

[illegible]



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QUIT
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