

A YOUNG PERSONS GUIDE TO STOP SMOKING

◆ **A THOUGHT CAN LEAD TO AN ACTION**

◆ **AN ACTION CAN FORM A HABIT**

◆ **A HABIT FORMS A CHARACTER**

◆ **A CHARACTER FORMS A DESTINY**

ARE YOU READY TO STOP SMOKING?

KEEP A DIARY

A diary will help you see if you have a smoking habit and will help you cut down without even trying.

REASONS FOR STOPPING

- Make a list
- Saving money
- Being healthier
- Reduce the risks of any smoking-related diseases
- Get fitter

PLAN YOUR QUIT DAY

Have something available to nibble:

- Fruit, nuts, chewing gum etc.
- Call one of the Quit lines if you need support: e.g. 0800 848484
- Keep busy, make a “To Do list and start doing all those things you have putting off until tomorrow.

QUIT DAY

Take one day at a time – make it your goal to get through today. Don’t forget to congratulate yourself each day on your success.

Keep the Quit line number to hand 0800 848484

The power of positive thinking: just by reminding and telling yourself regularly that “you can do it” will make a huge difference.

Craving and missing the cigarette: Try breathing in slowly (whilst counting to 10 if you can!) Hold for a few seconds then breathe out slowly. Repeat this a few times until you feel better. Also try drinking a glass of water.

STAYING STOPPED

Should you “just have that one cigarette” don’t think you are back to square one. Just think how many cigarettes you didn’t smoke and carry on from there.

TIPS FOR DEALING WITH WIDRAWAL SYMPTOMS

SYMPTOM	TIPS
Craving a cigarette	Wait, let it pass, the craving will go whether you have a cigarette or not
Insomnia (trouble sleeping)	Try to wind down before going to bed, have a warm relaxing bath and practice some deep breathing exercises.
That feeling of Boredom	Try to find something to take your mind off the fact that you want a cigarette. Get involved with projects which help keep your hands busy – surprise people, wash the dishes!
Hunger	You are not really hungry, but your brain is trying to substitute your craving for cigarettes with something else. Eat fruit, sugar-free mints or chewing gum.
Down-in-the-dumps	Re-motivate yourself; remind yourself why you wanted to stop. Phone or visit a friend or phone a helpline who will support you. THINK POSITIVE THOUGHTS
Restlessness, nervousness Headaches and irritability	Relax, cut down on caffeine (such as cocoa-cola) coffee tea; drink more fruit juice and water; take deep breaths.
All your friends smoke and you want to join them	Remind yourself again why you want to quit. Practice saying, “No thanks, I don’t smoke”
Wiped out (feeling tired)	Get some fresh air or exercise. You will feel better. Drink plenty of water this helps speed up the withdrawal process.

TIPS FOR DEALING WITH CRAVINGS

What is a craving?

This is the feeling you get when you want a cigarette and this feeling is refused. This is the most common complaint reported by quitters. The most important things to remember about cravings is that if you ignore them, they will go away whether you have a cigarette or not – unfortunately, if you do, the craving will return. When you first stop smoking the craving will last for as long as it would have taken to smoke a cigarette (approximately 5 minutes). The longer the time since your last cigarette, the shorter the craving time. These symptoms should only last between 2 to 4 weeks.

What to do when you get that desperate craving!

Find something to do with your hands; phone someone and talk about anything; offer to do the washing up; clean your teeth for three minutes; give yourself a manicure; take some deep breaths and imagine fresh air going into your lungs, as you exhale slowly, let the tension flow out through your body. “Smoke the Fresh Air”.

Make sure you use positive thoughts, you will create stress if you thinking I must have a cigarette! Try thinking “If I wait another minute or two the craving will pass”. You will never notice the craving going, but will notice it coming back – so for it to come back, it must have gone away!

REMEMBER, “YOU CAN DO IT” DON’T GIVE IN!

Congratulate yourself every day you succeed!

Put something in your mouth. Keep sugar free or low calorie snacks available. Minty chewing gum or strong mints will distract your taste buds and help the craving pass.

Get support. Phone or visit a friend who is sympathetic to your situation, or phone a helpline. These numbers are free! Tell them how you feel, they will help you. **Go to a smoke-free environment e.g. cinema, swimming pool, skating rink** or a friend’s house where you know you can’t smoke.

Go somewhere that you won’t think about smoking. Do something physical.

Go for a run; go swimming; do an exercise video; have a bath or shower or play football; go shopping.

Feeling Stressed?

Don’t feel guilty if you experience mood swings.

Some people feel short tempered, irrational and may find it difficult to concentrate. These are perfectly normal reactions to quitting such an addictive stimulant as nicotine. The tendency is to become self-critical, apologetic and have low self-esteem. Do not allow this to happen. The mood swings will pass, explain to your friends the reason for your behaviour and hopefully they will be supportive. Never allow yourself to return to smoking because of your moods - learn to relax.

CIGARETTES ARE THE CAUSE; NOT THE CURE OF MOOD SWINGS!

Keep a positive attitude

Remember Nothing Worthwhile is Ever Easy

Sometimes thoughts about having a cigarette will come into your mind and the temptations might be very strong. This is when positive thinking or positive talking to yourself will help you achieve your goal... Below are a few examples of positive thoughts you can use.

Negative Thoughts	Positive Thoughts
I'm worried I'll put on weight if I stop smoking	Even if you put on a couple of pounds to start with it's better than smoking. You can lose it later.
I don't have enough willpower to stop.	You can do it, just take one day at a time.
I've tried before and didn't succeed therefore why will this time be any different?	Most people make several attempts before quitting for good.
Smoking keeps me calm and helps me when I'm stressed.	Cigarette smoking makes you stressed. Nicotine actually causes stress.
I enjoy smoking with my friends	If they are real friends they will support your decision to stop smoking. Try eating chewing gum or sugar-free mints instead.
I'm worried my friends will think I'm a wimp if I stop smoking.	Use any excuse, tell them you are in training to get fitter. Tell them you are stopping for a bet and suggest that one of your smoking friends could stop with you.

NICOTINE CAUSES THE BODY TO PRODUCE THE HORMONES WHICH CAUSE STRESS!

STOP SMOKING DIARY

Use the Diary to Identify your Smoking Habits

Name: _____ Day: _____

Cig no.	Time	Who you were with?	What you were doing?	Enjoyed Yes/No
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

(Use for 3 – 7 Days)

**HELP! HELP! HELP! HELP! HELP! HELP! HELP! HELP!
HELP! HELP! HELP! HELP! HELP! HELP! HELP! HELP!**

The Organisations below offer support for people trying to quit smoking

Telephone Helplines

Smokeline (Scotland):

Freephone: 0800 848484

Roy Castle Fag Ends (Merseyside):

Freephone: 0800 195 21 31

NHS Smoking Helpline:

FREEPHONE 0800 169 0 169

Smokers Helpline Wales

Freephone: 0345 697 500

Northern Ireland Quitline

Northern Ireland: 028 90663281

Helpful Websites

www.roycastle.org

www.smokingconcerns.com

www.ash.org.uk (ASH SCOTLAND)

**ALL OF THE ABOVE WEBSITES GIVE USEFUL
INFORMATION ABOUT TOBACCO RELATED ISSUES**