



#### LOCAL NHS STOP SMOKING SERVICES

For one-to-one or group-based advice. Just text

**GIVE UP** plus your postcode to **88088**

#### NHS Smoking Helpline

7am-11pm every day

**0800 169 0 169**

Textphone

**0800 169 0 171**

For free advice, help and support

For online help and support and  
the chance to 'Ask an Expert'

**GOSMOKEFREE.CO.UK**

Your local GP or pharmacist

#### FOR PRODUCTS TO REDUCE NICOTINE CRAVINGS

NHS Pregnancy Smoking Helpline

12pm-9pm every day

**0800 169 9 169**

NHS Asian Tobacco Helplines

1pm-9pm Tuesdays

**0800 169 0 881** URDU

**0800 169 0 882** PUNJABI

**0800 169 0 883** HINDI

**0800 169 0 884** GUJARATI

**0800 169 0 885** BENGALI

# STOP SMOKING START LIVING

Make the break. Live life without smoking.

- **THINK** 4  
Why it's great to go smokefree
- **PREPARE** 12  
Where to go for support, products and advice
- **GO** 22  
How to stop smoking with our SMOKEFREE Planner
- **STAY** 40  
When a smokefree life becomes a brand new life

# LIFE CHANGING

Imagine the best thing you'll ever do in your life. Imagine making your next break a complete break from smoking. What would it be like to wake up and feel absolutely fresh? How would you spend all the new time you suddenly have in your life? Stopping smoking can be a life changing experience. Get ready for a smokefree world. Make your mind and body smokefree today.

Ireland is smokefree. Scotland is smokefree. Wales, Northern Ireland and England are joining in. We're becoming a smokefree nation. So why wait to stop smoking? Especially when you can save money, feel healthier, smell fresher and avoid the serious diseases associated with smoking.

# SMOKEFREE ENGLAND

Go smokefree and look forward to years of better health.

- Reduce your chances of getting lung cancer. **Help yourself to breathe more easily.**
- Cut down on the phlegm in your lungs. **Wake up without that nasty cough.**
- Cut your chances of getting a heart attack. **Cope better with having to run down the street.**
- Reduce your stress levels. **Take control of your life.**



# NOTHING TO LOSE EVERYTHING TO GAIN

You might think you have lots of reasons to put off the moment when you have to stop smoking – it's a crutch, a stress-buster, a confidence-booster. You might think it's hard to stop when everyone around you still seems to smoke. But every year thousands of people go smokefree. You can do it too.

READING ALL THE  
INFORMATION THAT  
WAS AVAILABLE  
STRENGTHENED MY  
RESOLVE TO QUIT  
THE HABIT.





# MINUTES LIFETIME

Going smokefree is the one single thing you can do to dramatically increase your chances of living a longer life. Once your body is smokefree, it will begin to heal within 20 minutes, repairing the damage done by all those years smoking. Go smokefree and put your body on the mend.

**20 MINUTES**  
Your blood pressure and pulse return to normal. Circulation improves – especially in your hands and feet.

**8 HOURS**  
Your blood oxygen levels return to normal and your chance of having a heart attack falls.

**24 HOURS**  
Carbon monoxide leaves your body. Your lungs start to clear out mucus and debris.

**48 HOURS**  
Congratulations. Your body is now nicotine free. And have you noticed how your sense of taste and smell have improved?

**72 HOURS**  
Your breathing is easier. You have more energy.

**2-12 WEEKS**  
Circulation is now improved throughout your body. It's easier for you to walk and exercise now.

**3-9 MONTHS**  
Your lung efficiency is up by 5-10 per cent. Breathing problems are fading away. Say goodbye to coughing, shortness of breath and wheezing.

**5 YEARS**  
You now have only half the chance of getting a heart attack compared to a smoker.

**10 YEARS**  
The chance of you getting lung cancer is now half that of a smoker. Your chances of having a heart attack are now the same as someone who's never smoked.



# STOP START

Thousands of people in England have already gone smokefree. And they all went on the same journey. You'll take the same steps as you become smokefree. Don't worry if you step backwards and start smoking again. It takes most people more than once to succeed. The great news is that by picking up this booklet, you've already taken the first step.



# POSTPONE PREPARE

Preparing to go smokefree is about being practical. This is not a test of your will power. It's about having a plan. Choosing a day to go smokefree. And a way to go smokefree. Understanding why you smoke. And having people on your side.

## TOP TIPS

- Contact your local NHS Stop Smoking Service. Trained advisors are waiting to help you.
- Identify your smoking triggers and plan ahead.
- Take it one day at a time and reward yourself every day.
- Buddy up with a friend so you can support each other.
- Use nicotine replacement products to cope with the withdrawal symptoms.
- Avoid situations where you might be tempted to smoke again.
- Note how much cash you're saving – and treat yourself.
- Keep telling yourself you can do it.



# OLD WAYS NEW WAYS

Many smokers want to go smokefree but aren't sure how to do it. Here, you'll find four different ways to go smokefree. Pick the method that best fits with your life. And remember, you can always mix and match.

People who use medication or professional help can double their chances of success.

## SMOKEFREE ADVICE AND SUPPORT

Get free help from trained experts at your local NHS Stop Smoking Service. Talk one-to-one or share your experiences as part of a group.

## TOGETHER PROGRAMME

Lots of support at the critical time is key to going smokefree. Sign up with the Together Programme and we'll call you, send you text messages and email you at the crucial moments.

## NICOTINE REPLACEMENT PRODUCTS

There are lots of products out there to help with the nicotine addiction such as patches, gum and inhalators.

## SMOKEFREE PLANNER

Relying on willpower alone is not something we'd recommend. Whichever way you choose to go smokefree, it helps to keep a record of your progress. Go to page 22 for your personal SMOKEFREE Planner.

KNOWING YOU'RE NOT ALONE AND  
THAT OTHERS ARE GOING THROUGH  
EXACTLY THE SAME FEELINGS AS  
YOU REALLY KEEPS YOU ON TRACK





# CAN'T CAN

Can't cope on your own? You can see a local NHS Stop Smoking Advisor face-to-face. Can't spare the time? NHS Stop Smoking Services are nearby and easily accessible. Can't handle the expense? All support from your local NHS Stop Smoking Service is free.

If you want to go smokefree the NHS offers plenty of support – and it works.

We'll get you working with a trained adviser, either in a group or one-to-one. One of the things you can do is use a carbon monoxide monitor, to check how addicted you are and measure the fall in carbon monoxide in your body.

We'll also give advice about Nicotine Replacement Therapy (NRT), and which product or combination of products could work for you. You're up to four times more likely to be successful if you go to your local NHS Stop Smoking Service and use NRT, than if you try to go smokefree using willpower alone.

## SHARE YOUR EXPERIENCES

Most groups meet for an hour or two a week for six or seven weeks. You'll usually spend the first two sessions planning and preparing to stop, then go smokefree in the third week. Many people find that sharing the experience with others is helpful in itself.

## TALK FACE-TO-FACE

If you would prefer one-to-one support, you can get it in most areas.

To find your nearest local NHS Stop Smoking Service:

call the helpline on  
**0800 169 0 169**  
visit  
**GOSMOKEFREE.CO.UK**  
or text  
**GIVE UP** with your full  
postcode to **88088**

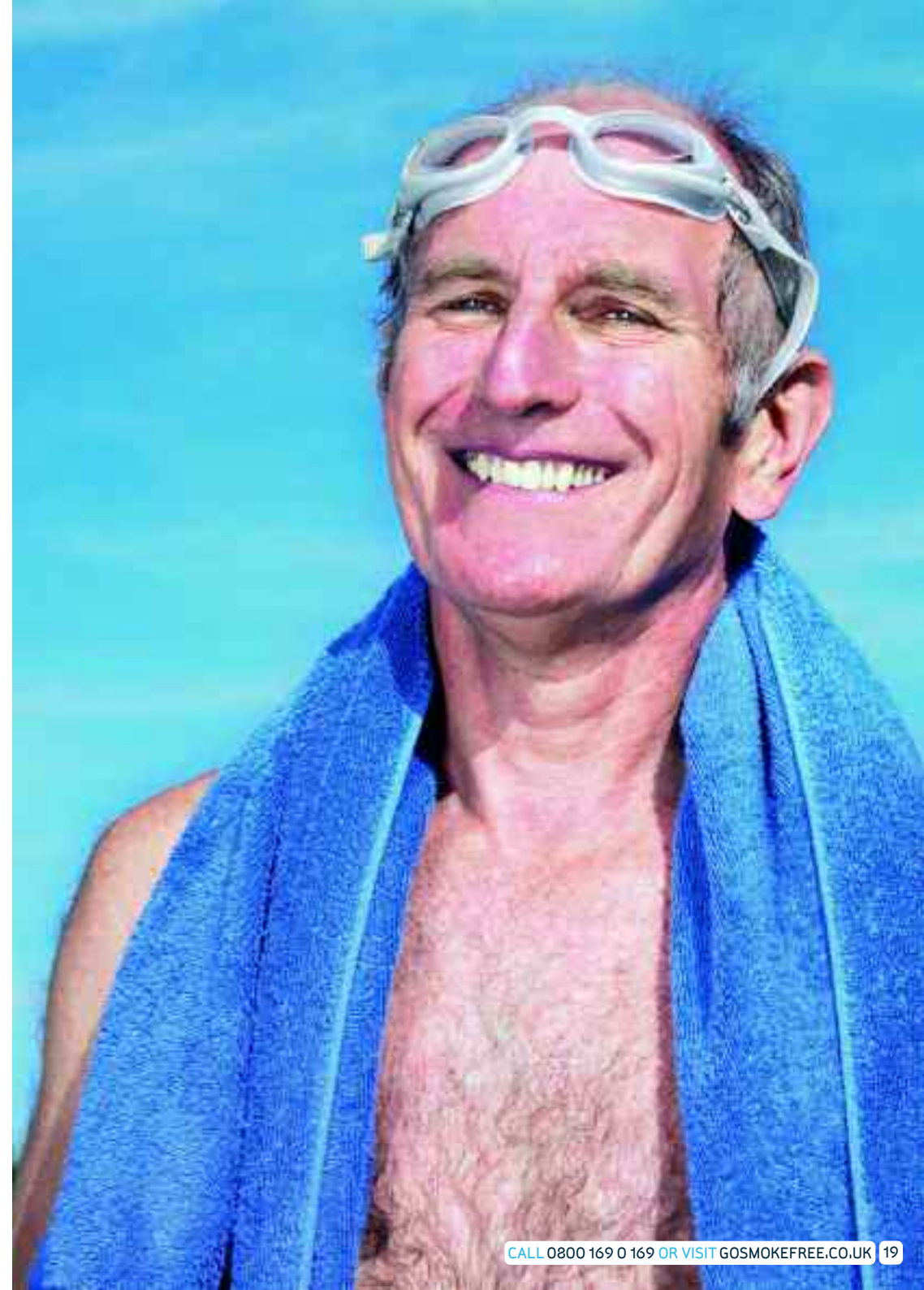


# ALONE TOGETHER

Why go smokefree on your own when you can join the Together Programme? Developed by ex-smokers and professionals, it's a way of going smokefree with the support of others. You don't even need to leave your home – the programme delivers free information packs, supportive text messages, phone calls and emails at the crucial stages.

We'll be with you every step of the way. Well ahead of your stop date, just before it and after it we'll be in touch with help, advice and encouragement. After three months, we'll offer you advice on staying smokefree.

THE TOGETHER  
PROGRAMME MAKES  
YOU REALISE THAT YOU  
ARE NOT ALONE.





# STRUGGLE COPE

The initial few days without any nicotine are often the hardest part of going smokefree, as this is when you are fighting the physical addiction. Nicotine replacement products can help you get past this. You use them in the early stages. After the nicotine cravings pass, you'll find it much easier to overcome the mental side of the habit.

You can get lots of different types of Nicotine Replacement Therapy (NRT) – and they work. NRT doubles your chances of successfully going smokefree by helping you manage your withdrawal symptoms. Because it goes into your body differently to nicotine from cigarettes, it's much less addictive. NRT does not contain tar, poisons or carbon monoxide the way cigarettes do, so it doesn't cause cancer.

You can get a prescription for NRT, or buy it over the counter, and follow the instructions on the packet. It's suitable for most adults, but if you have a heart or circulatory condition, or are on regular medication, you should get the OK from your doctor. Likewise if you are pregnant, you should ask your doctor or midwife before using NRT.

## NICOTINE GUM

Nicotine is absorbed through the lining of your mouth when you chew the gum.

## NICOTINE PATCHES

Nicotine patches work well for most smokers, and can be worn around the clock (24 hour patches) or just during the day (16 hour patches).

## MICROTABS

These are small tablets containing nicotine that dissolve under your tongue.

## LOZENGES

Lozenges are sucked slowly to release the nicotine and take about 20-30 minutes to dissolve.

## NICOTINE NASAL SPRAY

The spray delivers a swift and effective dose of nicotine through the lining of your nose.

## INHALATORS

Much like a plastic cigarette, the inhalator releases nicotine vapour which gets absorbed through your mouth and throat. If you miss the hand to mouth aspect of smoking these may suit you.

## ZYBAN (BUPROPION HYDROCHLORIDE)

As well as NRT, there are other products that do not contain nicotine that can help you go smokefree, such as Zyban. You take Zyban tablets for two months and should be ready to stop smoking during the second week. It's available only from your doctor on prescription.



# MAKE EXCUSES TAKE ACTION

Whatever methods you use to go smokefree, you'll find that keeping a record of your progress can play an important part in helping you. That's why we've designed a SMOKEFREE Planner for you to complete. It's filled with useful self-help exercises and takes you all the way from the first to the last step of the smokefree journey.







# STEP 1: THINK

The first thing you need to do to become smokefree is to think seriously about stopping smoking. Everything else follows from that. There are four steps people tend to go through on their way to going smokefree for good. Step one is the simplest.



Use this SMOKEFREE Planner to keep track of your progress. It's a good idea to write in biro as other pens could smudge.

# ARE YOU READY?

Most people who smoke have thought about going smokefree. But you have to think about it seriously to begin to rid yourself of the addiction.

Read through the following section and fill it in as you go along, and suddenly you'll be a lot clearer about your reasons for going smokefree.

## WHAT DO YOU STAND TO GAIN?

- MORE MONEY TO SPEND ON YOURSELF AND YOUR FAMILY
- AN IMPROVED SENSE OF SMELL
- TASTIER FOOD
- BETTER HEALTH IN THE FUTURE
- FREEDOM FROM THE RESTRICTIONS SMOKING CAN PUT ON YOU
- MORE TIME TO SPEND WITH YOUR KIDS
- A FRESHER HOME AND BETTER BREATH
- CLEANER LUNGS
- REDUCED STRESS AND ANXIETY LEVELS

## HOW MUCH DOES SMOKING COST YOU?

Do this rough calculation – you may find smoking costs you more than you think.

What you spend on smoking a week: £ \_\_\_\_ a week

Multiply by 52 to give you the cost for a year: £ \_\_\_\_ a year

## SO THINK AHEAD, IF YOU DON'T GO SMOKEFREE NOW...

In another three years you would spend: £ \_\_\_\_

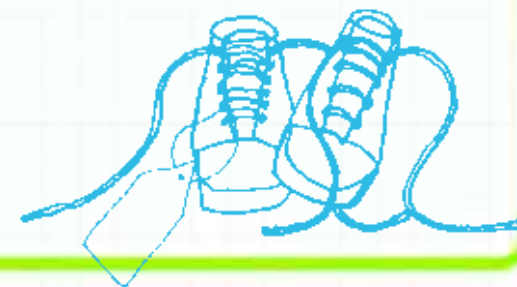
In five years: £ \_\_\_\_

In ten years: £ \_\_\_\_

List your top five reasons for going smokefree here.

- 
- 
- 
- 
- 

Spend the money you save on other things. New shoes. A kitchen. Maybe a weekend break...







### WHY DID YOU START SMOKING?

Now you're planning to stop, it's worth thinking about what got you started. Do any of these sound familiar?

- To look older
- To be cool
- Copying friends or family
- To feel grown up
- To be tough
- To be accepted
- Curiosity
- Just felt like it

Anything else? \_\_\_\_\_  
Which of these still apply? \_\_\_\_\_

Whatever your reasons for starting smoking, are they good reasons to keep doing it?

### WHAT'S KEEPING YOU SMOKING?

Smoking is usually a habit. There are probably certain times in the day that you normally light up – little 'triggers' if you like. It's good to know what these are and have a way of dealing with them.

#### WHEN ARE YOU MOST LIKELY TO WANT A CIGARETTE?

- Waking up
- Talking on the phone
- Having a drink
- Watching TV
- At social events
- After a meal
- With friends or family
- Reading the paper

Any others?  
\_\_\_\_\_  
\_\_\_\_\_

### WHY GO SMOKEFREE

#### REASONS TO SMOKE

#### REASONS TO GO SMOKEFREE

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Do the reasons to stop seem stronger? If they do, read on. If they don't, you're not ready to go smokefree yet.

# STEP 2: PREPARE

The second stage in going smokefree is all about preparation. You've thought long and hard and now it's time to start planning for the big event.

## KNOW WHY YOU SMOKE

To understand when you smoke and what's triggering it, fill in this planner over a day or two.

WHAT  
TIME YOU  
SMOKED

WHAT YOU  
WERE DOING

HOW MUCH  
YOU WANTED  
TO SMOKE (1-10)

## MANAGING YOUR TRIGGERS

Here are some ways of coping with the difficult moments:

- Stay busy
- Think about something else
- Take a few slow, deep breaths
- Go for a stroll, or just into another room
- Drink a glass of water
- Talk to a friend about it
- Look back at your list of reasons for stopping
- Try using some NRT products or Zyban

You've probably got some ideas of your own as well – write them here.



## GETTING READY TO GO SMOKEFREE

The day you stop smoking, you'll be changing your life for the better. Use this list to help you prepare.

### 1 AVOID TEMPTATION

- Choose a stop date that's unlikely to be highly stressful
- Don't have any cigarettes, matches or lighters on you
- Don't drink alcohol

### 2 GET SUPPORT

- Call your local NHS Stop Smoking Service
- Talk to friends and family
- Talk to someone who's successfully gone smokefree
- Team up with someone else who wants to go smokefree
- Call the NHS Smoking Helpline on 0800 169 0 169

### 3 KEEP REMINDING YOURSELF WHY YOU'RE STOPPING

- That there's never 'just one cigarette'
- That you want to be in control
- That you'll be much healthier, smokefree
- And much wealthier, smokefree

### 4 DURING THE FIRST WEEK

- Keep busy
- Find a different regular daily routine
- Stick to non-smoking areas
- Get plenty of fresh air

## THE STOP DATE PLANNER

DAY/DATE

MONTH

YEAR

Handwritten blue ink circles representing a date, month, and year.

THINK ABOUT WHO'LL SUPPORT YOU:

Lined writing area for listing support.







# STEP 3: STOP

You've picked the day to go smokefree and now it's here. Are you ready to take the big step? Call the NHS Smoking Helpline at any time if you need someone to help you.

## SEE YOURSELF GETTING BETTER

If you are using a carbon monoxide monitor, available at your local NHS Stop Smoking Service, write the results here to show how quickly your body is recovering.

DATE

CARBON MONOXIDE READING

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# STEP 4: STAY

Now you've reached the critical step in the whole process of stopping smoking – and that's staying smokefree for good. We appreciate you need all the help you can get and that's why in this section you'll find tips and advice to help you stay one step ahead of the cravings.



## COPING WITH WITHDRAWAL SYMPTOMS

Lots of people start smoking again because they feel they can't cope with the withdrawal symptoms. The first few days may not be much fun, but the symptoms are a sign that your body is starting to recover.

Nicotine replacement products will help you to reduce the severity of your withdrawal symptoms and make going smokefree more manageable.

### SYMPTOMS

Intense desire to smoke

### WHAT'S HAPPENING

Your brain is missing the nicotine fix

### HOW TO COPE

Cravings are worst for the first few days and will lessen over a few weeks. Look at ways to cope on page 31

Coughing, dry mouth

Your lungs are clearing of tar

Symptoms will improve quite quickly. Warm drinks can help

Hunger

Your metabolism is changing, and food tastes better once you've stopped smoking

Eat fruit and vegetables, chew gum and drink lots of water

Constipation or diarrhoea

It's all part of your body returning to normal and it will settle down

As above – fruit, vegetables and plenty of water

Trouble sleeping

This can be due to nicotine leaving your body

This shouldn't last more than two or three weeks. Cut down on coffee and tea, and try to get more fresh air and exercise

Dizziness

More oxygen is getting to your brain instead of carbon monoxide

It should go away after a few days

Mood swings, poor concentration, irritability

These are signs of nicotine withdrawal and will pass

Warn family and friends and ask for their support. Look at ways to cope on page 38

## HANDLING THE STRESS

It can take a while to get used to being smokefree and for new habits to start feeling natural. If you've been using smoking as a way to deal with stress, now's the time to find other ways like these:

- Be honest with yourself about what's really upsetting you
- Try different ways of doing things
- Talk problems over with someone you trust
- Prioritise tasks and make realistic plans for getting them done
- Do one thing just for you every day
- Take time out to relax and try to get enough sleep
- Remember, as a non-smoker, you'll be less stressed and find it easier to cope

## COPING WITH DIFFICULT SITUATIONS

Glance back at the list of things that are keeping you smoking on page 29. It helps to avoid these if you can. But just taking that step back and being aware of them helps you cope.

And if you've tried to go smokefree before, learn from your mistakes and try something new this time.

## IF I AM TEMPTED TO START SMOKING AGAIN I WILL:

Handwritten notes on lined paper:

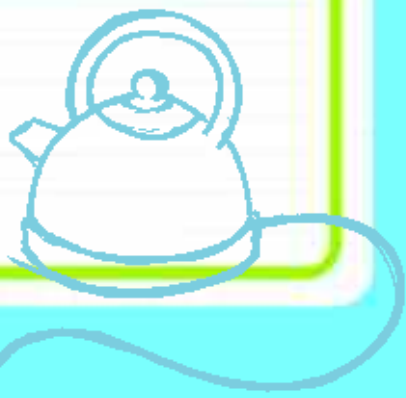
1. I will call my friend who is smokefree and ask for advice.

2. I will go for a walk in the park.

3. I will drink a glass of water.

4. I will think about my children and how I want to be a role model.

5. I will call the helpline.





# STEP BACK START AGAIN

Don't worry if you take a step back and start smoking again. It often takes people four or five attempts to stop for good. Next time you try, you can draw on the lessons you learnt this time round to help you go smokefree.

## WHY PEOPLE START SMOKING AGAIN

There are lots of reasons people give up on going smokefree, but some of the most common are that they:

- Thought they could have 'just one'
- Didn't prepare well or think about their smoking triggers
- Didn't work out other ways of dealing with stress
- Put on weight
- Thought of themselves as ex-smokers not non-smokers

## EMERGENCY ADVICE

If you've just had a cigarette:

- Revisit your decision to stop
- Bin any cigarettes you've got
- Get out of the situation that made you start – go outside, or to a different room
- Call a friend or the NHS Smoking Helpline on 0800 169 0 169
- Don't let it undo all your hard work

REMEMBER, YOU HAVEN'T FAILED  
- YOU CAN STILL SUCCEED.  
IF YOU HAVE ANY MORE QUESTIONS  
USE THE ASK AN EXPERT TOOL  
AT GOSMOKEFREE.CO.UK



# YOU'RE SMOKEFREE

Once you're smokefree for good, you'll look back and hardly be able to believe all the time, money and sheer human energy you've wasted on the habit. Going smokefree means getting back in touch with the real you.

DID IT!

To get a copy of this brochure in Braille  
or large print phone 0800 169 0 169