

# PASSPORT TO SMOKEFREE

**YOUR GUIDE TO QUITTING  
SMOKING WITH FREE NHS HELP**

**THIS WAY TO  
START YOUR  
JOURNEY**

Name:.....

Stop Smoking Expert:.....

Contact details:.....

**[www.helpmequit.wales](http://www.helpmequit.wales)**

Also available in Welsh/Hefyd ar gael yn Gymraeg

*Dewiswch fod yn Ddi-fwg  
Choose Smokefree*



helpmequitwales



@HelpMeQuitWales

**HELPA FFI  
STOPIO  
HELP ME  
QUIT**

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## THE ESSENTIALS

### CONGRATULATIONS!

Opening this book is the first step on your journey to becoming smoke-free.

Giving up smoking is the best thing you can do for your health and we are here to support you every step of the way.

This booklet has lots of useful information to help you, with hints and tips on preparing to quit and staying quit for good.

Your stop smoking expert can help with all parts of your quit journey and, together, you can use the information in this booklet to help. Look out for this symbol, so that you can ask them to talk you through this really important bit.



Where you see the pen symbol, fill this bit in.



My commitment – my quit date is an important day to mark in the calendar.

I am stopping on: .....

I am committing to the following before quitting:

e.g. *telling my friends and family that I'm quitting on 1st January* .....

1. ....

2. ....

3. ....

4. ....

## YOUR APPOINTMENTS AND CARBON MONOXIDE READINGS

Your readings will help you see how you are doing.

Session	Date	Time	CO reading	Stop smoking expert comments
1				
2				
3				
4				
5				
6				
7				
8				

## HOW DEPENDENT ON NICOTINE AM I?

Nicotine is the substance in tobacco that makes smoking addictive. To find out how much you depend on it and to help you choose the support and stop smoking medication that will give you the best chance of quitting, please answer the following questions. Remember, whatever your score, we can help you quit.



Please choose one answer for each question	
1. How soon after you wake up do you smoke your first cigarette?	<input type="checkbox"/> Within 5 minutes (3 points) <input type="checkbox"/> 6–30 minutes (2 points) <input type="checkbox"/> 31–60 minutes (1 point) <input type="checkbox"/> More than 60 minutes (0 points)
2. Do you find it difficult not to smoke in no smoking areas?	<input type="checkbox"/> Yes (1 point) <input type="checkbox"/> No (0 points)
3. Which cigarette would you hate most to give up?	<input type="checkbox"/> The first one in the morning (1 point) <input type="checkbox"/> Any of the others (0 points)
4. How many cigarettes do you smoke per day?	<input type="checkbox"/> 10 or less (0 points) <input type="checkbox"/> 11 to 20 (1 point) <input type="checkbox"/> 21 to 30 (2 points) <input type="checkbox"/> 31 or more (3 points)
5. Do you smoke more in the first few hours after waking than during the rest of the day?	<input type="checkbox"/> No (0 points) <input type="checkbox"/> Yes (1 point)
6. Do you smoke if you are so ill, that you are in bed most of the day?	<input type="checkbox"/> No (0 points) <input type="checkbox"/> Yes (1 point)
Your nicotine dependence score	

Your score explained:

0–3 points = low nicotine dependence

4–5 points = medium nicotine dependence

6–10 points = high nicotine dependence



How many times have you tried to quit smoking? .....

Which stop smoking medication have you used before?

To give you the best chance of quitting, talk to your Stop Smoking Expert and choose the stop smoking medication that's right for you. Make a note of it here:

Stop smoking medication	Strength

## ADVICE BETWEEN SESSIONS

If you need advice and you can't contact your stop smoking expert, please ring Help Me Quit on 0800 085 2219 to speak to someone who can help you.

You are four times more likely to stop smoking with NHS Stop Smoking support than going it alone. The more sessions you attend, the greater your chance of quitting.



## CARBON MONOXIDE

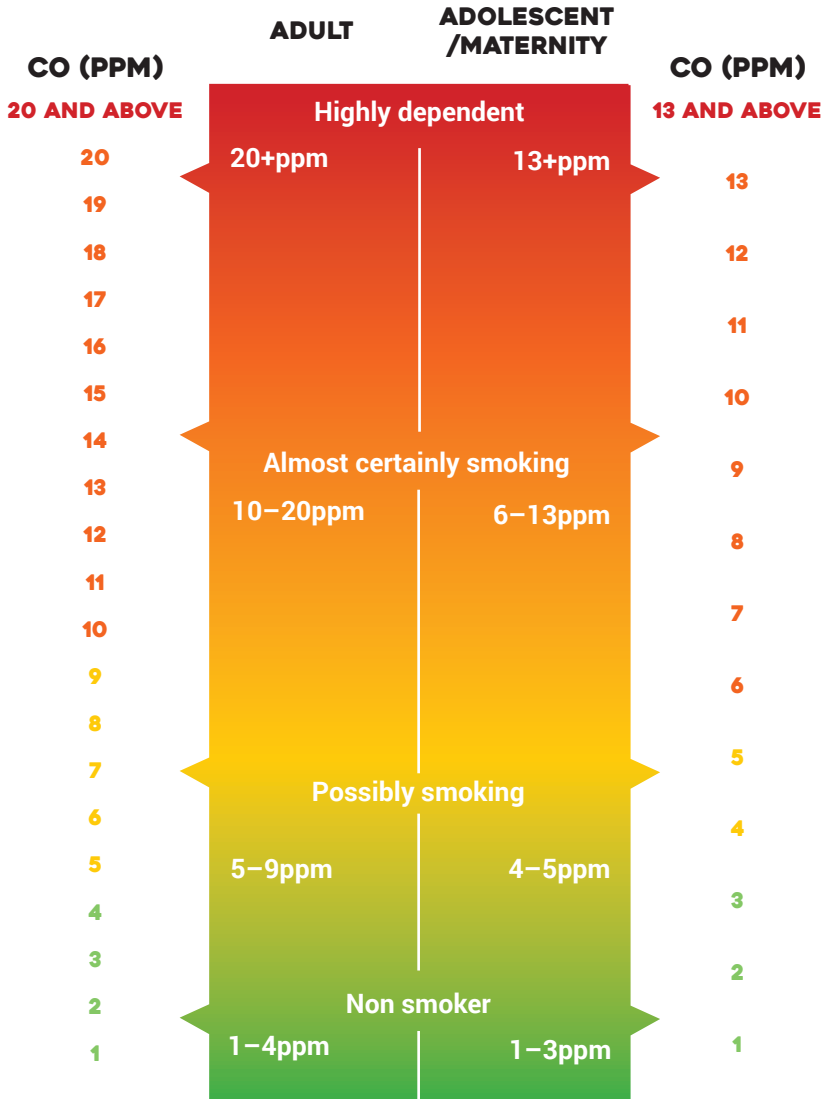
Carbon monoxide (CO) is one of the most dangerous chemicals in tobacco smoke. It can cause coronary heart disease and adverse effects in pregnancy.



Every time you smoke tobacco, CO is inhaled into your lungs then transported around the body by red blood cells, in place of oxygen.

Non-smokers who breathe in cigarette smoke may also experience higher levels of CO in their blood, as a result of second-hand smoke.

# WHAT YOUR CARBON MONOXIDE (CO) READINGS MEAN



## PREPARING TO QUIT

### AM I READY?

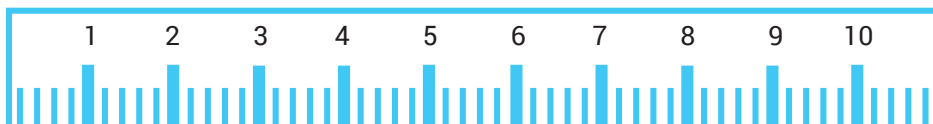
As a final check to show you're ready to quit smoking, list the benefits of stopping smoking.



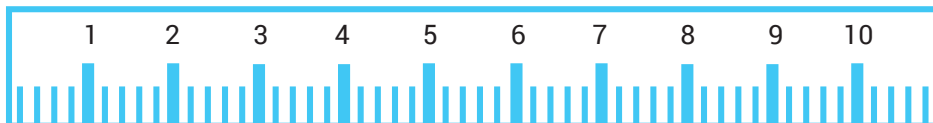
For me the benefits of stopping smoking are:	What may stop me?

Using a scale from 1–10, with 1 being the least and 10 being the most, ask yourself the following questions and circle the number that best matches how you feel:

How much do I **want** to quit?



How much do I **believe** I can quit?



Think about the number that you've selected for each question. What are the reasons that stopped you selecting a lower number? What needs to change for you to move up one number? These are the things to think about to keep you going on your quit journey.

## PREPARING TO QUIT

### MY TOP 5 REASONS FOR QUITTING

1. ....
2. ....
3. ....
4. ....
5. ....



You can cut this page out and put it somewhere where you can see it, such as on your fridge or in your purse or wallet for inspiration during difficult times and when you get strong urges to smoke.

**NEVER 'JUST  
ONE' CIGARETTE**

**I AM THE ONE  
IN CONTROL**

**I WILL BE MUCH  
HEALTHIER**

**I WILL HAVE  
MORE MONEY**

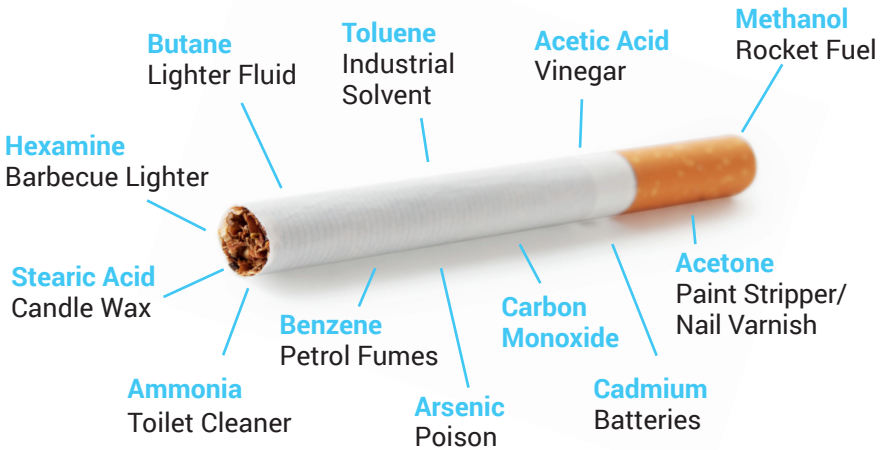
## TOBACCO

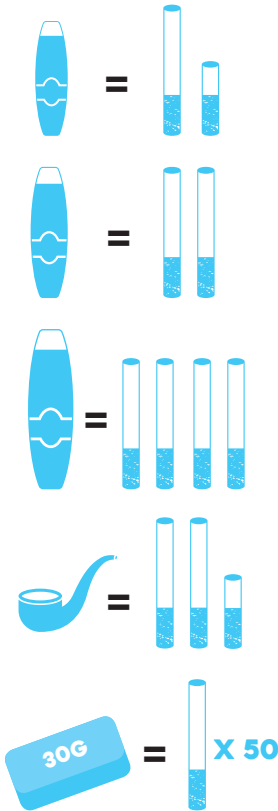
Tobacco is smoked in a number of ways, most commonly cigarettes, hand rolled tobacco, cigars and pipes.

Some people think that smoking roll-ups is better for you but this is not true as roll-ups are as bad for you as ordinary cigarettes. Roll-ups contain higher levels of addictive nicotine and as many people who smoke roll-ups do not use a filter, they end up inhaling more nicotine and tar.

Smoking tobacco exposes you to over 7,000 toxic chemicals in every single puff, including 69 that cause cancer.

Here are some of the poisons that can be found in a cigarette:





If you use rolling tobacco or smoke cigars, do you know how many cigarettes that would be equal to?

A small cigar is equivalent to 1½ cigarettes

A medium cigar is equivalent to 2 cigarettes

A large cigar is equivalent to 4 cigarettes

One pipe is equivalent to 2½ cigarettes

30g of rolling tobacco is equivalent to over 50 cigarettes

## SHISHA

Shisha smoking still involves tobacco and nicotine. Even tobacco free shisha produces carbon monoxide and other harmful toxins. Did you know that one puff can be equivalent to one cigarette and one session of smoking shisha can be the same as smoking 100 cigarettes?

## CANNABIS

Cannabis use can lead to dependency and mental health issues and smoking cannabis exposes you to toxic chemicals too. For information on cannabis and details of support that's available, please visit the NHS Direct Wales website:

<http://tinyurl.com/NHSDWdrugmisuse>

Some content adapted with permission from  
Smoke-Free South West – Wise up to roll-ups campaign

Statistics – [www.cdc.gov/tobacco/data\\_statistics/sg](http://www.cdc.gov/tobacco/data_statistics/sg)

## THE BENEFITS OF QUITTING

### 8 hours after quitting

Nicotine and carbon monoxide levels in the blood reduce by half and your oxygen levels return to normal.

### 24 hours after quitting

Carbon monoxide is eliminated from the body; lungs start to clear out mucus and other smoking debris.

### 48 hours after quitting

There is no nicotine left in your body and the ability to taste and smell is greatly improved.

### 72 hours after quitting

Breathing becomes easier. Bronchial tubes begin to relax and your energy levels should start to increase.

### 2–12 weeks after quitting

Circulation improves. Oxygenated blood is flowing around your body and helping to improve your health.

**1 year smoke-free**

Your risk of a heart attack falls to about half that of a smoker.

**10 years smoke-free**

The risk of getting lung cancer falls to about half that of a smoker.

**3–9 months after quitting**

Coughs and wheezing improves and how well you can breathe increases by up to 10%.

**15 years smoke-free**

Your risk of a heart attack falls to the same as someone who has never smoked.

**THERE IS EVEN MORE TO STOPPING SMOKING THAN HEALTH BENEFITS**

- You will save money
- Your home will look and smell fresher
- Less nagging from family and friends
- You will have more time – if you used to spend 5 minutes smoking 1 cigarette 20 times a day, that's 1 hour 40 minutes to do something else
- Your stress levels will come down after a few weeks

**WHAT IS THE MOST IMPORTANT BENEFIT TO YOU?**

## SAVING MONEY

You'll be surprised how much money you could save if you stopped smoking. Using a smoking calculator will help you to work out just how much money your smoking is costing you and how much money you could be saving.

Money in your pocket is one benefit you'll feel straight away.



### BASED ON SMOKING 20 CIGARETTES A DAY:

- Quit for a day and with the money saved, you could buy a book or download a new album
- Quit for a week and you could buy the new shoes you've had your eye on
- Quit for a month and you could pay for a season ticket to go and watch your favourite football team
- Quit for six months and you'll be able to afford a holiday
- Quit for a year and you could even treat yourself to a second hand car



### WHAT WILL YOU DO WITH THE MONEY YOU SAVE?

.....

.....

.....



Use the link below to try out the smoking calculator and see the savings for yourself.

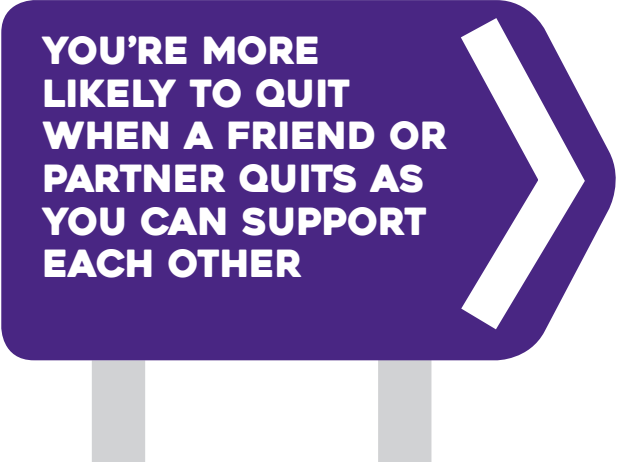
<http://tinyurl.com/HMQsmokingcalculator>

## PREPARING TO QUIT

The key to success is wanting to quit. If you've tried before, well done for trying again. You can do it.

**Here are some tips to help you prepare to quit:**

- Choose a quit date that is the least stressful for you e.g. if you have a party coming up where you know you'd be tempted to smoke, think about quitting after, rather than before the party
- Get rid of any rolling tobacco, cigarettes, ash trays, and lighters
- You don't have to quit alone – ask family members and friends to support you. Do they want to quit too? If they aren't ready to quit, ask them to smoke outside and not offer you cigarettes. Your success may inspire them to make a quit attempt



**YOU'RE MORE  
LIKELY TO QUIT  
WHEN A FRIEND OR  
PARTNER QUILS AS  
YOU CAN SUPPORT  
EACH OTHER**

## BREAKING THE HABIT

Knowing when and why you smoke is important. Keeping a diary for a short time can help you spot the patterns in your smoking and when you're more likely to smoke, such as stressful situations, when you're bored or after a meal. Think of ways you can 'break the habit' and do things differently to cope with situations in a different way.

### Example of a typical day:

What time I smoked	What was I doing? How was I feeling?	How strong was the urge to smoke between 1–10 (1 is a light urge and 10 a very strong urge)	What could I do differently next time? How can I be ready for a similar situation next time?
7.30am	I was getting ready to leave the house to go to work.	7	I could leave the house 5 minutes early so I haven't got time for a cigarette.
3.30pm	I'd been stuck in a traffic jam and was late for an appointment so was feeling quite stressed.	10	I could have done some deep breathing exercises while walking from the car park rather than have a cigarette as smoking didn't stop me being late.





These questions can also help you find out more about your smoking pattern so that you can think of new healthier habits that will help with the urges to smoke.

When do you smoke most? How can you take your mind off smoking at these times?

.....

.....

What activities make you want to smoke? What else can you do instead?

.....

.....

When, where and who do you smoke with? What changes can you make to avoid these triggers?

.....

.....

Which cigarette do you enjoy most of all during the day? What else can you do at that time of day?

.....

.....

Which cigarettes could you cope without? How could you cope without the others too?

.....

.....

### **Stay positive**

To help you stay positive, list some things you'll do if you are tempted to smoke:

1. ....
2. ....
3. ....
4. ....



### During the first week

- Keep your hands busy. Think about what you can do such as playing with some plasticine, a stress ball or even doing some doodling or colouring in
- Find some different daily routines such as a 5-minute walk or some deep breathing when you have the urge to smoke
- Try and avoid smoking areas if you can
- Ask friends and family to smoke outside and keep their tobacco out of sight
- Get plenty of fresh air
- Avoid alcohol or a big night out when you may be tempted
- Keep telling yourself “I can do it”
- Remember the ‘Not one puff’ rule



Smoking a cigarette here and there keeps you dependent on nicotine and stops you from changing old habits and routines.

After your quit date, sticking to the ‘Not one puff’ rule will give you the best chance of successfully quitting.



## “I CAN DO IT”

To hear stories from other people who have been able to quit, please visit the Help Me Quit website:

<http://tinyurl.com/HMQstories>


## QUITTING

### WITHDRAWAL SYMPTOMS

Withdrawal symptoms are normal when stopping smoking. The good news is symptoms do not last more than a few weeks.

Everyone is different so symptoms vary from person to person and some people who smoke find it easier than expected.

One of the reasons people start smoking again is because they feel they cannot cope with the withdrawal symptoms. The first few days can be hard but the symptoms are a sign that your body is recovering. Using stop smoking medication can help reduce some of the symptoms.



**YOU'RE 4 TIMES  
MORE LIKELY TO  
SUCCESSFULLY  
QUIT WITH NRT  
AND SUPPORT**

## WITHDRAWAL SYMPTOMS

How may I feel? What might happen?	For how long?	What can I do?
Sense of loss. It's quite normal to feel sad when you stop smoking, especially if it has been a part of your life for a long time.	Varies	Remind yourself of the good things about stopping smoking and your reasons for quitting. You will be healthier, have more energy and have more money. Keep a list of the good things about quitting where you can look at them, such as on the fridge.
Increased appetite	Over 10 weeks	Hunger and urges for sweet things are normal. Try to make healthy meal and snack choices and seek advice from your GP or other healthcare professional. See <b>page 29</b> for more information on weight gain.
Sleep disturbance	Up to 2 weeks	Feeling tired from disturbed sleep can be frustrating but the changes to your normal sleep pattern is only temporary. Cut down on caffeinated drinks such as tea and coffee. Be more active and get some fresh air during the day. Practicing some relaxation techniques can also help, such as having a warm bath, a milky drink or unwinding by reading a book before bed.

How may I feel? What might happen?	For how long?	What can I do?
Depressed mood	Up to 4 weeks	Take action when you are feeling down by planning a few treats and pleasant activities. As you will be saving money by quitting, use it by pampering yourself. Seek advice from your GP if needed.
Urges to smoke	Up to 2 weeks	This is linked to breaking the habit of smoking. Urges can be triggered by certain situations which you can avoid or prepare for. Remember that cravings usually only last for 3–5 minutes and become less frequent over time. See <b>page 25</b> for more information on triggers.
More coughing or bringing up phlegm or mucus	A few weeks	This is a good sign that your body is recovering as your lungs are getting rid of the mucus that has built up. Warm drinks can help. See your GP or other healthcare professional if the coughing persists.

How may I feel? What might happen?	For how long?	What can I do?
Bowel changes – most often constipation	A few weeks	Nicotine affects digestion. Fresh fruit and foods high in fibre will help. Seek advice from your GP or other healthcare professional.
Cold symptoms, mouth infections or ulcers	A few weeks	Your immune system is reduced for a few days but the good news is that it soon improves. Healthy eating and exercise will help boost your immune system.
Bleeding gums	A few weeks	This can happen because blood flow to your gums has increased. Contact your dentist if you would like more advice.
Increased irritability	Up to 4 weeks	You may find yourself feeling irritable for a while. Look at ways to deal with the way you're feeling, rather than taking it out on others. Being more active or doing something relaxing such as gardening or listening to soothing music can help. Most importantly, be patient with yourself and ask others to be patient with you too.

How may I feel? What might happen?	For how long?	What can I do?
Increased anxiety	Up to 2 weeks	You may have feelings of anxiety as a result of complex changes as the brain adjusts to you not smoking but these feelings can also be linked to change of habit. Try using relaxation techniques such as deep breathing or going out for a walk (see <b>page 27</b> for information on mindfulness and dealing with stress)
Increased restlessness	Up to 4 weeks	Similar to anxiety. Try changing your routines and keeping busy to distract yourself e.g. doing a crossword, speaking to a friend, going for a walk.
Difficulty concentrating	Up to 2 weeks	When you are so focused on not smoking, it can be hard to put as much effort in to other tasks. Things that can help are making notes and reminders and taking frequent breaks if working on a long task. This problem usually goes away after a couple of weeks.

You should always contact your GP or other healthcare professional if you have any concerns about any of the withdrawal symptoms mentioned or any other symptoms you may have during your quit attempt.

## TRIGGERS

Well done, you have stopped smoking and might be feeling quietly confident. However, it is important to remember that this is not the end of your journey. When you least expect it, a situation can trigger an urge to smoke so you need to be prepared.

### COPING WITH HIGH RISK SITUATIONS

A high risk situation can be any time that could trigger the urge to smoke and cause you to relapse. Look at **BREAKING THE HABIT** on **page 16–18** to see some of the difficult moments that you've written down.



Here are some ways to see some of the difficult moments that you've thought of.

- Remember that smoking doesn't change the situation
- Use your nicotine replacement therapy products to help with the urge
- Write or re-read your list of reasons for quitting (**page 9**)
- Take a few slow, deep breaths
- Go outside for 5 minutes, usually the urge to smoke will have passed
- Sip an ice cold glass of water or some fruit juice
- Talk to a friend about it
- Have some sugar free gum or mints to hand

If you've tried to quit before, it can be really useful to learn why you started smoking again and how to avoid that happening this time. Think about the following questions:



How did I feel before it happened?

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---

---

What exactly happened?

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---

What did I do to increase the risk?

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---

What did I do well?

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What could I do differently this time?

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## STRESS

### **SOME PEOPLE SAY “SMOKING HELPS ME COPE WITH STRESS”**

This is **untrue** – smoke is inhaled and reaches the brain very quickly and gives a “feel good” response. This feeling is the release of a chemical called dopamine. The effect is only temporary, and when it wears off withdrawal symptoms are triggered.

It is a common myth that smoking helps with stress as all it relieves is withdrawal from nicotine for a short time.

### **BY QUITTING YOU COULD IMPROVE YOUR MENTAL WELLBEING**

Smoking makes you **more** stressed. Research shows that after quitting, people report feeling less stressed and anxious. However, it is important to remember that it may take a few weeks before you feel less stressed due to the changes happening to the body.

### **BE PATIENT, YOU WILL GET THERE!**

It is important to remember that any relief you experience from cigarettes will be short lived and that smoking will not solve the problem or make the source of the stress go away.

### **HANDLING AND DEALING WITH STRESS**

People deal with stress in different ways. It is important to try to identify things which cause you stress and the ways in which you usually deal with stressful situations.

If a stressful situation is causing urges to smoke, then it is important to make sure you are using your medication correctly and regularly.



## DEALING WITH STRESS

### **AVOID - CAN YOU AVOID THE SITUATION OR SOURCE OF STRESS?**

Not all stress can be avoided but there are some things which you can try to do to make it easier – can your friends and family help through your quit attempt? Talk to people, let them know how you are coping. They will usually help and support you.

### **ALTER - CAN YOU CHANGE THE SITUATION OR SOURCE OF STRESS?**

For those situations you cannot avoid, try to alter them. Talk about how you're feeling instead of bottling things up and keeping it to yourself, this will reduce feelings of resentment and frustration. Learn to compromise – if you expect others to change you need to be willing to do the same. Be organised and manage your time better.

### **ADAPT - CAN YOU CHANGE THE WAY YOU REACT TO THE SOURCE OF THE STRESS?**

If you cannot change the situation, you can change your reaction, expectations and attitude. Review the situation in a positive light – being stuck in traffic is annoying but it's a chance to listen to some music or to the radio and have some thinking time.

### **ACCEPT - CAN YOU ACCEPT THE WAY YOU REACT TO STRESS?**

Some sources of stress are unavoidable and beyond our control, so accepting the stress and realising that it will pass can be a way to cope. Look for the positive, look at events as learning opportunities which will allow you to cope better in future. Realise that everyone makes mistakes and no one is perfect. Use

relaxation and breathing techniques, such as mindfulness, to help deal with stressful times.

### **STRESS BUSTERS**

- Getting enough sleep
- Making time for yourself each day
- Eating healthily
- Talking to someone you can trust
- Asking others for help, in difficult times
- Saying no
- Exercise such as walking and swimming
- Listening to relaxing music



For information on mindfulness and how to cope with stress, try the NHS Direct Wales Health Encyclopaedia:

<http://tinyurl.com/NHSDWstress>

### **HOW TO AVOID WEIGHT GAIN**

Some people find that they gain a little weight when they stop smoking. There are several reasons for this:

- The nicotine in cigarettes curbs your appetite, so when you stop smoking it may mean you feel more hungry.
- Urges for nicotine and because of hunger are both strong. When you stop smoking you may find it difficult to tell the difference between the two, which can lead to eating more.
- When you stop smoking, the rate at which your body burns up calories can be slower and as food can taste better when you stop smoking, this can lead to over eating.

It is important to remember that the benefits of giving up smoking far outweigh putting on a few pounds, so do not let a little weight gain put you off giving up.

- Eat a healthy diet
- Plan ahead to help ensure you have the right foods to hand, at the right times
- Start the day with a healthy breakfast; you will be less likely to snack on unhealthy food later in the day
- Aim to include at least five portions of fruit and vegetables each day
- Having fruit and vegetables as snacks can help fill you up
- If you drink alcohol, lower your alcohol intake. Alcohol is high in calories and can cause more urges when quitting
- Keep to your usual portion sizes at meal times. Aim for a third of your plate to be vegetables

Always see your GP about health concerns, who may refer you to a dietitian for further information. Please see your GP or other healthcare professional if you would like to find out about the National Exercise Referral Scheme.

For information on topics such as healthy eating and physical activity please visit the NHS Direct Wales website:

<http://tinyurl.com/NHSDWLivewell>

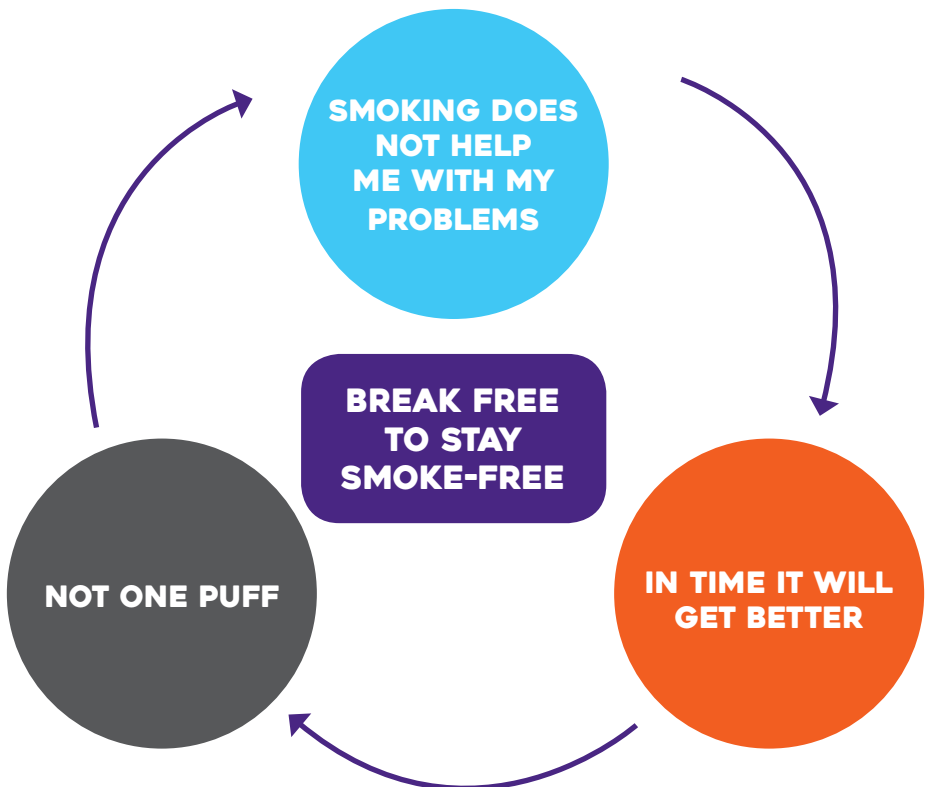


## STAYING QUIT

### POSITIVE REINFORCEMENT

Smoking is often considered a vicious cycle. You might quit for a while but then start smoking again during times of stress, bad news or simply on a night out. If you have that first puff, you are more than likely to be hooked again.

It is essential that you resist the temptation and stick to the not one puff rule. When you break free from nicotine it is important to try and visualise the process. The diagram below explains how you can stay smoke-free.



## **I'M A NON-SMOKER**

**Congratulations**, you're a non-smoker. To remind yourself about how good it feels, here is an activity to see yourself as a non-smoker.

**When you have some quiet time, away from everything, close your eyes. Relax and listen to your breathing. Notice how you breathe in and out and how, every day, this happens automatically, without you having to think about it.**

**Now imagine that you're standing in front of a mirror. You're a non-smoker so imagine how healthy you look.**

**Take some time to be proud of being a non-smoker and how much better you look and feel. Notice how relaxed you are, how calm you feel, able to cope with the stresses and strains of life.**

**Look more closely at yourself and see that your skin is looking bright and healthy, you're no longer wheezing and you can taste and enjoy your food more. Your clothes don't smell of smoke but instead you smell of fresh laundry.**

**Imagine yourself going to the local shop and buying milk and bread but not buying cigarettes. You see your friend and they offer you a cigarette. Hear yourself saying "No thanks. I don't smoke".**

**“NO  
THANKS,  
I DON'T  
SMOKE”**

**Now think of other day to day situations when you would normally have smoked. How different are they now you're a non-smoker? See yourself sitting at a table in a restaurant with good friends, no longer needing to leave the table to smoke a cigarette but enjoying spending time chatting and laughing. Imagine you've reached the top of a flight of stairs and you're not breathless.**

Try and practice this activity regularly and help visualise how great it is to be a non-smoker.

## **NOT GOING BACK TO OLD HABITS**



You've come a long way on your journey to becoming smoke-free and don't want to slip back in to bad habits. How can you stop yourself from smoking again? Well, you've learned a lot along the way – what triggers to avoid, what you can do when the urge to smoke strikes and, most importantly, your reasons for quitting in the first place.

Many people have to try and quit more than once so, if you do relapse, don't be put off trying again. If you can learn from what went wrong and what triggers led you back to smoking and what you need to avoid, you're more likely to successfully quit next time.

There are lots of things that you can do, to stop yourself feeling tempted to smoke:

- Remind yourself of the reasons for quitting in the first place (**page 9**).

- Think about the triggers (**page 25**) which are more likely to be difficult for you. Many people find social situations hard, especially when people are drinking and smoking in front of them or at a stressful time (**page 27**) such as an argument. In the early days, it may be best to avoid situations that you'll find difficult or plan for how you may cope in times of stress. Ask friends and family not to smoke in front of you and avoid smoking areas – think of something you can do while they are having a cigarette.
- Keep taking your stop smoking medication following package guidelines. It can help with the cravings.
- Find someone who has been encouraging you, during your quit journey and talk to them. They can remind you of how far you've come.
- Remind yourself of the benefits of quitting – how much healthier you're feeling and that you have more money.
- Think of the other positives – you can go out and not worry about being in a non-smoking area as you're no longer a smoker.
- Think of things you can do to distract yourself and take your mind off wanting to smoke a cigarette.

## REMEMBER THE 4 Ds

- **Delay** – don't act on the urge straight away. Wait and see if the craving passes
- **Drink** – have a glass of cold water or fruit juice
- **Deep breaths** – take some deep breaths
- **Do something else** – go and do something else to take your mind off wanting a cigarette

There are things I can do to prepare for any difficult moments and to stop myself from smoking a cigarette.

If I feel tempted to smoke, I will:

1. ....
2. ....
3. ....
4. ....
5. ....



Share your plans for coping with difficult situations with family and friends, so they can support you.



During your last session with your stop smoking expert, have a chat about what you can do to resist the temptation to smoke.

Don't forget, support from Help Me Quit is always available.



**CALL HELP ME QUIT 0800 085 2219**



**REQUEST A CALL BACK ONLINE  
WWW.HELPMEQUIT.WALES/QUIT-NOW**



**TEXT HMQ TO 80818**

## MY CIGARETTE.... MY FRIEND?

“How do you feel about a friend who has to go everywhere with you? Not only does he tag along all the time but since he is so offensive, obnoxious and vulgar, you become unwelcome when with him. He has an awful odour that sticks to you wherever you go.

He controls you totally. When he says jump, you jump. Sometimes, in the middle of heavy rain he wants you to come to the shop and pick him up. Now, if a partner or family member did this to you all the time you'd give them hell, but you can't argue with your friend. Sometimes when you're out at the cinema or a restaurant or even watching a film on television, he says he wants you to go outside with him and miss important bits of the storyline.

Your friend doesn't like your choice of clothing either. Instead of politely telling you that you have dreadful taste, he burns little holes in these items so you will want to throw them out. Sometimes he tires of the furniture and gets rid of that too. Occasionally, he gets really nasty and decides the whole house must go.

Not only is his knack of property destruction costly, but you must constantly pay to keep him with you. In fact, he will cost you thousands of pounds over your lifetime and you can count on one thing, he'll never pay you a penny in return.



Your friend doesn't believe in being healthy. He is really repulsed by the thought of you living a long and productive life. So every chance he gets he makes you sick. He helps you catch colds and flu, not just by running around in that terrible weather to pick him up at the shops; he's more creative than that. He carries thousands of poisons which he constantly blows in your face. When you inhale them they wipe out the tiny little hairs at the back of your throat and lungs which would have helped you to prevent these diseases.

**“YOUR FRIEND  
DOESN'T BELIEVE IN  
BEING HEALTHY. HE IS  
REALLY REPULSED BY  
THE THOUGHT OF YOU  
LIVING A LONG AND  
PRODUCTIVE LIFE.”**

He especially likes diseases that slowly cripple you – like emphysema. He considers this disease to be great. Once he gets you to have this you will give up all your other friends, family, social life of all kinds – everything. You will just sit at home with your oxygen cylinder,

caressing him, telling him what a great friend he is while you desperately gasp for air.

He has a wonderful arsenal of weapons behind him. In fact, he's been plotting your death since the day you met him. He picked all the top killers in society and did everything in his power to ensure you'd get one of them.

**BUT EVENTUALLY YOUR FRIEND TIRES OF YOU. HE DECIDES HE NO LONGER WISHES TO HAVE YOUR COMPANY. INSTEAD OF LETTING YOU GO YOUR SEPARATE WAYS, HE DECIDES TO KILL YOU.**

He overworked your heart and lungs. He clogged up the arteries to your heart, brain and every other part of your body. In case you were too strong to succumb to this, he constantly exposed you to cancer causing agents. Well, this is the story of your friend, your cigarette. No real friend would do this to you. Cigarettes are the worst possible enemies you will ever have. They are expensive, addictive, and deadly. So, consider all this and promise yourself that you will never take another puff."

Adapted with permission from Why Quit:  
[http://whyquit.com/joel/Joel\\_02\\_01\\_my\\_cig\\_my\\_friend.html](http://whyquit.com/joel/Joel_02_01_my_cig_my_friend.html)

## WELL DONE, YOU'VE REACHED YOUR DESTINATION

Did you know that if you've quit for a month, you're 5 times more likely to quit for good?

Make your stay a long one! If Help Me Quit has helped you, tell your friends who smoke that we can help them quit too.











## CHOOSING THE SUPPORT THAT'S RIGHT FOR YOU

All Help Me Quit services are free and will give you the best chance of quitting smoking for good.

You can choose to quit:



- With other smokers



- In a one-to-one appointment with a stop smoking expert, or over the telephone

### CONVENIENT LOCATIONS

Support is available locally at a:



- Community venue



- Hospital



- Community pharmacy

To find out which service is best for you, contact a member of the Help Me Quit team:



Call 0800 085 2219



Request a call back online  
[www.helpmequit.wales/quit-now](http://www.helpmequit.wales/quit-now)



Text HMQ to 80818

For more information about Help Me Quit services visit [www.helpmequit.wales](http://www.helpmequit.wales)

