

Congratulations on taking the first step to quitting smoking!

With this Quit Kit, and speaking to a professional NSW Quitline Advisor, you will have all the support and up-to-date information you need to help you:



Make your personal quit plan



Manage your cravings and triggers



Understand Nicotine Replacement Therapy (NRT) products and other medications available to you



Feel supported all the way!

Remember, we're here to help. Call us on **13 7848 (13 QUIT)** or visit iCanQuit.com.au for more information, tools and peer support.

- The NSW Quitline Team

**QUIT
BECAUSE
YOU
CAN**



Your guide to
stopping smoking

Quitline
137848

YES

YOU CAN STOP SMOKING

Over the years we've learnt a lot about how to quit from those who know – people who have stopped smoking for good. What we have learnt is here in your ***Quit because you can*** book.

This is your book. Write in it. Underline parts. Flick to the pages that help you.

Keep this book handy so it can help you as you make changes.

It takes time and effort to stop smoking. But millions of people in Australia have already stopped. You can too.

You need to know

Chemicals in tobacco smoke can affect how well some medicines work. These include some medicines for mental health conditions, heart disease and some other conditions. If you are taking any medicines, talk with your doctor or pharmacist as they may need to change the dose of your medicines when you stop smoking.

If you are living with depression, anxiety or another mental illness, it is best to see your doctor before stopping smoking. With the right support, many people living with mental illness have stopped and they mostly feel a lot better, both in body and mind.

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REASONS TO STOP SMOKING



"I was never able to keep up with my kids, I wanted to be able to kick around the ball without being out of breath."

Do you know why you want to stop smoking?

People who have stopped smoking say it's important to be clear about your reasons. Work out what reasons are important to you. You may have tried to stop before, maybe many times. It's still a good idea to remind yourself why you want to stop.

What are you looking forward to when you stop smoking?



Feeling healthy

Less coughs, phlegm and wheezing. Fight off colds and the flu more easily.



More money

20 cigarettes each day = \$10,000+ every year

How much money will you save?

Use our calculator at www.quit.org.au.



Getting fit

Exercising becomes easier.



Freedom from the hassles of smoking

White teeth, no stained fingers, the house and car smelling fresh and clean, and never having to check you have enough cigarettes.



Less stress

Within a few months of stopping, most people feel less stressed than when they were smoking.



Taking back control

Many people come to realise that they are dependent and are not really choosing to smoke. Taking back control feels good.



More confidence

Once you succeed, you will have more confidence to take on other challenges.

TRY THIS

Even now you might still be wondering whether you really want to stop smoking. Take your time to think about your reasons for wanting to smoke and your reasons for wanting to stop.

List all your reasons on both sides and circle the three most important ones on each list. Then put a star next to the one reason that is most important to you – just one star, not one for each list.

Why I want to smoke

Why I want to stop

Your decision might be a very close one or one side may be a clear winner. The important thing is to decide which you most want to do and act on that decision.

You may set out to stop with a part of you still wanting to smoke. That's okay. Accept this and commit yourself to stopping. What did you get from smoking? How can you get that in other ways?

Before or during pregnancy

Stopping smoking at any time during your pregnancy helps protect you and your baby from serious harm. It will make you feel good and give your baby a better start in life.

Stop smoking for surgery

When you stop before surgery, you have a lower risk of complications, which can mean a faster recovery and less time in hospital.

Protect others

You can protect your children from dangerous tobacco smoke in the air. Secondhand smoke can cause serious illness in babies and children. When you stop smoking, your children are also less likely to take up smoking in the future.

Helping you recover from illness

If you have an illness such as cancer or heart disease, stopping smoking can mean a better response to treatment and can give you a better chance of recovery. If you have heart disease, stopping smoking lowers your risk of having another heart attack. Stopping smoking is vital for people who have lung conditions, diabetes, poor blood circulation, gum disease and many other health conditions.

Stopping smoking improves your health now and in the long-term, even if you have a smoking-related condition.

When you stop smoking

Within 6 hours

- › Your heart rate slows and your blood pressure becomes more stable.

Within a day

- › The level of toxic carbon monoxide in your blood drops and oxygen more easily reaches the heart and muscles.
- › Your fingertips become warmer and your hands may be steadier.

Within a week

- › Your sense of taste and smell may improve.

Within 2 months

- › You cough and wheeze less.
- › Your immune system begins to recover so your body is better at fighting off infection.
- › Your blood is less thick and sticky and blood flow to your hands and feet improves.

Within 6 months

- › Your lungs' natural cleaning system starts to recover, becoming better at removing mucus, tar and dust from your lungs.
- › You are less likely to cough up phlegm.

After 1 year

- › Your lungs are healthier and you are breathing easier than if you'd kept smoking.

Within 2 to 5 years

- › There is a large drop in your risk of heart attack and stroke which continues to decrease over time.
- › For women, the risk of cervical cancer is the same as someone who has never smoked.

Within 10 years

- › Your risk of lung cancer is lower than that of someone who still smokes.

After 15 years

- › Your risk of heart attack and stroke is close to that of a person who has never smoked.

The day you stop smoking your body starts to recover.

Smoking causes disease

Smoking harms almost every organ in your body. But because it happens gradually, you may not notice. The strain put on your body by smoking often causes years of suffering.

Tobacco smoke is made up of over 7000 chemicals. At least 69 of them are known to cause cancer. Many of these chemicals pass through your lungs into your bloodstream. They go everywhere your blood flows.

Smoking can cause many serious diseases including:

- › **cancer** of the lungs, mouth, nose, throat, sinuses, oesophagus, pancreas, kidney, stomach, liver, bladder, bowel, ureter, ovary, cervix and bone marrow (leukaemia)
- › **lung diseases** such as chronic obstructive pulmonary disease, which includes emphysema and chronic bronchitis
- › **heart disease, stroke and diabetes**
- › **poor blood circulation** in feet and hands, which can lead to pain and, in severe cases, gangrene and amputation
- › **other conditions** such as blindness, hip fractures, rheumatoid arthritis, painful ulcers and for men, erection problems.

Two in three people who smoke all their lives will die from their dependence, on average 10 to 15 years earlier than non-smokers.

All cigarettes are toxic

It doesn't help if you smoke weaker-tasting cigarettes such as those labelled 'fine', 'smooth' or 'white'. You still end up inhaling the same amount of chemicals as you would from stronger-tasting cigarettes, so they do the same amount of damage.

There is no safe level of smoking

Cutting down the amount of tobacco you smoke every day may save you money. But studies show that it does very little for your health compared to stopping smoking completely. Even smoking a few cigarettes a day increases your risk of early death. Cutting down can help some people when used as a step towards stopping smoking altogether.

Your body can only start to recover when you stop smoking completely.

Deciding to quit checklist



From the following list, tick the things you are looking forward to when you are a non-smoker. Add your own ideas.

- Having more energy to play sport or keep up with the kids.
- Knowing I'm back in control and no longer dependent.
- Freedom from the hassle of always checking that I have enough cigarettes.
- I will have more money to spend any way I choose.

PREPARING TO STOP SMOKING



"The last time I quit I set a date, got rid of all my ashtrays, lighters and things that triggered me to have a smoke and never looked back."

Most people are not 100% sure about quitting and many worry about how they might cope without cigarettes. This is normal. Don't put off stopping because you feel this way – there is lots of help to get you through.

What you can do to help you stop

Making a plan can help so you have ideas and ways to manage, ready for when you feel the urge to smoke.

If you've tried to stop smoking before, what helped? What didn't?

How to make your plan:

- 1] Understand nicotine dependence
- 2] Know why you smoke
- 3] Choose the best way to quit for you
- 4] Start putting your quitting plan into action

1 Understand nicotine dependence

Nicotine is the drug in tobacco that causes dependence. After you've been smoking for a while, your body gets used to nicotine and relies on it to feel normal.

Do you have any of these signs of nicotine dependence?

- › You smoke your first cigarette within 30 minutes of waking up.
- › You smoke more than 10 cigarettes per day.
- › You have cravings and feelings of withdrawal when you try to stop.

Nicotine affects the chemicals in your brain, and after a puff, you may feel good for a moment or two. It may make you feel relaxed or more alert but this doesn't last long.

After a while you may feel tense or on edge or you may find it hard to focus on what you are doing. But your next cigarette relieves these feelings. These up-and-down mood changes over the day are common among people who smoke. Stopping smoking breaks this smoking–stress cycle.

2 Know why you smoke

Some common reasons why people smoke are:

- › dependence: to satisfy the craving for nicotine
- › habit: feeling like smoking while doing things or taking a break, such as after a meal or watching TV
- › emotions: feeling stressed, upset, angry, frustrated, bored or happy
- › pleasure: to enjoy something even more or to reward yourself
- › social pressure: feeling part of the crowd, bonding with other people who smoke.

These often trigger cravings to smoke. They may be quite strong bonds. Knowing your triggers can help you work out ways to manage them.

When do you smoke? Tick (✓) which apply to you

-  Having coffee
-  With friends
-  With food
-  Watching TV
-  With alcohol
-  When you're angry, stressed or bored
-  Other times? 
-  Other emotions? 

TRY THIS

Use the Smoking Diary – See page 23

You can learn about your habits while you prepare to stop.

Tear out your *Smoking Diary* and carry it with you everywhere **for a day**.

FOR YOUR BEST CHANCE OF QUITTING:

Get some support

› Quitline (13 7848)



Use stop smoking medications

3 Choose the best way to quit for you

Some people see quitting as a private battle. But getting help is not a sign of weakness or lack of willpower – it's a smart way to quit.

Get some support

Call the Quitline on 13 7848

The Quitline is a welcoming telephone support service that works with you to help you stop smoking. Your friendly Quitline counsellor is trained to listen carefully and give support suited to your needs. They understand the troubles people can have when trying to stop. Your call is confidential. You can call Quitline for the usual cost of a call from your phone or ask us to call you at no cost (Quitline callback).

Aboriginal Quitline on 13 7848

Quitline offers a culturally safe space for callers to have a yarn about smoking and quitting with an Aboriginal Quitline counsellor.

Talk to your doctor, pharmacist or other health professional

Doctors and pharmacists can give you advice and support. They can also talk to you about which stop smoking medications will suit you best. You can buy some of the medications more cheaply through the Pharmaceutical Benefits Scheme (PBS). To do this, you will need a script from your doctor.

Chemicals in tobacco smoke can affect how well some medicines work. These include some medicines for mental health conditions, heart disease, asthma and some other conditions. It's important to speak to your doctor if:

- 1] you are taking any medicines, as dosages of some medicines may need to be changed when you stop smoking
- 2] you have any health conditions, including heart disease or diabetes, or if you are living with a mental illness
- 3] you are pregnant or breastfeeding.

To access more services in your state, see page 45.

Using stop smoking medications

Stop smoking medications increase your chance of stopping smoking for good. They are useful for people who show any signs of nicotine dependence (see page 12).

Stop smoking medications reduce feelings of withdrawal, such as cravings, anxiety or restlessness, but they tend not to stop them altogether. Most people form a strong bond between smoking and habits and emotions. So you are likely to still get some cravings in situations where you used to smoke. This is where Quitline can help with ideas about how to deal with cravings and triggers.

Nicotine patches, lozenges, mouth spray, inhalator and gum work by replacing some of the nicotine you usually get from tobacco. Using nicotine medications to stop is much safer than smoking – they do not contain the dangerous chemicals found in tobacco smoke.

For many people, nicotine medications work best when you combine patches with a faster-acting type, such as lozenges, gum, mouth spray or inhalator. The patch is put on once a day. For faster-acting types, it's best to use them before a craving hits, rather than waiting for it to take hold.

Talk to your doctor or pharmacist about which medications are best for you. You can buy some nicotine medications at a discount through the PBS, with a script from your doctor.



Varenicline (brand name Champix) and bupropion (brand name Zyban) are nicotine-free tablets. If you want to use one of these medications, you must talk with your doctor as they are not suitable for everyone. You can buy Champix and Zyban at a discount through the PBS.

If you have one or some cigarettes, it is safe to keep using nicotine medications, Champix or Zyban, and to keep trying to quit.

Gather ideas

Talk to other people who have stopped about how they did it. Some useful websites are on page 45. Remember, different things work for different people.

Learning from stopping in the past

Have you tried to stop smoking before? What helped? What didn't? Are there situations you need to prepare for? Write these down in your *Quitting Plan* (page 18).

Quitting abruptly

Quitting abruptly or suddenly is a popular way to stop smoking. Using stop smoking medications, together with Quitline, will give you the best chance of success.

Cutting down to quit

Some people quit by cutting down the number of cigarettes they smoke each day before stopping. But if you decide to do this:

- › it's important to have a clear plan and a quit date
- › use a support service like Quitline to help you stick to your goals
- › talk to your doctor or pharmacist about using stop smoking medications while cutting down.

Get help from friends and family

Encouragement from friends and family is important. If you do talk to your friends and family about your quitting, explain how they can help – for example, by not offering you cigarettes if they smoke or by being patient if you are a bit moody at first. Quitting with a friend can be useful as you can help each other through the hard times.

Living with someone who smokes

If you live with someone who smokes, it can be good to talk to them about your plans. If they are ready to stop smoking too, then quitting together can help. However, if they are not ready, at least ask for their help by not making it any harder.

- › Can you talk things over before you stop?
- › Can you make your house smokefree? If this isn't possible, see if you can agree to some rooms being smokefree.
- › How will you catch up without smoking cigarettes?
- › Can they keep cigarettes out of sight?
- › What kind of help will you need from them? What help are they willing to give?

4 Start putting your quitting plan into action

Make a decision about how you are going to stop.

You may choose to:

- › Call the Quitline (13 7848).
- › Use a stop smoking medication.
- › Talk to your doctor, pharmacist or other health professional.
- › Set a date to quit.

If you don't stop on your quit date, don't worry. It is not a test. It's just a way of helping you focus on what you need to do to quit and to put your plans into action. Just choose another time and have another go. Don't give up giving up.

Practise quitting

If you haven't tried to stop recently, you might set yourself some smaller goals to see how you would go before you quit. Experiment by not smoking at times when you normally would, such as when you're out with friends or having a break with other people who smoke at work. This will help you work out how much you need to prepare for these situations when you stop for good.

TRY THIS

Throw away all cigarettes, lighters and ashtrays in your home and car. If your partner smokes, suggest that they stop too or only smoke outside the house.

Remember, you will be more likely to succeed with Quitline (13 7848) plus stop smoking medications.

My quitting plan

Write out your Quitting Plan

Use your Smoking Diary (page 23) to help you

My main reasons to quit:

The support I will get:

The stop smoking medication (nicotine medications, Champix or Zyban) I will use:

My three main triggers to smoke:

Instead of smoking I will:

I will take action by (✓):

Calling the Quitline 13 7848 on:

Making an appointment with my doctor on:

Setting a quit date on:

Change or add to your plan if you find you need new ways to deal with difficult times.

STAYING QUIT



"I told my family and friends my quit day, so they could help me when I needed it the most. I couldn't have done it without them."

Now it's time to put all your work into practice and quit.

You are ready

- › You've made your decision to stop.
- › You have any information or support you feel you need.
- › You've done your planning.
- › You've started putting your plan to quit into action.

Stick to your decision

You're doing the right thing.

Understand withdrawal symptoms

Withdrawal symptoms are the way your body reacts when it stops getting nicotine and all the other chemicals in tobacco smoke. Think of them as signs that your body is recovering from smoking.

Common withdrawal symptoms include:

- › cravings (the urge or desire to smoke)
- › being easily upset: feeling irritable, frustrated, depressed or anxious
- › feeling restless or finding it hard to concentrate
- › changed sleeping patterns
- › wanting to eat more and weight gain.

Some people may also have:

- › coughing or sneezing
- › mouth ulcers
- › upset bowel and/or digestion
- › mood swings
- › dizziness
- › more dreams.

Usually, you won't have all of these symptoms, and those that do affect you will rarely last more than a few weeks.

Remember

Your best chance of quitting = **support**
(Quitline 13 7848)
+ **stop smoking**
medications

Some feelings of withdrawal will come and go over the first week. Most are gone within two to four weeks; some people may have them for longer. These feelings fade as your body gets used to being without tobacco.

Each craving usually lasts a short time, but may be strong. Over time, cravings will happen less often. You may get the odd craving long after other feelings of withdrawal have gone. These cravings are triggered by being in situations where you used to smoke.

If you have trouble with certain feelings of withdrawal, plan how you could cope or work around them. For example, warn your family you might be cranky for a few weeks and ask for their patience.

The more feelings of withdrawal you have, the more you will benefit from using nicotine medications or Champix or Zyban.

Exercise can also help reduce cravings and feelings of withdrawal. It may lower stress and help keep your weight down.

Stopping smoking and mood

Early on, some people feel that their moods are up and down or all over the place, for example getting angry over small things. This is quite normal and it will pass, but you don't have to cope without support. Your doctor and the Quitline can help you find ways to take care of your mental wellbeing.

Giving up cigarettes can also feel like losing a friend. Your emotions will settle down over time and you will feel more confident as you get used to new ways of managing the ups and downs of life without cigarettes.

Tips for managing stress are on pages 34 to 36.

Within a few months of stopping, most people tend to feel less stressed than when they were smoking.

Coping with cravings

Few people can quit without feeling the urge or desire to smoke. The first week after you quit can be the hardest, as cravings can be stronger and more frequent.

As well as using nicotine medications or Champix or Zyban to reduce cravings you can also:

- 1] Change your space.
- 2] Use coping thoughts.
- 3] Change what you do.

1 Change your space

Cravings most often happen in places that remind you of smoking.

You can reduce how often and how strongly cravings occur by making your space 'quitting friendly'.

Try these tips:

- › Make your home and car smokefree. If that's not possible, have at least one smokefree area for yourself.
- › Use places where you are not allowed to smoke as 'protection' until the craving passes.
- › Avoid your usual smoking spots and shops selling tobacco.
- › If you can, make sure there is no tobacco in your house or car.
- › Ask others not to smoke around you or move away from them.
- › Avoid situations you know will be tough while your cravings are still bad.
- › Choose outings where you're not likely be around people smoking.

[\[continued page 27\]](#)

Cravings most often happen in situations that remind you of smoking.

ONE DAY SMOKING DIARY

You can learn about your habits while you prepare to quit.

Tear out your Smoking Diary and carry it with you everywhere for a day.

First, write down the number of cigarettes left in your pack:

Cigarettes in pack

Date

Each time you have a cigarette, or feel a craving, fill in:

- › the time
- › what you are doing
- › what you are feeling
- › how much you feel the need for a cigarette, using the point system below:
 - 1 = I could do without it
 - 2 = I feel like it
 - 3 = I need it
 - 4 = I really need it
 - 5 = I'm desperate for it

ONE DAY SMOKING DIARY

	Time	What I'm doing/person I'm with	Feeling/mood	Value (1-5)	What I did
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
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22					
23					
24					
25					
26					

Even after a day or so, you'll have a good idea about what makes you want to smoke, the times you smoke and the importance of each cigarette. These are your smoking 'triggers'.

Some of these triggers may cause cravings after you stop smoking. However, you may only find out which are hard or easy to resist after you've spent some time without smoking.

At the end of the day, count the number of cigarettes left in your pack and work out how many cigarettes you smoked.

<input type="text"/>	LESS	<input type="text"/>	=	<input type="text"/>
Cigarettes in pack at start of the day		Cigarettes left at end of day		Total cigarettes smoked

If you open another pack don't forget to include those cigarettes in your sums.

If you missed noting down any cigarettes in your diary, can you remember when they were?

If you smoked cigarettes without noticing, you may need to be on your guard around cigarettes when you stop, so you don't reach for one simply out of habit.

TRY THE 4Ds

Delay acting on the urge to smoke. Don't open a pack or light a cigarette. After a few minutes, the urge to smoke will weaken, especially if you do the following:

Deep breathe. Take a long slow breath in and slowly out again. Repeat three times.

Drink water. Sip it slowly, holding it in your mouth a little longer.

Do something else. Take your mind off smoking by taking action – put on some music, go for a walk or ring a friend.

2 Use coping thoughts

The way you think about stopping can help you resist tempting situations.

Try these tips:

- › Take note of thoughts that make you want to smoke and use coping self talk. Tell yourself 'I can handle this without cigarettes', 'This craving will pass' or 'I'm not going to smoke, not even a puff'.
- › Remind yourself of your main reasons to quit. Carry something with you that will help you stay motivated, such as a note or picture.
- › Think of how stopping has changed your life for the better.
- › Focus your mind on something else – try music, TV, reading, daydreaming.
- › Set short-term goals such as taking one day at a time.
- › Talk to someone about how you're feeling.

3 Change what you do

Changing your routine is a great way to break your smoking habits. Which habits or routines make you want to smoke? Use these tips to help you plan for cravings once you've quit.

Habit	Routine-change strategy
First thing in the morning	Have a shower first thing
With coffee (or tea)	Change to a different drink, brand of coffee or mug; or change the place where you drink it, hold your cup in your other hand
At morning tea	Read a magazine or book; sit in a different place or with different people
At the computer at home	Shift your desk around or redecorate it
After lunch/dinner	Go for a walk; clean your teeth
At afternoon tea	Try a herbal tea; read the paper
Straight after work	Do some exercise or meditation
Just before you start dinner	Have dinner earlier or later
With alcohol	Change to a different drink; hold drink in smoking hand
As you plan the next task/chore	Breathe deeply or try a quick relaxation exercise
As a reward e.g. completing a chore	Listen to music; have a piece of fruit
When you're with a person who smokes	Chew gum; bring a water bottle
At night in front of the TV	Change the furniture around; hold a stress ball; do some stretches
Just before bed	Have a warm drink or herbal tea; read a book

As you become better at doing things instead of smoking, your cravings will tend not to happen as often or be as strong. If you are unsure of what to do in some situations, ask or watch people who don't smoke.

Just one WILL hurt

Having 'just one' is the way that most people go back to regular smoking. Stopping means resisting the urge to smoke even one cigarette, despite the cravings, the habit, the pressure and your own emotional reasons.

Reward yourself

Congratulate yourself every time you beat the urge to smoke. Remember to treat yourself from time to time with the money you've saved, such as with a movie, new music, flowers or a meal out.

Stay on track

Don't let other people talk you into having a cigarette. It's your decision – don't let others pressure you. Tell them 'no' like you mean it.

Caffeine

Tea, coffee, cola drinks and chocolate all contain caffeine. Chemicals in tobacco smoke speed up how fast your body gets rid of caffeine. So when you stop smoking, you might feel more affected by caffeine. This can make you feel more restless, sleepless or easily irritated. When you stop smoking, it's a good idea to have less of these products and have non-caffeine drinks.

Social situations

For many people, having a cigarette with friends who smoke is a well-worn habit.

Here are some strategies when going out with friends.

- › Tell yourself before you go out not to smoke.
- › Avoid some or all of your friends who smoke for the first few days or weeks.
- › Have a quitting buddy or friend who doesn't smoke with you as support.
- › You have the right to refuse a cigarette and can do so without upsetting others. Find some good phrases: 'Please don't offer me smokes, I'm stopping' or 'No thanks, I don't smoke'.
- › Take along something to keep your hands and mouth busy when you have a craving, for example, gum, a watch, a necklace, bottled water, phone, a stress ball or a pen.
- › Excuse yourself and go to the bathroom to wash your face or freshen up.
- › Tell yourself it's okay to go home early if it's getting too tough. The money you've saved by quitting could help pay for a taxi if needed.
- › Stick with people who don't smoke.
- › Be wary of the 'just one won't hurt' thought.

Smoking and alcohol

For many people, smoking and drinking alcohol go hand-in-hand.

If you do drink, be careful not to drink a lot. Research confirms that if you drink enough to start feeling the effects, it becomes harder to resist smoking.

- › Avoid alcohol for a few weeks after you stop smoking, most of all in situations where you used to smoke.
- › If you do drink, cut down on how much you drink by having a glass of water between alcoholic drinks.
- › Change your drink to something you don't usually have, to remind yourself that things are different.
- › The more you drink in one session the more likely you are to lose sight of your quitting goals.

Managing your weight

Weight gain is not always part of stopping smoking but it is common. Different people can gain different amounts of weight when stopping smoking. If you do put on weight, try not to be too hard on yourself. By stopping smoking you're doing great things for your health.

If worrying about weight gain is stopping you from quitting, talk to a health professional who can give you advice. They can help you make a healthy eating and exercise plan that suits you. Your doctor can also refer you to a dietitian or other specialist.

Tips to help manage your weight

Making small changes every week can be easier and longer lasting than trying to make a lot of changes at once.

- › Plan your meals and snacks ahead of time
 - Use the time and money you've saved from not smoking to plan and cook tasty, healthy meals that are low in sugar and salt. Avoid or limit deep fried food.
 - Remove or reduce processed snacks (e.g. chips, biscuits, lollies, soft drink) in the pantry or fridge.
 - Prepare some healthy snacks – celery and carrot sticks or vegetable strips, whole fruits (not fruit juice) and nuts.
 - Try not to miss meals.

- › Sometimes our bodies tell us we're hungry when really we're thirsty. Try drinking some water or a hot drink before reaching for a snack.
- › Don't try to stick to strict diets. Constant bouts of hunger will undermine your success at quitting.
- › Be realistic – allow yourself some treats from time to time.
- › If you use food to help you deal with feelings, such as feeling anxious, depressed or lonely, try other activities that make you feel better. If you feel you need more support, talk to your doctor.
- › Doing some more exercise can help keep your weight down and help you beat cravings.

Don't be alarmed if you gain a few kilos in the first few months. Weight gain does slow down the longer you stay quit, provided you don't over-eat. For more tips about healthy eating, visit the LiveLighter website www.livelighter.com.au.

TRY THIS

During the first week, make changes to your *Quitting Plan* if you need to.

Did you use the ideas you wrote down? How are they working?

Do they need changing?

Are there any situations where you had trouble with cravings?

What ways could you deal with this situation next time?

Remember, starting to smoke again may not help you lose any weight you may have gained.

Quitting checklist



- I have planned how to handle the places and events that I know make me want to smoke.
- I will keep my hands busy by doing something or by fiddling with a pen, mobile phone or some beads.
- Even if I decide to have alcohol, I will stick to my decision to quit.
- I know it's okay to avoid situations that will be tough while cravings are still strong and frequent.
- I often think about what I've achieved and the good things that have come out of quitting. I will remind myself of these when I next feel like smoking.
- I will reward myself from time to time with the money I have saved. I will congratulate myself every time I beat the urge for a cigarette.

Your new healthier life

Have your urges to smoke gone away? Or are you getting them less often? Quitting isn't over just yet.

Getting rid of smoking is a big change in your life. Learning to enjoy and value life without cigarettes is the next step. For some people this comes naturally, while others find it harder.

Find new habits to take the place of smoking

People use cigarettes for many things. For example, to concentrate, be social, relax, fill in time, when hungry, as a reward and to cope with feelings such as stress, anger or grief.

- › What did you think cigarettes gave you? Look at your list on page 6.
- › Can you do each of these things as well as when you used to smoke?

If you answer yes, this proves that smoking wasn't really useful in this situation and that you haven't lost out by quitting.

If you answer no, it's really important to try out new things to replace those things you felt smoking gave you. Find fun and relaxing things to do with the time and money you've saved by stopping smoking. Call the Quitline (13 7848) if you need ideas. Once you find things that work, make them a part of your routine.

TRY THIS

Revive an old hobby or interest now that you have more time and money. Or take up something that you've always wanted to: take up art, start a blog, research your family history, start a new sport or try a new hobby. Find something you really enjoy as it will help you to relax and to take time out.

Confront old smoking situations

While you were quitting you may have avoided people who smoke or places where you used to smoke.

When you're ready, prepare for and face these risky situations without smoking. The more time you spend in old smoking situations without cigarettes, the less likely it is you will get cravings. In time, you'll feel more and more confident.

If you used stop smoking medications to help you quit, you also need to prove to yourself that you can cope in old smoking situations without this extra support.

When you stop using stop smoking medications

If you still have cravings and feelings of withdrawal after you stop using stop smoking medications, talk to your doctor or pharmacist. Ongoing support from Quitline can also help.

Remember, it's normal to get cravings in situations where you used to smoke. Resisting cravings is a necessary step in making them go away.

The quitting blues

Some people feel sad about stopping smoking. Even though people want to stop, they may feel they are losing something that has been part of their life, sometimes a big part. This is a normal reaction. It usually passes, but it may take some time.

If you are finding it tough, try to stop yourself from dwelling too much on missing smoking, as this can bring on cravings.

Focus instead on the good things that quitting has brought you. If these feelings continue and you're finding it hard to cope, talk to your doctor.

Coping with stress

If you used smoking to deal with stress (as many people do), then you are likely to get cravings to smoke next time you're stressed out.

Take your time before reacting. Remember, having a cigarette is not going to make the problem go away.

Resisting cravings and using other strategies to cope will make you less likely to have strong cravings in future stressful situations.

Now that you don't smoke, you've learnt new skills and have shown great strength of mind. How else can you get the support you need instead of falling back on a cigarette? Is there someone you trust who you could talk to? Do you have new things to do that help you relax and take time out?

TRY THIS

Emergency plan

Think about a sudden stress or crisis that happened in your past when you were smoking, for example, bad news, an argument or a break-up. Imagine going through it now, but without smoking. What strategies could you use? Write down your emergency plan.

- › Ask a friend if you can call them (day or night) if disaster strikes
- › Call the Quitline (13 7848) or Lifeline (13 11 14) for support

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Doing something about stress

Below, list the main sources of stress in your life. Now think about how much control you have or want to have over these sources of stress. Next to each of these, write the number 1, 2 or 3 depending on whether you believe it is possible for you to:

- 1] Get rid of the source of stress altogether.
- 2] Make changes to reduce the stress.
- 3] Learn to cope with the situation as it is.

For example, you might decide to try to accept and learn to cope with the peak-hour traffic. This means you will continue to drive in peak hour and you will find ways of dealing with the stress (e.g. keep a drink bottle in the car and sip water slowly). There are no right or wrong answers. Another person may make different choices for the same situation.

Sources of stress	1, 2 or 3	Ideas/plans/strategies

1 BREATHE DEEPLY AND SLOWLY

2 LOOK AFTER YOUR BODY

- › Eat sensibly and well.
 - › Do some gentle stretches to relieve muscle tension.
 - › Get enough sleep.
 - › Spend time in nature, like a park or garden.
-

3 EXERCISE

- › Go for a walk.
 - › Get off the bus one stop early and walk the rest of the way.
 - › Use the stairs instead of a lift.
 - › Join an exercise group.
-

4 MANAGE YOUR WORKLOAD AND TIME

- › Set achievable goals.
 - › Don't take on more than you can handle.
 - › Ask for help if you need it.
 - › Keep some distractions on hand for boring times when stuck in traffic or queues e.g. music or a stress ball.
-

5 TAKE CARE OF YOUR FEELINGS

- › Talk to others about your problems – don't keep your feelings bottled up.
 - › Try to be around family and friends who support you.
 - › If you are living with stress from a health condition or trauma, you may find support groups online or in your area. Check out the digital mental health resources at www.emhprac.org.au or ask your doctor for support.
-

6 DO THINGS YOU ENJOY

- › Reward yourself from time to time.
 - › Catch up with friends, read or draw.
 - › Watch comedy.
 - › Make time to do something just for you.
-

7 FIND OUT WHAT ACTIVITIES AND GROUPS ARE IN YOUR AREA

- › Some people find classes such as yoga, meditation or mindfulness helpful.
 - › Men's sheds bring men together to socialise and gain skills.
 - › Check with your local council to find groups or activities in your area.
-

Sudden strong cravings

Sometimes, you might get a craving out of nowhere, even years after stopping. This is normal and doesn't mean you are failing at quitting.

This happens because you return to a situation that is linked to your past smoking habit, even if you don't recognise it at first. For example, you might start craving a cigarette when:

- › visiting a place where you used to live when you smoked
- › you meet up with friends or family who smoke
- › on holiday or returning from holiday.

Once you've gotten through withdrawal, you are no longer dependent on nicotine. Expect these cravings to happen and see them for what they are – just memories of smoking – and let them pass. Draw on the strategies you used when you first stopped to deal with these situations.

Social pressure

If your friends or family are making quitting harder for you, explain to them how you feel. Spend time relaxing with people who are glad to see you looking after your health.

The new you

You might still see yourself as a smoker who's quit. Start to think of yourself as someone who sees no real use for cigarettes. The more non-smoking experiences you have, the more you'll feel like a non-smoker or a proud ex-smoker.

TRY THIS

Think about your plans at work and home for the next few weeks.
Can you make one or two changes to reduce the pressure?
Talk about problems openly with those involved.


Becoming a non-smoker checklist



- I have changed my routine to include new hobbies, new comforts and new ways to enjoy life.
- I am finding new ways to relax, such as deep breathing, massage and making time to relax.
- I will cope with the occasional surprise cravings and know that I am still succeeding at quitting.
- I am planning how to cope with stressful situations. If I get stressed, I will take time to think before I react and remind myself of other ways to cope. I will ring the Quitline if I think I need more support or ideas.
- I will value the good things about being quit and give myself credit for what I've achieved.

Well done!

MANAGING SETBACKS

A photograph of two women sitting on a ledge outdoors. The woman in the foreground is wearing a blue vest over a light blue striped shirt and dark blue pants. She is holding a coffee cup and looking towards the camera with a slight smile. The woman in the background is wearing a brown jacket and a grey scarf, also holding a coffee cup and looking slightly away from the camera. The background is a blurred outdoor setting with a brick wall on the right.

"I tried to spend more time with my friends who don't smoke, and to think of myself as a non-smoker."

Quitting can be hard. You might be going along OK, but suddenly ...

Warning signs

You keep on thinking 'Just one would be OK' or 'It'd be great to smoke just one a month or one a week'.

But why weren't you smoking just one a month or just one a week before you quit? The answer is because nicotine dependence is really strong. That's why you've had to work so hard to quit. Don't let nicotine control you again!

You're really missing smoking and question whether quitting is worth the effort.

Sometimes quitting can be really tough, but you can get through it. Find other ways to treat yourself and keep doing things that you enjoy every day.

You take puffs of other people's cigarettes but excuse it as 'not really smoking'.

You know it's only a matter of time before you find yourself buying a pack. Ask your friends not to give you cigarettes, no matter what.

Long after stopping smoking, you start to wonder what one cigarette would be like.

Once you've been dependent, one cigarette even after a long time has a very powerful effect on the brain and can awaken an old desire to smoke regularly. Distract yourself and move on. You don't need cigarettes.

TRY THIS

- › Remember, every craving only lasts a few minutes. Use the 4Ds: delay, deep breathe, drink water or do something else.
- › Remind yourself of how far you have come. Do you really want to have to start all over again?
- › List your reasons for quitting on a card that you can carry with you. Read the reasons whenever you feel the urge to smoke.
- › Reward yourself for staying stopped. Do things you enjoy.
- › Have you found replacements for all the things you used cigarettes for? Think of what you can do to enjoy life without cigarettes.

If you smoke one or some

Don't let one cigarette lead you back to full-time smoking. Think of all the times you have not smoked and say to yourself: 'I'm determined to quit. This is just a moment – I can move on. I know I can do this.'

Get rid of your cigarettes, plan for the rest of the day (and tomorrow) and remember the 4Ds (delay, deep breathe, drink water, do something else).

Look at your *Quitting Plan* and make changes if you need to. For more help, call the **Quitline on 13 7848**.

Watch out for
warning signs.
Get help from
Quitline if things
start to go wrong.

Learning from the times you smoke

'I gave in to constant, strong cravings or felt restless and cranky.'

Nicotine medications or Champix or Zyban can take the edge off these cravings. If you are using these medications, check that you're using them correctly and, for nicotine medications, using enough.

'The whole thing got too scary and hard.'

The first week is often the hardest to get through. Plan for low and high moods and stressful situations. Knowing what to expect can really help.

'I started to smoke without realising it.'

Change your routine to lower your risk of triggers to smoke. Also, find a good replacement for cigarettes such as chewing gum, squeezing a stress ball or sipping from a water bottle.

'I was stressed out!'

It's best to plan ahead for stressful times. See pages 34 to 36 for ways to manage stress.

'I started smoking when I had a few drinks.'

Remember, if you're over the drink-driving limit, you're more likely to end up smoking. For tips about alcohol see page 30.

'I allowed myself to have one and regretted it.'

See yourself as someone who doesn't need cigarettes and find something to keep your hands busy.

'I felt unable to say NO in the situation I was in.'

You have the right to refuse a cigarette and can do so without upsetting others. Find some good phrases: 'Please don't offer me a smoke, I'm quitting' or 'No thanks, I don't smoke'.

If you go back to regular smoking

Don't despair. Instead, think about what you can learn from your experience. What led you to smoke? What made it easier to quit?

Most people who have quit smoking for good have tried several times. It may take you a while to learn to be a non-smoker.

Although you may be feeling down, you should take pride in what you have achieved. Every day that you spent without cigarettes made your body healthier and helped to break your habit and weaken your dependence.

When to try quitting again

The best time to consider quitting again is when you feel like you're ready. But don't wait until the perfect time – it never comes.

TRY THIS

- › Make a note of what you learnt from your efforts to quit. What situations did you need to prepare for? What strategies worked best?
- › If you have made your home and car smokefree, keep them that way.
- › Call the Quitline counsellors on 13 7848. They understand that quitting for good can take a few tries. They won't judge you, but will discuss your experiences of quitting with you and offer help with what you decide to do next.

QUITTING SUPPORT AND SERVICES



"I'd tried to quit a few times, and my friends didn't believe in me. I rang Quitline whenever I felt like I was going to smoke and it made a huge difference."

Quitline

Call the Quitline 13 7848

The Quitline is a welcoming telephone support service that works with you to help you stop smoking.

Your friendly Quitline counsellor is trained to listen carefully and give support suited to your needs. Your call is confidential. You can call Quitline for the usual cost of a call from your phone or ask us to call you at no cost (Quitline callback). Or send a text to 13 7848 (normal text cost applies) and we'll call you back during Quitline hours: 8am to 8pm Monday to Friday. For callers who would prefer support in a language other than English, Quitline uses the Translating and Interpreting Service. Ask about this at your first call.

Aboriginal Quitline

The Aboriginal Quitline (13 7848) is a culturally safe space for callers to have a yarn about smoking and quitting with an Aboriginal Quitline counsellor. Ask to speak with an Aboriginal Quitline counsellor at your first call.

Quit website

www.quit.org.au

Build your own quit plan with easy-to-find information suited to you. You'll find tips, distractions, a tool that adds up the money you'll save and stories from people who have quit.

QuitCoach

www.quitcoach.org.au

QuitCoach is an online program that asks you questions and then gives you ideas and suggestions that will be most useful to you. QuitCoach can help you before and after you quit.

QuitTxt

www.quit.org.au/quittxt

QuitTxt sends regular SMS messages including tips and encouragement to help you keep on track as you make changes. To begin, all you need to do is answer a few questions at www.quit.org.au/quittxt. This will let QuitTxt know how many messages per day you would like and when you would like them.

YOUR NOTES

A series of horizontal dotted lines for writing notes, spanning the width of the page.

A series of horizontal dotted lines spanning the width of the page, intended for writing or drawing.

Quit
13 7848
www.quit.org.au

Quitline 13 7848

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NSW Quitline Privacy Statement

When you first contact the NSW Quitline, the Advisor will need to collect some personal details from you. This will include details about your current smoking and/or vaping, and will help the Advisor to provide a tailored service to you.

This information will be stored in a confidential database. You can remain anonymous by telling the NSW Quitline Advisor assisting you.

Calls to the NSW Quitline are recorded for training and quality assurance purposes. You can request that your call is not recorded.

NSW Quitline will only use and disclose your personal or health information in accordance with its privacy statement.



Further information on the NSW Quitline privacy statement is available at www.cancerinstitute.org.au/How-we-help/Prevention/Stopping-smoking/Quitline/NSW-Quitline-privacy-statement

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QL-0016-02.24

English

Quitline 13 7848



The free NSW Quitline is here to help



Cancer Institute NSW

The NSW Quitline can help you achieve your quit smoking and/or vaping goals - no matter what stage of quitting you're at!

Q What is the NSW Quitline?

A A free telephone advice and support service to help you quit smoking and/or vaping. You can call for a one-off discussion or you can choose to take part in our free call-back service where our Advisors will regularly check in with you to support you on your journey.

Q Does calling the NSW Quitline really work?

A Evidence shows that people who take part in the free call-back service and receive up to six calls, can double their chance of quitting.

Q What is the cost to call the NSW Quitline?

A This is a free service. The only cost to you is the price of your local call or standard mobile call. You can also choose to enrol in our free call-back service to receive calls from our Advisors instead.

Q Is the NSW Quitline confidential?

A Details of your contact with NSW Quitline will not be shared with anyone else without your consent.

Q Are the NSW Quitline Advisors professionally trained?

A Yes, all our Advisors are professional counsellors who have specialist training in smoking cessation.

Q What sort of things would we talk about?

A NSW Quitline Advisors will talk to you about many approaches to quitting, including understanding your triggers and managing your cravings, creating your personal quit plan, nicotine replacement therapy (NRT) products and medications, support services in your local area, and helping someone you care for to quit smoking and/or vaping too.

More support

Quit Kit

Quit Kits are a collection of free resources to give you plenty of ideas, information and support on your quit smoking and/or vaping journey.

A range of Quit Kits are available upon request when you call the NSW Quitline or you can download your copy from iCanQuit.com.au

iCanQuit

iCanQuit.com.au provides 24/7 online support about quitting smoking and/or vaping. No matter what stage you're at in your quitting journey, you can be part of a supportive community of others who are also in the process of quitting, or have already quit. You can read their stories for ideas and motivation, ask for advice and share your story to help others too! You can also find other useful information and tools to track your progress, including a handy savings calculator.

Aboriginal Quitline



The Aboriginal Quitline is a dedicated free quit smoking and/or vaping service for people in the NSW & ACT Aboriginal communities. Professional Aboriginal Advisors will take the time to listen to your story and have a yarn. They can provide you with tailored support and advice to suit your needs, including helping you to support those you love to quit smoking and/or vaping too.

Multilingual Quitlines

Speaking to someone in your language who understands your culture can make the world of difference when seeking advice and support. That's why the NSW Quitline service has dedicated phone lines with professional Advisors who speak Arabic, Chinese (Cantonese and Mandarin) and Vietnamese.

A telephone interpreter service is also available to assist people who speak a language other than English.

ARABIC

Quitline 1300 7848 03
توقف عن التدخين بمساعدة احترافية مجانية وباللغة العربية

CHINESE (CANTONESE AND MANDARIN)

Quitline 1300 7848 36
免費中文專業輔導協助你戒煙

VIETNAMESE

Quitline 1300 7848 65
Bỏ hút thuốc qua sự hướng dẫn chuyên nghiệp và miễn phí