

STOP

SMOKING

LONDON



A PRACTICAL GUIDE FOR LONDONERS ON HOW TO QUIT SMOKING

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EVERYONE'S JOURNEY TO GIVING UP IS DIFFERENT. WE'RE HERE TO HELP YOU GET THERE. NO MATTER WHAT IT TAKES.

Stopping smoking is the single best thing you can do for your health and the benefits start sooner than you might think. Giving up is also proven to boost your mental health and wellbeing by relieving stress, anxiety, and depression.

We know that stopping smoking can be hard, but you don't have to do this on your own. There's lots of support available to give you the help you need to give up cigarettes.

Get the right support in place


Your local stop smoking service can help you make a plan to quit that fits in with your life and give you the support you need to stick to it. Find out what free support is available in your borough by visiting stopsmokinglondon.com.

Use stop smoking tools

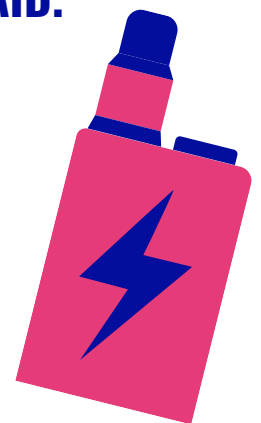
Nicotine Replacement Therapy (NRT): Nicotine replacement products like patches or chewing gum are a clean source of nicotine. That means that they give you the relief you need, without the thousands of life-threatening chemicals and tar that are in tobacco.

Vapes: While it is never recommended that non-smokers start vaping, nicotine vaping, combined with behavioural support has proven to be an effective tool to help adult smokers quit. It mimics the hand to mouth action of a cigarette and it keeps your hands busy.

Know your smoking triggers



YOU'RE THREE TIMES AS LIKELY TO QUIT SUCCESSFULLY IF YOU COMBINE SUPPORT FROM AN EXPERT LIKE A STOP SMOKING SERVICE WITH A STOP SMOKING AID.



RESEARCH SHOWS USING A COMBINATION OF NICOTINE REPLACEMENT THERAPY IS MORE EFFECTIVE THAN USING A SINGLE PRODUCT. OFTEN THE BEST WAY TO USE NRT IS TO COMBINE A PATCH WITH A FASTER ACTING FORM SUCH AS GUM, INHALATOR OR NASAL SPRAY.

It's important to understand what triggers you to smoke so that you can take the necessary steps to avoid them. Do you find yourself smoking more when you're bored, drinking alcohol, or feeling stressed? By recognising these triggers, you can better prepare yourself and find alternative coping mechanisms.

Create a strategy to deal with cravings. Follow the four Ds:

Delay

Cravings don't last forever. If you can avoid acting on the urge to smoke, the craving will usually pass in a few minutes. Don't give in.

Distract

Do an activity that distracts your attention away from the urge to smoke:

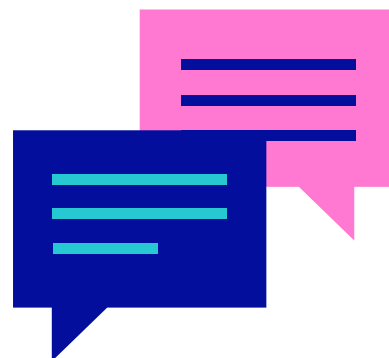
1. Maybe save up some small tasks to do in these moments, such as the washing up, or tidying a room.
2. Listen to music, or play a game on your phone
3. Go for a walk.
4. Chat to a friend or quit buddy.
5. Alternatively take up a hobby that focuses your mind and keeps your hands busy.

Deep breathing

Take a few minutes to practice some slow, relaxed breathing exercises. Studies suggest that breathing exercises can be useful in situations that make you feel stressed.

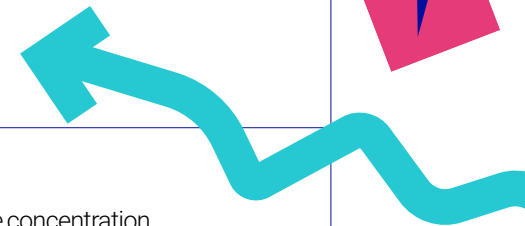
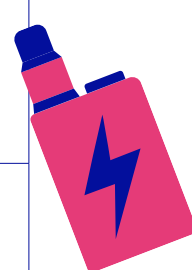
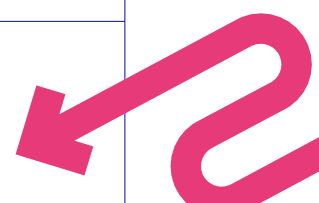
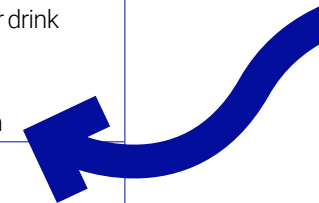
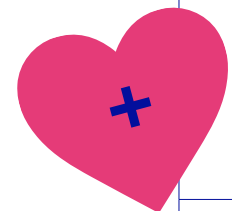
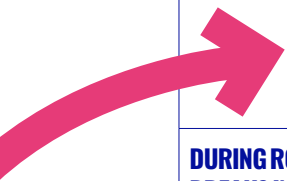
Drink Water

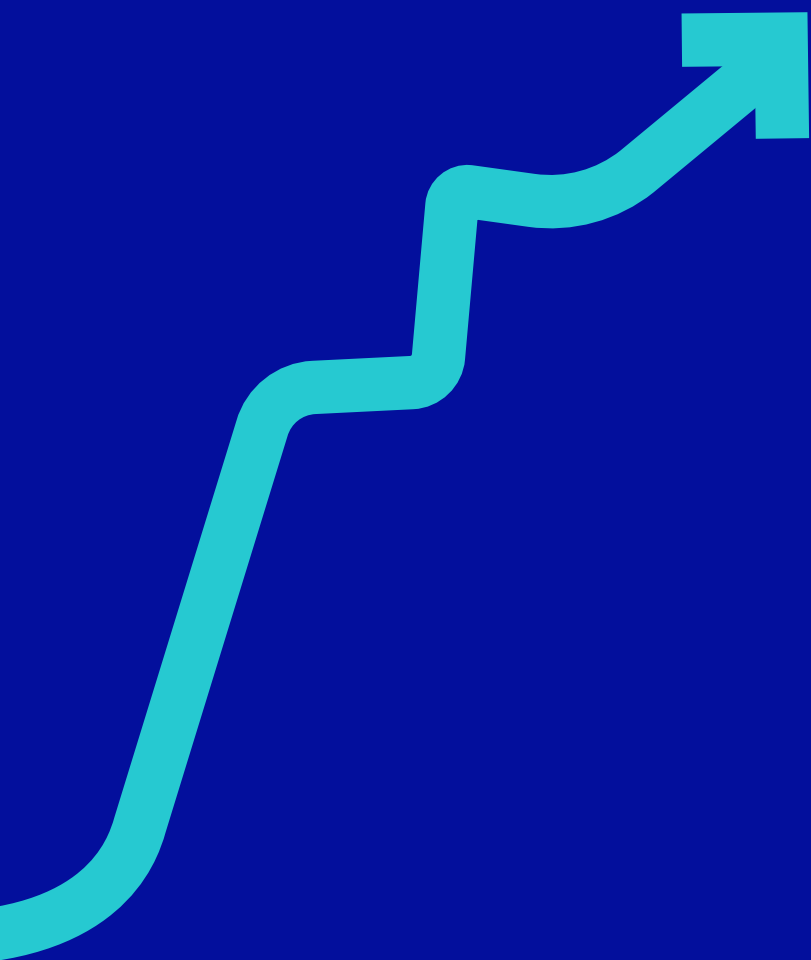
Drinking a glass of water can help you overcome your craving. Sip it slowly to pass the time and hold it in your mouth a little.



TIPS TO DEAL WITH CRAVINGS AND TRIGGERS

Situation	Tip
FIRST THING IN THE MORNING	<ul style="list-style-type: none"> • Change your morning routine around; maybe shower first before your morning drink • Drink your usual morning beverage in a room you would not let yourself smoke in, or drink something else, like an orange juice • Get up 10 mins later to avoid time to sit and smoke • Don't forget your Nicotine Replacement Therapy / Vape / Stop Smoking Medication
ON YOUR JOURNEY TO WORK	<ul style="list-style-type: none"> • Take an alternative route or get off at a different bus / tube stop • Carry something in your smoking hand • Listen to some music or a podcast
IN THE CAR	<ul style="list-style-type: none"> • Sing along to the radio • Have a bottle of water to sip or chew some gum • Focus your attention elsewhere by driving a different route • Remove the ashtray / lighter and clean and freshen the interior. You will want to keep it nice for longer.
DURING ROUTINE BREAKS IN THE DAY	<ul style="list-style-type: none"> • Spend breaks in a non-smoking area or stay inside at breaktime • Plan things to do on your breaks eg read a book, go for a walk • Spend your breaks with a non-smoking colleague
ON THE PHONE	<ul style="list-style-type: none"> • Have a pad & pen or fidget toy nearby to keep your hands busy • Take the call in a room you would not normally smoke in • Sip water or juice during your call
SOCIALISING OR ASSOCIATIONS WITH ALCOHOL	<ul style="list-style-type: none"> • Stick with the non-smokers in the group • Order soft / alcohol free drinks to avoid getting too drunk – avoid making wrong decisions • Ask friends not to offer you cigarettes • Ask one of your friends to be a quitting “buddy” • Concentrate on the food or the conversation • Have something else when others are smoking – eg fast acting NRT product or vape • If you find it really hard, maybe avoid alcohol or nights out in the initial weeks to make it easier
AFTER MEALS	<ul style="list-style-type: none"> • Have something to do straight after eating, eg washing up • Go for a walk • Move to a non-smoking room • Brush your teeth or chew gum
BOREDOM	<ul style="list-style-type: none"> • Save up those little “jobs” to do to fill the time • Read a book • Change the TV channel – watch something that requires more concentration • Sit in a different chair or room so you feel more of a change • Have healthy snacks nearby • Go for a walk • Maybe take up a new hobby
STRESS	<ul style="list-style-type: none"> • Remove yourself from the stressful situation even if only for 5 minutes • Try deep breathing or other relaxation techniques • Remind yourself that smoking increases general stress levels due to the body's craving for nicotine
FAMILY OR PARTNER THAT SMOKES	<ul style="list-style-type: none"> • Ask them not to offer you cigarettes or leave them lying around • Ask them to smoke in a different room or outside • Try to have at least one smokefree room as safe space for you • Have something else to use while they smoke e.g. fast acting NRT product or vape





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