

PLANNING MY QUIT DAY

Everyone has their own reasons for wanting to stop smoking.
Whatever your reasons, write them down to get them clear in your mind.

When you are having a difficult moment, or when the cravings strike,
coming back to these reasons can help to get you back on track.

List your main reasons for quitting smoking:



1.

2.

3.

4.

5.

6.

7.

Make a plan for your first days without smoking.
You may need to make a few changes to your day to help.

Think about the ones that will work for you.



Remove items that may tempt you

- Begin your quit attempt on a date that suits you. Try to choose a day where it is as stress-free as possible.
- Start the day free of temptation. Bin all cigarettes, lighters, tobacco and papers.
- Remove ashtrays and other smoking reminders ready for your quit day.

Get help from loved ones and professionals

- Speak to a friend or relative about your quit attempt. Let them know how important this is to you and what support you may need.
- Buddy up with another person who is also on their journey to giving up smoking.
- Talking to an ex-smoker is a great way to learn top tips and tricks when dealing with cravings and urges.

Time to break your usual routine

- Do you smoke on the commute to work? Try taking a different route or using an alternative mode of transport.
- Avoid areas where people tend to smoke as much as possible.
- Keep your mind active by beginning a new project or hobby. Now is the perfect time to dive into a task you have been putting off.
- Take a walk and get some fresh air. It's a good way to distract you from cravings and temptations to smoke.

Help coping with cravings

- Remember that the urge to smoke will pass in a few minutes.
- Take a moment to sit still and take a few deep breaths.
- Drink a glass of water.
- Talk about your feelings with a loved one or stop smoking advisor.
- Keep fast acting NRT, or a nicotine vape with you to help manage urges to smoke.

Motivational thoughts and phrases that help

- Remember that "just one" cigarette can undo all your hard work.
- Take it one day at a time. Don't worry about tomorrow or next week.
- Remind yourself of your reasons for quitting smoking.
- Think about the physical, mental and financial benefits you will soon experience.

Developing healthy eating habits can help

- Try to reduce your coffee and caffeine intake.
- Avoid snacks that are high in fat and sugar. Swap them for fruit or low-fat alternatives.
- Drinking a glass of water is a great way to delay and distract cravings when they strike.
- Avoiding alcoholic beverages or situations where alcohol is present will help, especially in these first few days.



Everyone's journey to giving up is different

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