

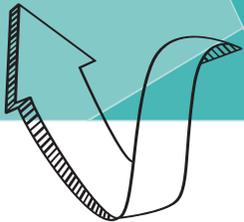
THINKING ABOUT STOPPING SMOKING?

It's great that you are thinking about stopping smoking. It is an excellent choice!

Smoking is a powerful addiction and when you remove an addictive chemical from your body, you will experience short-term withdrawal effects such as headaches. This is a positive sign that your body is getting back to its natural state. A physical craving for a cigarette is a natural response to stopping smoking, but these cravings are temporary and become less frequent with time.

Make a list of what you enjoy about smoking and also why you are thinking about stopping.

Talk to your KICKASH mentor or visit www.kickash.org.uk



REMEMBER THE 5Ds



1. Delay acting on the urge to smoke. Take five minutes and the urge will pass
2. Deep breathe. Take a long slow breath in and slowly out again. Repeat this three times
3. Drink water. Sip it slowly, holding it in your mouth a little longer than you would do normally
4. Do something else. Take your mind off smoking, listen to music, call a friend or exercise
5. Discuss with your local Stop Smoking Service: CAMQUIT 0800 018 4304 and smokefreebedfordshire 0800 013 0533

Getting advice and help from an NHS Stop Smoking Support Service will give you a much greater chance of success.

Your College Smoking Advisor is:

They are based at:



PROUD TO BE SMOKEFREE

HOW DO I QUIT SMOKING? USEFUL TIPS



BEFORE YOUR QUIT DATE

Talk to someone you trust who can support you to stop smoking. This may be a trained Stop Smoking Support Advisor within the college or your doctor's surgery, a parent, a grandparent, a friend or a Kick Ash mentor.

Decide on a date to stop smoking (your quit date). This gives you time to prepare to change.

- Think about when you smoke the most and why
- Practise refusing a cigarette from your friends

The trained Advisor may feel that Nicotine Replacement Therapy (e.g. patches or gum) is a good treatment choice for you and may support you to request this with a health professional. Remember that these are not a miracle cure, but they may increase your chances of stopping successfully.



QUIT DATE

Try to change your normal routine for a short time. This is a way of avoiding the normal links between an activity, place or person and your smoking. Distract yourself by keeping busy, playing sport, listening to music, exercising, having a bath or reading a magazine.

What you say to yourself is very important during a craving, so remain positive. Remember, a craving will only last a few minutes!

- This is not nice but I've handled it before. I will do it again.
- I'm just not used to concentrating without cigarettes.
- I deserve to be smokefree.
- Smoking a cigarette will only increase the craving after I finish it.
- Reassure yourself every time you get through a craving that you are closer to being a non-smoker and free from an addiction.

If you are using Nicotine Replacement Therapy, ensure you use the product as directed by a Health Professional.

If possible, have lots of fruit and vegetables available, as the Vitamin C will help to clear your body of the toxins from the cigarettes.

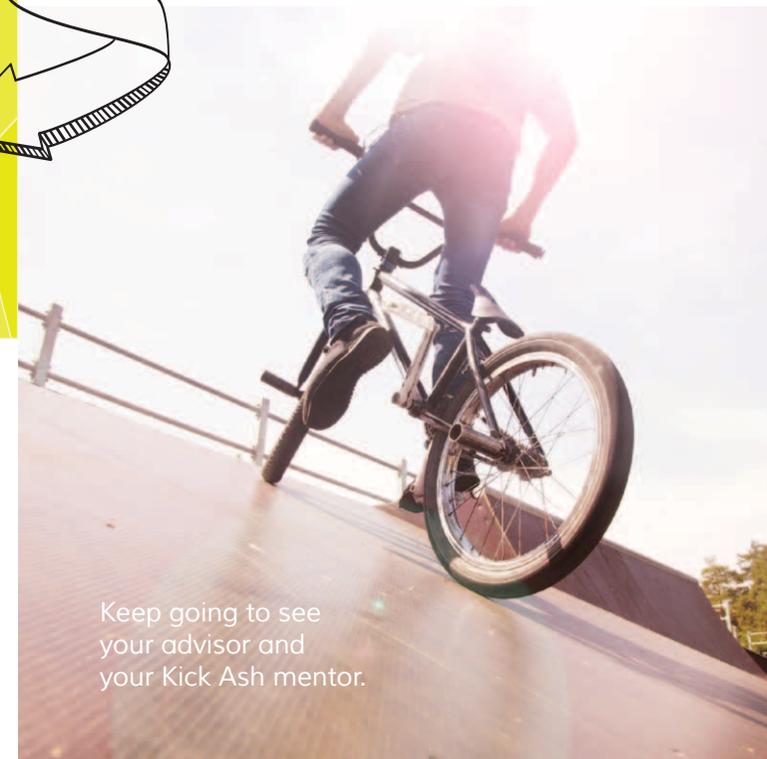
If possible, have crunchy or chewy things as this will help take your mind off smoking.

STAYING FOCUSED

Rewarding yourself is an important way of congratulating yourself for your achievements.

Some people will be jealous of your strength and decision to stop smoking. They may offer you a cigarette or encourage you to smoke again.

Physical activity is a great way to feel good, get fit and take your mind off smoking. Try to include some activity which you enjoy every day, such as sport, dance, walking, going to the gym, cycling or swimming.



Keep going to see your advisor and your Kick Ash mentor.