

Your Quit Date- make it easy on yourself

Today is SPECIAL, so be kind to yourself.

Avoid craving triggers

- Check your diary for difficult times - how will you cope?
- Drink fruit juice rather than coffee, tea or your usual drink
- If possible avoid places which remind you of smoking
- Change your routine - do something interesting and different

Distract yourself

- Try to plan for a full day - but don't exhaust yourself
- What can you do to make the day feel special?

Keep up your motivation

- Read your list of why you WANT to stop smoking
- Display the list in obvious places - kitchen, bedroom, office
- If relevant, start a savings jar, with a label or picture of what you're saving for
- Don't worry about life without cigarettes, just take things an hour at a time

Cope with social situations

- Spend as much time as possible with non-smokers
- Practice saying 'No thanks, I don't smoke'
- Or to avoid discussion perhaps try 'No thanks, maybe later'

Get support

- Download a free quit smoking app: **NHS Smokefree App** or **smokefreeapp.com** or try **QuitNow! Android App**
- Contact your local Quit4You Stop Smoking service on **642404**, email **tobacco@gov.im** or visit **www.Quit4You.gov.im**
- Keep in touch with helpful people
- Call the free UK NHS smokefree helpline – **0300 123 1044** (Mon-Fri 9am-8pm, Sat & Sun 11am-4pm),
- Try the following websites:
www.smokefree.nhs.uk **www.canstopsmoking.com** **www.ash.org.uk**
- Or if you prefer, just read a helpful book or leaflet

Reward yourself

- Keep a clean mouth taste - use a toothbrush or mouthwash
- Have a long leisurely bath, or a brisk shower if you prefer
- Indulge in a luxurious hand cream (keeps hands busy, skin nice and smells good!)
- Give yourself, and perhaps your supporters, a treat during the day: plan another treat tomorrow
- Wash your favourite clothes, or take them to the cleaners
- Arrange for your teeth to be cleaned

Adapted from 'The Really Helpful Guide to Running Stop Smoking Sessions: ASH in Wales, 2001'