

Know **why** you smoke

All smokers have their own smoking habits which are often tied to certain moods, events or places.

Some of the most common reasons why people smoke are:

- emotions: feeling stressed, upset, angry or frustrated
- as a reward or because it helps them enjoy life more
- social pressure: feeling part of the crowd
- habit: being used to smoking while doing things
- addiction: to satisfy the craving for nicotine

Quitline

13 7848

Quitting is hard: Not quitting is harder

www.smokefree.nt.gov.au



The **4Ds**

Four ways to avoid a cigarette even when you're desperate:

Delay: For a few minutes and the urge will pass

Drink Water: Sip it slowly

Deep Breathe: Take three slow, deep breaths

Do Something Else: To take your mind off smoking

About the **Quitline**

Quitline is an information, support and advice service for people who want to quit smoking.



You can call the Quitline on **137 848** from anywhere in Australia for the cost of a local call. It's a confidential service and the lines are open 24 hours a day. You can ask to be sent a Quit Kit, or talk to a Quit counsellor about your quitting.

Ready **Set** Quit

A P L A N N E R T O H E L P Y O U Q U I T S M O K I N G

Congratulations on your decision to Quit smoking.

Quitting provides great health benefits and can also save you more than \$3000 a year.

Planning your quit attempt is very important. Those who plan are more successful at quitting than those who do not.

This planner is designed to help you quit. It's divided into two parts: a planning section to

countdown to your quit day, and a quitting section. Each section covers two weeks, with useful quit tips for each day.

To quit successfully, it helps to learn why, when and where you smoke. Fill out the questions in the planner to find out why you smoke, and why you're ready to quit.

For more support, or to talk to a counsellor who can help you get ready to quit smoking, call the Quitline on 137 848.

Every cigarette is doing you damage

countdown to quit

Day 14

Set a date to Quit
Write it in the 'Quit Day' square below. Make sure it's realistic and stick to it!

Day 13

Write a list of the reasons why you smoke and what 'triggers' you to smoke.

Day 12

Write a list of your reasons for quitting below. Put a copy on the fridge, near the phone and in the car.

Day 11

For advice and support on quitting, call the Quitline on **137 848**. You can order a free Quit Kit and talk to someone about your plans to quit and other support available.

Day 10

It helps to Quit with a friend or a partner. Find a 'Quit Buddy' – you can encourage and support each other.

Day 9

Ask your family, friends and workmates for extra support while you quit. Think about the changes you will need to make to your daily routine, to avoid situations where you usually smoke.

Day 8

If you have any health problems, such as asthma or a heart condition, see your doctor about your quit plan.

Day 7

Not everyone gains weight when they quit smoking. If you're worried about putting on weight, see your doctor or a dietician, and develop a healthy eating and exercise plan.

Day 6

If you're a heavy smoker, using nicotine gum or patches in the first few weeks or months of quitting may improve your chance of success. Visit your doctor or pharmacist to talk about whether the gum, patches or inhaler might be useful for you.

Day 5

Others smoking around you will make quitting more difficult. Make your workspace, home and car smoke free.

Day 4

Work out how much you can save over the next 12 months by quitting. For example, if you smoke a packet of cigarettes a day, you could save about \$3000. Make a list of what you'll spend the money on.

Day 3

Plan for how you'll cope with any cravings, and remember the 4Ds – delay, drink water, deep breathe, and do something else.

Day 2

Are you thinking about how hard quitting could be, or are you looking forward to the challenge? Acknowledge your feelings, but stick to your decision. You're doing the right thing.

Day 1

Check your house, car, workplace (and anywhere else that has anything to do with smoking) and throw out cigarettes, lighters and ashtrays.

QUIT Day

Date:

I am now a non-smoker.



Day 2

24 hours after quitting, nicotine and carbon monoxide are out of your system and your lungs are working better.

Day 3

After two days, your taste buds will come alive and your sense of smell will improve.

Day 4

Withdrawal symptoms like cravings, headaches and coughing are normal. Your body is starting to recover. Go for a walk – it will help you feel relaxed and prevent weight gain.

Day 5

Remind yourself to confront your cravings with the 4D method – delay, drink water, deep breathe and do something else. Try not to drink alcohol as it can weaken your resolve.

Day 6

Since quitting, your body is absorbing caffeine more easily. Try cutting back on tea and coffee, and drink water instead.

Day 7

If there are still situations where you are tempted to smoke, make changes to your daily routine to avoid them.

Day 8

Congratulations! You've been a non-smoker for a week! Reward yourself!

Day 9

Exercise, or get a massage, and remember to breathe deeply to help you relax during difficult times.

Day 10

Congratulate yourself every time you resist the urge to smoke.

Day 11

Remember your plan for healthy eating. Eat smaller meals more often, and keep low fat and sugar free snacks nearby.

Day 12

If you've slipped up and had a cigarette, don't give up! Remember your reasons for quitting.

Day 13

If you need some extra support, call the Quitline on **137 848**.

Day 14

Practice saying 'I am a non smoker'. Refuse offers of cigarettes from others. Continue to avoid situations where you'll be offered a cigarette.

Well done! Two weeks have passed and you're already enjoying the benefits of being a non-smoker. Keep up the good work. Call the Quitline on **137 848** if you need extra support.