

Giving up Smoking

A self-help guide



Understand what smoking does for you

Before you change something, such as your smoking, it's useful to identify what it does for you.

If it didn't do anything for you...you wouldn't use it!

Does it help me cope?

Does it make me feel better about myself?

Does it help me feel a certain way?



Look at the list below and tick which reasons apply to you:

- It's relaxing
- It helps when I feel lonely
- It helps when I feel anxious
- It helps me forget my problems
- I don't feel so stressed or nervous
- It eases pain
- It's a distraction
- It helps if I feel down
- It lifts me when I feel bored
- It helps me be more creative
- It's part of my life. I feel attached to it
- Its automatic. It's what I do
- Other people expect me to do it

List the top three things that smoking does for you (you can also make up your own)

- 1.
- 2.
- 3.



There will never be a perfect moment to quit smoking. Don't wait for life to change...it won't. Take control of the changes you need in your life.

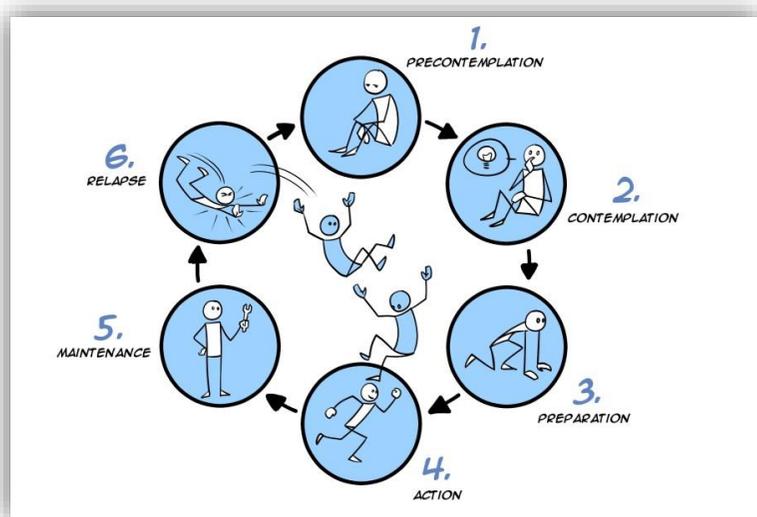
Now list some alternatives (e.g. go for a walk...go to the gym...read a book)

- 1.
- 2.
- 3.



So...considering
change...? This may help

This is the "Cycle of Change".



Changes are not made in one step but rather
several different stages; at a pace personal to you.
This tool can help you look at the stages in more

depth and help you plan around every eventuality, with the view to being more successful.

Some information on the six stages:

1. Pre-contemplation – not thinking about change

Maybe you still see smoking as not a problem. You're unaware of the damage already happening to your health, finances, etc. You're unaware of the statistics on drug deaths, illnesses caused by smoking, etc.

2. Contemplation – thinking about change

Maybe you're starting to recognise harm caused by smoking to your health, finances, appearance, etc., but you're in two minds whether to make the change.

3. Preparation – getting ready to change

You may have decided to stop but not sure how to at the moment. This is the most important stage of considering what could work for you and how to meet your needs and get support in other ways. Making lists of things to do instead can be useful – e.g. knitting,



walking, reading, juggling, Sudoku, colouring, listening to mindfulness CDs, etc.

4. Action – making the change

Beginning to make the changes planned. Talking to others (helplines, support groups, supportive family members and friends). Keeping a journal. Treating yourself kindly and compassionately.

5. Maintenance – keeping the change going

Someone in this stage keeps their decision to change going, and maintains the changes they've made.

6. Relapse – dealing with lapse/relapse

Relapse is always a possibility when stopping smoking – and is to be seen as an important opportunity to learn from. When a lapse happens, it indicates that maybe a high-risk situation hasn't been planned for effectively...so this is an opportunity to review what happened and plan to get your needs met another way.



How much do I actually smoke?

It can be really helpful to write a diary to record your use – you can do this for a week or record what you've used previously over the past week.

Date and time	Where were you/who were you with?	What were you thinking?	What need did it meet?	How much did it cost?

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Using the information in your diary:

Is this more or less than you were smoking last year?

What was good about this week?

What was not so good?

Where are you up to with your smoking?

Is it worth it?



Making a decision about something like stopping smoking requires stepping back and taking a good look at your use; what does it do for you? How is it affecting you? If it was all bad, would you be using it at all?

Answer honestly!!

What does it do for you?

What problems is it causing?

Why change? What will be better?

What are the main things you get out of smoking?

- 1.
- 2.
- 3.



Now go back over your list, think about benefit and be honest with yourself. Does it still help me do this?

- What problems would I like to avoid?
- Feeling anxious/stressed
- Conflict with people I care about
- Feeling bad about myself
- Feeling lost
- Depression
- Having problems remembering things
- Financial worries
- Worries about physical health
- Feeling like I have no choice
- Feeling hopeless
- Feeling lazy/no motivation



Reasons for changing

What are your 3 main reasons for changing?
(in order of importance):

- 1.
- 2.
- 3.



Making up your mind!!!

Weighing up the good and bad points

Left column: write down some good things about smoking

Right column: write down some bad points.

Give each a score of importance:

- Slightly important = 1
- Moderately important = 2
- Very important = 3
- Extremely important = 4

Good	score	Bad	score



Looking after yourself

Smoking on a regular basis can result in people feeling the need to continue in spite of continued or worsening problems.

When you make the decision to stop you can experience some withdrawal symptoms, but these will pass!

Withdrawal symptoms can include:

- Anxiety
- Increased irritability
- Cravings
- Feeling low
- Mood swings
- Tiredness
- Difficulty relaxing



These symptoms do pass, usually in one or two weeks, and the good news is there are things you can do to help:



- ✓ Get loads of rest and eat well.
- ✓ Cut back on stimulants such as caffeine, sugar and junk food.
- ✓ Have warm baths and milky drinks or cereals before bed.
- ✓ Practise relaxation techniques.
- ✓ Exercise - it releases endorphins and helps the body relax.



Fun facts

Cravings - last about three minutes

Cravings lose their power - so happen less intensively and less often over time

Cravings can be triggered by people, places, things, feelings, situations, smells or anything associated to smoking in the past

Cravings are like a stray cat; if you keep feeding it, it will keep coming back. Stop feeding the cat!

Cravings lose their power if you choose to not act upon them.



