

## 10 QUIT STEPS TO STOP SMOKING

1. **Make a date to stop smoking and stick to it.** Most people who successfully quit do so by stopping altogether, not by gradually cutting down.
2. **Keep busy** to help you get through the first few days. Throw away all your ashtrays, unopened cigarette packets, matches and lighters.
3. **Drink lots of water.** Keep a glass by you and sip it steadily – try it with a slice of orange or lemon.
4. **Get more active** – this will help you relax. Take the stairs instead of using the lift. Go for a swim or run at lunchtime. Join a class at your local leisure centre.
5. **Think positively.** You may find you experience withdrawal symptoms such as headaches, sore throats or irritability, once you stop smoking. These are signs that your body is recovering from the effects of tobacco. Don't worry – these symptoms are all perfectly normal, and they do disappear within a week or two.
6. **Change your routine** – for the first few days avoid going past the shop where you normally buy your cigarettes. If you're used to smoking at lunchtime or with a group of friends in the pub – go somewhere else and do something different.
7. **No excuses!** Don't use a crisis or a special celebration as an excuse for 'just one' cigarette – there's no such thing. One cigarette leads to another, and another.
8. **Treat yourself!** Use the money you've saved by not buying cigarettes to treat yourself to something special – a meal out, a cd or some new clothes.
9. **Watch what you eat.** If you are worried about gaining weight, be careful with your diet. Don't snack on fatty foods – try some fruit or raw vegetables instead.
10. **Take one day at a time.** Each day without a cigarette is good for your health, your family and your pocket.

**Don't give up giving up.**