



## HEALTH MATTERS

# No Smoking Day - Thursday 9 March

### 10 self-help tips to stop smoking

1. **Think positive** - Don't let past experience put you off



2. **Make a plan to quit smoking** - Make a promise, set a date and stick to it. Think ahead to times where it might be difficult - a party for instance - and plan your actions and escape routes in advance



3. **Consider your diet** - Think about mixing things up a bit to reduce the associations with smoking



4. **Change your drink** - Some people find simply changing their drink affects their need to reach for a cigarette



5. **Identify when you crave cigarettes** - A craving can last five minutes. Before you give up, make a list of five-minute strategies. For example, you could leave the bar for a minute or brush your teeth



6. **Get some 'stop smoking' support** - If friends or family members want to give up too, suggest to them that you give up together. Speak to the pharmacist or community nurses in person or by phone on 23563



7. **Get moving** - Scientific studies have proved exercise cuts cravings and may help your brain produce anti-craving chemicals



8. **Stick with non-smoking friends** - When you're out, stick with the non-smokers



9. **Keep your hands and mouth busy** - When you're out, try putting your drink in the hand that usually holds a cigarette, or drink from a straw to keep your mouth busy. Nicotine Replacement Therapy (NRT) can double your chances of success



10. **Make a list of reasons to quit** - Make a list of the reasons and read it when you need support. Ex-smoker Chris, 28, says: "I used to take a picture of my baby daughter with me when I went out. If I was tempted, I'd look at that."



For more information visit <http://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx>

**'Ready Steady Stop' Smoking Group starts on 23 March at the Jamestown Community Centre from 5pm**

**The Group will run for 10 weeks**

**For more information contact:**