

## Health Promotion on St Helena



## NO SMOKING DAY IMPROUD TO BE A QUITTER

## **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



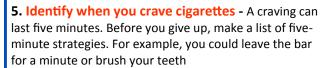
**2. Make a plan to quit smoking -** Make a promise, set a date and stick to it. Think ahead to times where it might be difficult - a party for instance - and plan your actions and escape routes in advance

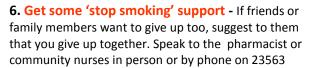


**3. Consider your diet -**Think about mixing things up a bit to reduce the associations with smoking



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







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

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



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 <a href="http://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx">http://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx</a>
'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:

Marian Kanes - Health Promotion Trainer <a href="mailto:hp.trainer@publichealth.gov.sh">hp.trainer@publichealth.gov.sh</a>

Marian Yon - Health Promotion Coordinator marian.yon@publichealth.gov.sh