

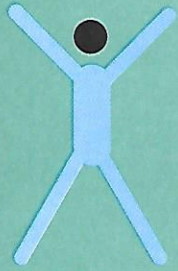
Stop Smoking—A Fresh Start Starts Here

Think about quitting

Think what it would be like to wake up every day feeling **completely fresh and free, with more energy, more money, more life.** Follow these steps to make this happen.

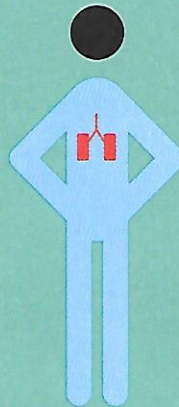
Quitting **dramatically increases your chances of living a longer life.** It takes just **20 minutes** for your body to start healing once you quit smoking.

Think about your health



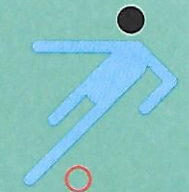
Reduce that clogged feeling in your lungs and lose that nasty cough in the morning

Reduce your chances of getting lung cancer and breathe more easily



Reduce that tired feeling and do more of the things you love

Reduce your chances of having a heart attack and exercise more comfortably



Did you know, thousands of people in your area have successfully quit smoking with the help of their local NHS Stop Smoking Service? With your free local service on your side, you're up to 4 times more likely to quit for good. Quitting can be difficult, so why not make it easier?

Quit with the support that's right for you

- Get a free, personal quit plan, tailored to your needs
- Get prescription stop smoking medicines to help beat cravings, from nicotine patches and gum, to nasal sprays, inhalators, mouthspray and tablets
- Get the chance to use a carbon monoxide monitor, to see your recovery in action
- Get to choose the support you want, to fit your lifestyle
- Get to see your Advisor weekly for on-going support and medication

What you need to do

Make an appointment with the person in the box or use any of the contacts below.

WHITESTONE SURGERY
82 Bulkington Lane
Whitestone, Nuneaton
Warwickshire CV11 4SB
Tel: 02476 641911

Warwickshire NHS Stop Smoking Service
0800 085 2917
Text free "LIFE" to 80800
www.smokefreewarwickshire.org

Warwickshire Stop Smoking Service 
Stop Smoking Registration Form

Name		DOB	
Phone		Consent to phone / text - Y / N	

1. What do you enjoy about smoking?

2. On a scale of 1 to 10, where 1 is not at all CONFIDENT and 10 is VERY CONFIDENT, how CONFIDENT are you about stopping smoking?

1 2 3 4 5 6 7 8 9 10

3. On a scale of 1 to 10, where 1 is not at all IMPORTANT and 10 is very IMPORTANT, how IMPORTANT is it for you to stop smoking?

1 2 3 4 5 6 7 8 9 10

4. On a scale of 1 to 10, where 1 is not at all READY and 10 is very READY, how READY do you feel you are to stop smoking?

1 2 3 4 5 6 7 8 9 10

5. How many cigarettes do you smoke each day?

10 or less 11-20 21-30 31 +

6. How long after waking do you have your first cigarette of the day?

Within 5 mins 6-30 mins 30-60 mins more than 1 hour

7. Do you get up at night to smoke? Y / N If yes, how many nights per week do you get up to smoke?

8. How many years have you smoked?

9. Have you attempted to stop smoking before? Yes / No If yes, why did you start again last time? What products have you used? Which did you find to be most successful?

10. Why do you want to stop smoking?

11. Which situation(s) are you going to find it most difficult not to smoke in? (e.g. stress, arguments, difficult life events, socialising, depressed)

Which cigarette(s) will be the EASIEST to give up? (tick)	Time/place of cigarette	Which cigarette(s) will be the HARDEST to give up? (tick)
	First in morning	
	After meals	
	With alcohol	
	With tea/coffee	
	At work	
	At home	
	With friends/family	
	When driving	
	During the night	
	Other (please state)	

12. What are you planning to do instead of smoking?

13. Is there anything else you want to say about your quit attempt that might be relevant?

For stop smoking advisor use. Comments / additional information: (date comments)

Monitoring Form I.D. No.								
Week	1	2	3	4	5	6	7	8+
Date								
CO Reading ppm								
Abstinent Y/N								
Pre-quit cut down NRT								
NRT 1 st product								
NRT 2 nd Product								
Varenicline [▼] (Champix [®])								
Bupropion (Zyban [®])								

Are you ready to stop smoking?



What do I enjoy about smoking?	Why do I want to stop smoking?
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

Are you ready to stop smoking now?

Preparing to Quit Smoking

“If you fail to plan, you may be planning to fail”

- Decide when your quit date will be and write it down
- Write down your own personal reasons why you want to stop smoking
- Write down what the major benefits of stopping smoking will be to you
- Remind yourself what the reasons were for previous quit attempts to fail – use these experiences to prevent a failure this time
- Remember that *‘just the one’* cigarette will start you smoking again. Don’t be tempted
- Remind yourself what helped on previous quit attempts – remind yourself what did not help
- Be confident, positive, focused and remain determined – it can be done
- Think of alternative activities you can enjoy instead of smoking – write them down. When you get the urge to smoke it may be difficult to think of alternatives at the time, it will be easier if you have one or two written down.
- Remember that these urges to smoke will last less than 5 minutes – take each urge one at a time. Make the choice **‘at this moment I choose not to smoke’**. Enjoy the feeling of taking back control – it is really empowering.
- The longer you remain totally smoking free the less often you will get these urges and the less intense they will become.
- Ask your family, friends or work colleagues for support and help. Ask them not to smoke in front of you and not to offer cigarettes.
- Start to look forward to your quit date, allow yourself to become excited at the real prospect of breaking the chains and becoming free from smoking.
- Remove all cigarettes and tobacco, lighters, matches and ashtrays the night before your quit date.
- Check all the pockets of coats, jackets, check handbags or briefcases for any stray cigarettes
- Clean the car out – empty the ashtray, make sure there are no cigarettes in the glove compartment or door bins
- Use sufficient Nicotine Replacement to relieve any withdrawal symptoms
- Sip cold water, brush your teeth, chew sugar free mints or gum, eat more fruit, visit smoke free establishments, theatres or the cinema, sit in the no smoking areas of restaurants
- Remember that too much alcohol may weaken your resolve – you may even forget that you are a non-smoker. Be careful!
- Start thinking of yourself as a non-smoker
- If someone offers you a cigarette say **“No thank you, I don’t smoke”**, be polite, but say it with confidence. Practice saying it out loud to yourself
- Reward yourself: save the money you would have spent on cigarettes and use it to treat yourself to something very expensive – you can afford it now!

Remember the 4 D’s – Delay, Distraction, Deep breath, Drink water

Stopping Smoking and Physical Activity

Research shows that being physically active whilst stopping smoking can help in many ways by:

- Reducing nicotine withdrawal symptoms, particularly cravings
- Reducing weight gain
- Improving self esteem
- Boosting the immune system
- Reducing the risk of chronic diseases, e.g. heart disease, cancer
- Releasing feel good chemicals so you feel more positive about quitting smoking (therefore reducing anxiety or depression)
- Keeps you busy so that you can focus on your exercise rather than a cigarette

These changes can be made by a variety of methods:

- "Lifestyle" activities (eg. walking, gardening, housework)
- Structured exercise (eg. swimming, aerobics)
- Sports (e.g. football, netball)
- Home—based workouts (e.g. workout videos or exercises done from the comfort of your own chair, especially suitable for those with mobility problems)

Evidence shows that withdrawal and cravings to smoke are lower during and after:

- 5 to 10 mins on a bike at moderate intensity (breathing slightly harder than normal)
- one mile walk at your own pace
- a weekly walking programme
- 5 minutes of isometric exercises (i.e. pushing or pulling an immovable object, like pushing against a wall)

Contact your local council, your doctor or local NHS to see what exercise schemes are happening in your area. Many areas have organised walking groups, some offer use of gyms at discounted rates to certain people and some areas offer free health checks and exercise programs.

YOUR ACTION PLAN FOR SUCCESS

Congratulations! You have decided that you are ready to stop smoking within the next two weeks. This action plan will help you make sure you're well prepared to stop smoking and stay stopped.

Some quick tips:

1. Get set to STOP

- Choose a date to stop
- Clean your home and car to get rid of the smell of cigarettes
- Get a piggy bank to save the money you currently spend on cigarettes
- Have some low-calorie snacks ready
- Draw up a contract of commitment, signed and witnessed

2. STOP

- Get rid of smoking 'bits and pieces' e.g. ashtrays, lighters
- Keep busy and plan your activities
- Keep your hands active e.g. doodle
- Change your routine around the times and places you normally smoke
- Stay in non-smoking areas as much as possible
- Chew sugar-free gum or suck sugar-free sweets

3. You can do it!

- Draw up a list of coping strategies
- For cravings, find ways to distract yourself or try deep breathing
- Don't try 'just one' – it can undo all your hard work
- Get plenty of rest and eat healthily
- Have a counsellor or friend you can ring for support
- Take one day at a time

4. 'What ifs'

- Plan how you'll cope in specific situations
- If you have tried before and failed, think about the reasons why and what you could do differently this time

5. Enjoy your time

- Take up a new hobby or activity
- Visit friends and family
- Get more involved at work
- Visit 'no smoking' cinemas, galleries or museums
- Read a book, watch a film or play a game

6. You can STOP!

- Reward yourself for no longer smoking
- Record your success in your diary or calendar
- If you have a lapse, try again. Remember you can still become a non-smoker
- Keep using any therapies as recommended by your doctor or nurse
- Write down your personal motivation for stopping smoking overleaf