

# Quit because you can



Yes – you *can* quit smoking



# YES – you *can* quit smoking

Over the years we've learned a lot about how to quit smoking from the people who know – the thousands of Australians who have stopped smoking for good. What we have learned is all here in your *Quit because you can* book.

It's got the facts that show quitting is the right choice. It also has plenty of ideas about how you can quit.

Make the book work for you. Write in it. Underline the parts that really mean something to you. Flick to the Checklist pages to jog your memory on important points.

Keep this book handy, so you can refer to it as you go through the different stages of quitting.

Like all good things, it's going to take some time and effort for you to quit smoking, but thousands of smokers in Australia have already stopped. You can too.

## You need to know

Chemicals in cigarettes change the way some medications work. See your doctor before quitting if you are taking medication.

We know that stopping smoking can be stressful. So if you have suffered from depression, anxiety or other mental illness, ask your doctor's advice before quitting.

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# STEP 1 *Deciding to quit*

**Do you know why you want to stop smoking? People who have quit say it's important to be clear about your reasons. Here are some of the best reasons we know.**

## Smoking kills

Every year, about 19,000 Australians die from diseases caused by smoking. One in two lifetime smokers will die from their addiction. Half of these deaths will occur in middle age.

## Cigarettes are full of poisons

Tobacco smoke contains over 4000 chemicals. As well as tar and nicotine, there is also the gas carbon monoxide (found in car exhaust fumes), ammonia (found in floor cleaner) and arsenic (found in rat poison).

## Cancer

At least 69 of the chemicals in tobacco smoke are known to cause cancer. Cancers caused by tobacco include those of the lung, mouth, throat, oesophagus, stomach, pancreas, kidneys, bladder, cervix and bone marrow (myeloid leukaemia).

## Your lungs

Toxic gases damage cilia, the tiny hairs that are part of your lung cleaning system. Tar, the solid particles in tobacco smoke, coats your lungs like soot in a chimney. Smoke irritates your lungs, so they increase the amount of mucus they make. Over time, your small airways swell up and let less air into your lungs.

### FACT 1

**Twelve hours after stopping**, almost all nicotine is out of your system. In about five days, most nicotine by-products have gone.



*“My kids kept on at me about my ‘yukky’ breath and ‘stinky’ clothes. And it was really getting me down.”*

JIM, 39 YEARS.



*“When I’m out having a drink with friends – that’s the hardest – but then I feel great that I can control that situation and not have a cigarette.”*

## Your blood

Many chemicals from tobacco smoke pass through your lungs into your bloodstream. They go everywhere your blood flows. Carbon monoxide robs your muscles, brain and body of oxygen.

Every cigarette you smoke temporarily increases your heart rate and blood pressure, and narrows the small blood vessels under your skin. It slows your blood flow, reducing oxygen to your feet and hands. Your fingers and toes become colder.

## Your heart and brain

Chemicals from smoke make your blood cells and blood vessel walls sticky, allowing dangerous fatty deposits to build up. This slowly blocks your blood vessels, starving your flesh of oxygen. Blocked blood vessels in your heart or brain can disable or kill.

### FACT 2

**Within a day of quitting**, the level of carbon monoxide in your blood has dropped dramatically. Your body can take up and use oxygen more easily.

## All cigarettes are toxic

It doesn't help if you smoke weaker tasting cigarettes such as those labelled 'fine', 'smooth' or 'refined'. These cigarettes have holes in the filter that let in air to dilute the smoke. But you still end up inhaling the same amount of chemicals as you would from stronger tasting cigarettes. So you do the same amount of damage.

## Smoking causes disease – a good reason to quit

Smoking harms almost every organ in your body. The strain put on your body by smoking often causes years of suffering.

**Emphysema** is an illness that slowly rots your lungs. People with emphysema often get bronchitis again and again, and suffer lung and heart failure.

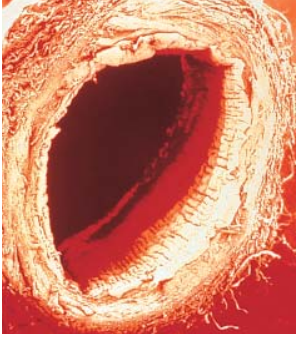
**Lung cancer** is caused by chemicals in tar. Most lung cancers are caused by smoking. Smoking damages a gene called p53, which normally protects your cells, allowing lung cancer to develop.

### CANCER IN A LUNG STAINED BY TAR.

This lung, removed from a smoker, shows a lung cancer (white tissue) blocking the main air passage to the right lung. The tumour extends to the outside of the lung.

*Picture courtesy of the Prince Charles Hospital, Departments of Pathology and Medical Photography.*





**A cross-section of a healthy blood vessel.**



**Fat deposits have reduced the space inside the blood vessel by three-quarters.**



**The vessel is blocked by a clot.**

*Pictures courtesy Boehringer Ingelheim GmbH.*

**Heart disease** and **strokes** are also more common among smokers than non-smokers. One in three deaths from heart disease in people under 65 are caused by smoking.

**Peripheral vascular disease (PVD)** occurs when blood vessels in your legs or arms become blocked. It causes pain and some smokers end up having their limbs amputated.

Tobacco smoke causes a number of other diseases. Some lead to disabilities such as blindness, hip fractures and painful stomach ulcers.

### FACT 3

**Quitting smoking at any age** will result in major and immediate health benefits. This applies to people with and without diseases caused by smoking.

## More good reasons to quit

**Confidence.** Quitting smoking is a challenge. Once you have quit, you will know you can succeed at a difficult job and take greater control of your life. Quitting helps you believe in yourself and take on other challenges.

**Your body's self defence.** Smoking suppresses your immune system, so you are less protected against the flu and other illnesses. Even young smokers have more coughs, phlegm, wheezing and chest infections than non-smokers. Smokers also tend to have more severe symptoms.

**Money.** In a way, giving up smoking is like getting a pay rise, as much as \$3,500\* a year if you smoke 20 cigarettes a day.

**Fitness.** Smoking makes it harder to get enough oxygen to your muscles during exercise, so you tire more quickly.

**Your appearance.** Wrinkles around the eyes and mouth develop earlier, and tar stains your fingers and teeth.

**Fertility.** Men who smoke are more likely to have problems getting or maintaining an erection, due to the effects of smoking on the blood vessels in the penis. Smoking may affect sperm quality.

Women who smoke are more likely to miss periods and have more painful periods. They may take longer to conceive and are more likely to have a miscarriage.

**Babies** born to mothers who smoked in pregnancy are more likely to be premature, stillborn or die shortly after birth. A baby exposed to tobacco smoke has a higher risk of dying from SIDS (Sudden Infant Death Syndrome).

**Children** of parents who smoke are more likely to get pneumonia and bronchitis in their first year of life. They are more likely to suffer from meningococcal disease, asthma and middle ear infection (a common cause of deafness). They are also more likely to become regular smokers themselves.

\* At the time of publication.

## TRY THIS

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List all your reasons for quitting, and then number the three reasons you think are most important.

### FACT 4

**Quitting reduces your risk** of stroke and heart attack. This is especially important for women who smoke and take the contraceptive pill: their risk of death from heart attack increases dramatically with age.

# Deciding to quit checklist

- I will reduce my risk of heart attack.
- I will reduce my risk of getting cancer.
- I will feel fitter and my skin will look better.
- Within 12 hours, my body will be free of nicotine.
- I will set a great example for the children around me.
- My lungs will start to recover and be able to clean themselves properly.
- I will have more money to spend any way I choose.
- I will give myself a confidence boost by quitting cigarettes.

## TRY THIS

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From the following list, tick the things you are looking forward to when you are a non-smoker. Add your own ideas in the space provided.

- Having more energy to play sport or keep up with the kids.
- Knowing I'm back in control and no longer addicted.
- Freedom from the hassle of always checking that I have enough cigarettes.
- Reducing the risk of getting sick from cancer or heart disease.

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# STEP 2 *Getting ready to quit*

**Planning can help you understand why you smoke and set up some quitting strategies. There are four stages of getting ready:**

1. Understand your nicotine addiction
2. Know why you smoke
3. Plan ways to deal with quitting
4. Set a date to quit

## 1. Understand your nicotine addiction

Nicotine is the addictive drug in tobacco. Nicotine affects the chemicals in your brain, and after a puff, you may feel good for a moment or two. It produces different effects on the body at the same time. It may make you feel relaxed or more alert.

New smokers often feel dizzy and sick from tobacco smoke, but some get used to its effects. As they continue to smoke, their bodies learn to depend on nicotine to feel normal and they tend to smoke more and more.

These are all signs of nicotine addiction.

- You smoke your first cigarette within 30 minutes of waking up.
- You smoke more than 15 cigarettes per day.
- You have cravings and withdrawal symptoms when trying to quit.

When smokers stop, most get cravings. They can feel anxious, hungry and irritable, and find it hard to focus on what they are doing. Even after successfully giving up smoking, most smokers who try to just have an occasional cigarette quickly return to regular smoking.

### FACT 5

**Within days of quitting**, your sense of taste and smell may improve. Your breath, hair and clothes will smell fresher.

*“I suddenly realised that the money I’d save by quitting could pay for an overseas trip. It’s something I’ve always wanted to do.”*

NATALIE, 31 YEARS.



*“Giving up was hard at first. But I just kept imagining myself in a plane about to take off.”*

## 2. Know why you smoke

All smokers have their own smoking habits. These habits are usually tied to certain moods, activities, events, places or people. They may be quite strong bonds.

Some of the most common reasons why people smoke are:

- **addiction:** to satisfy the craving for nicotine or a cigarette
- **emotions:** feeling stressed, upset, angry, frustrated, bored or happy
- **pleasure:** to enjoy something even more or to reward yourself
- **social pressure:** feeling part of the crowd, bonding with other smokers
- **habit:** feeling like smoking while doing things or taking a break

Being in these situations after you have quit can sometimes trigger cravings. Knowing what makes you want to smoke can help you plan how to cope in trigger situations.

### FACT 6

**After four weeks without smoking**, exercising will be easier because more air is getting into your lungs.

## TRY THIS

### Smoking Record

- You can learn about your habit while you prepare to quit.
- Make a Smoking Record sheet like the one below and carry it with you everywhere. Each time you have a cigarette, or feel a craving, fill in the date, time, occasion or activity, what you are feeling and how much you feel the need for a cigarette, using the point system below.
  - 1 = I could do without it
  - 2 = I feel like it
  - 3 = I need it
  - 4 = I really need it
  - 5 = I'm desperate for it
- Even after a couple of days, you'll have a good idea about what makes you want to smoke.
- You can also use the Smoking Record after you have quit to learn more about your cravings.

Example of Smoking Record.

Date	Time	Occasion/activity Person I'm with	Feeling/mood	Value	What I did
1/9	4pm	Kids coming home from school	Very rushed	5	Smoked
1/9	6pm	In-laws for dinner	Anxious	4	Had an orange juice.

## 3. Plan ways to deal with quitting

Many people feel a little nervous about quitting. That's normal, as smoking can be a big part of your day-to-day life and quitting isn't easy.

Getting professional help with your quitting will give you a much greater chance of long-term success. Some people see quitting as a private battle between themselves and cigarettes. But getting help is not a sign of weakness or lack of will power – it's a smart way to quit. Here are some ideas that work.

### Phone the Quitline 13 7848 (13 QUIT)

The Quitline is a confidential telephone quitting information and advice service. For the cost of a local call (except mobiles), professional telephone advisors, who understand the challenges of quitting, provide strategies and support to help you quit.

### Talk to your doctor, pharmacist or other health professional

Remember to see your doctor before quitting if you are taking any medication or you have suffered from a mental illness. Also, if you have asthma, diabetes, or have other health problems or would like more advice, visit your doctor and talk about your plan to quit smoking. Your doctor might recommend using a quitting product or want to see you for regular checks.

Pharmacists and other health professionals can also help you with advice about quitting.

### Quitting products

A number of quitting products have been proven to increase your chances of quitting. These include the prescription medicine bupropion (Zyban) and nicotine replacement products such as nicotine gum, patches, lozenges, tablets and inhalers.

These products are suitable for nicotine addicted smokers. (Refer back to page 12: *Understand your nicotine addiction.*)

#### FACT 7

#### Most smokers want to quit.

Research shows that more than 75% of smokers have made at least one attempt to quit.

These products reduce withdrawal symptoms, but you will still need to develop strategies to cope with cravings triggered by situations where you are used to smoking. Getting extra support from a trained advisor, such as the Quitline, increases your chance of success even more.

Nicotine products work by replacing some of the nicotine you usually get from cigarettes. Nicotine by itself has not been shown to cause cancer or heart disease, so nicotine products are much safer than smoking.

Your doctor or pharmacist can explain to you how to use these products. A doctor must prescribe bupropion as it is not suitable for everyone.

## Gather information

Talk to other people who have quit about how they did it. Some of the things they did may also work for you. Remember, different things work for different people.

## TRY THIS

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**Throw away all cigarettes, lighters and ashtrays in your home and car. If your partner smokes, suggest that he or she stops too, or only smokes outside the house.**

## Make a quitting plan

After you've done the Smoking Record exercise, you'll know when you are most likely to light up. Work out how you will deal with these situations (see Step 3: *Quitting* and Step 4: *Becoming a non-smoker* for ideas). Write them down so you can remind yourself what to do when you have a craving.

## Find a quitting partner

Set a quit date with a friend or workmate and plan to quit together.

## Get help from friends and family

Tell your family and friends you plan to quit, and explain how they can help and encourage you. For example, ask them not to offer you cigarettes or leave them lying around. Make your home smokefree. Look at your Smoking Record and check whether any of your family and friends actually make you want to smoke. It may be best to simply avoid the subject with them.

## 4. Set a date to quit

Unless there is a very good reason, make the date within two weeks from now. Choose an easy day to stop, one when you will not be under much pressure, but will have plenty to occupy yourself.

### Practise quitting

Once you have picked a date to quit, stick to it. Before you quit, you might set yourself some smaller goals to see how you would go. Try quitting for only one day. Or you could experiment by not smoking at times when you normally would, such as at the pub, or when you're having a break with other smokers at work. This will help you work out how much you need to prepare for these situations when you quit completely.

## Some words about weight gain

Most people do gain some weight when they quit smoking. Weight changes also depend on things such as exercise and eating habits.

On average, smokers weigh slightly less than people who don't smoke. This is thought to be due to the effects of nicotine, which suppresses hunger and speeds up the way the body processes food.

Over a year, women typically gain between 3 and 5.5 kilos due to stopping smoking. Men tend to gain less weight than women. Research with women shows that in the long term, the average weight of ex-smokers is similar to people who have never smoked.

If concern about putting on weight is stopping you quitting smoking:

- Act on your concerns. Talk to a doctor or dietitian, and make a sensible eating plan.
- Exercise. It's the best way to keep your weight down, and it keeps you fit.
- Eat healthy snacks. But be realistic. Allow yourself some treats.

### FACT 8

**Within two months of quitting,**  
the blood flow to your hands and feet improves.

# Getting ready to quit checklist

- I know nicotine is a very addictive drug.
- It's okay if I feel a bit nervous about quitting.
- I know what feelings, times, places, people and activities are most likely to make me want to smoke.
- I will gather more information on quitting by talking to people who have quit, and calling the Quitline on 13 7848 for assistance in writing a quit plan.
- I will try out ideas about how to handle my cravings after I have quit (see Step 3: *Quitting* and Step 4: *Becoming a non-smoker*).
- I will be realistic and sensible about eating after I quit.
- I will talk to my doctor before I quit if I have any health worries.
- My friends and family can help me give up smoking.
- I may find a quitting partner to help me through the tough times.
- I have set a date to quit, a date that will make it easier for me to succeed in becoming a non-smoker.
- I can practise quitting so I can prepare for situations that might be difficult.

# STEP 3 *Quitting*

**Now it's time to put all your work into practice and quit.**

## You are ready

- You've made your decision to quit.
- You have any extra information or support you feel you need.
- You've done your planning.
- You've set your quit date.

**Stick to your decision.**

You're doing the right thing.

## Choose an approach that will work for you

Any approach you choose can be combined with other support such as the Quitline or quitting products.

You could go cold turkey, which means stopping completely and suddenly without cutting down. For many people, this is a successful method.

You could cut down by reducing gradually to five cigarettes a day, going on half rations or delaying your first cigarette by an hour each day. If you choose to cut down, make sure your quit date is set for two weeks after you start reducing your smoking. On your quit date, cut out cigarettes altogether.

## Understand withdrawal symptoms

Withdrawal symptoms are the way your body reacts when it stops getting nicotine and all the other chemicals in tobacco smoke. Think of them as recovery symptoms.

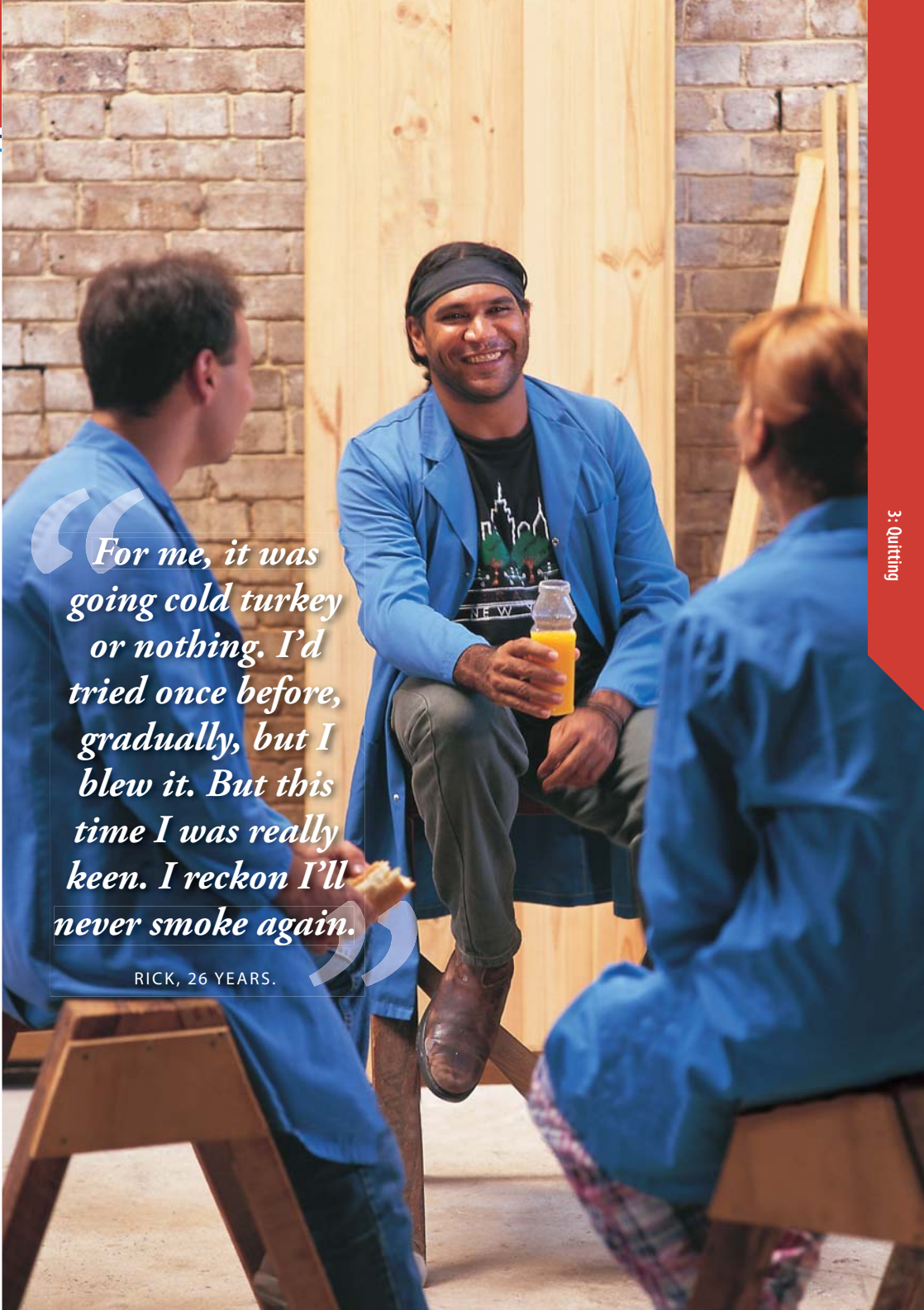
Some recovery symptoms will come and go over the first week. Most are gone within two to four weeks; heavy smokers may have symptoms for longer. The emotional symptoms – such as irritability or frustration – are closely tied to the physical reaction of your body as it adjusts to being nicotine free.

You may get occasional cravings (the urge or desire to smoke) long after other recovery symptoms have gone. These cravings are triggered by being in situations where you used to smoke (see Step 4: *Becoming a non-smoker*).

### FACT 9

**Even though withdrawal symptoms can be hard to go through,** remember

they are actually a good sign. They show your body is adjusting to being free from the chemicals in tobacco.



*For me, it was going cold turkey or nothing. I'd tried once before, gradually, but I blew it. But this time I was really keen. I reckon I'll never smoke again.*

RICK, 26 YEARS.



*“A couple of mates gave up at the same time. We had this friendly competitive thing going.”*

Common recovery symptoms include:

- Cravings. Each one lasts a short time, but may be strong. Over time, cravings will happen less often.
- Feelings of irritability, frustration, depression or anxiety.
- Feelings of restlessness and/or difficulty concentrating.
- Changed sleeping patterns.
- Increase in appetite and weight gain.

Some people also report:

- Coughing, sneezing or sore throat.
- Mouth ulcers.
- Upset digestion and disturbed bowel.
- Headache, ear ache, deafness or feeling off-colour.

Usually, you won't have all of these symptoms, and those that do affect you will only be temporary.

If you have trouble with certain withdrawal symptoms, plan how you could cope or work around them. For example, warn your family you might be cranky for a few weeks and ask for their patience. Ask your pharmacist or doctor about using nicotine replacement products or bupropion.

#### FACT 10

**Within four to six days of quitting,** your cilia (the hair-like cleaning system in your lungs) begin to recover and remove the mucus in your lungs so that you can cough it up. The mucus may be brown from tar.

## Quitting and stress

Some people feel more stressed in the first month or so after they quit. This may be partly due to coping with recovery symptoms. Also, it takes time to settle into new routines and become comfortable with new ways of managing without cigarettes. However, other people have a more positive experience of stopping smoking, and feel more satisfied.

A few months after quitting, most people tend to feel as good as, or better than, when they were smoking.

## Coping with cravings

Few smokers can quit without feeling the urge or desire to smoke. The first week after you quit can be the hardest, as cravings can be more frequent and intense.

There are four main ways to deal with cravings:

1. Using quitting products
2. Changing your environment
3. Using coping thoughts
4. Changing what you do

### 1. Using quitting products

Nicotine replacement products and bupropion work by making cravings less strong (see page 16: *Quitting products*).

### 2. Changing your environment

You can reduce how often and how strongly cravings occur by making your environment 'quitting friendly'. Try these tips:

- Make your home and car smokefree. If that's not possible, have at least one smokefree area for yourself.
- Make it harder for yourself to get cigarettes.
- Ask others not to smoke around you.
- Use places where you are not allowed to smoke as 'protection' until the craving passes.
- Feel okay about avoiding situations that will be tough while cravings are still intense and frequent.



### 3. Using coping thoughts

The way you think about quitting can help you resist tempting situations.

Try these tips:

- Use positive 'self-talk'. Tell yourself 'I can quit' or 'I don't need cigarettes' or 'I can find better ways to cope'.
- Break your smoking thought patterns. Stop thoughts that lead you to want to smoke and change them to something else.
- Remind yourself of your main reasons to quit. Carry something with you that will help you stay motivated, such as a note or picture. Think of things you want to do as a non-smoker. Use the *Deciding to quit checklist* in this booklet.
- Think of the benefits of quitting and the positive changes in your life since you stopped.
- Focus your mind on something else – try distraction, meditation, thinking of images or fantasies.
- Think about how good it will feel to show people who doubted you, that you have succeeded at quitting.
- Set short-term goals such as taking one day at a time.
- Talk to someone about how you're feeling.

#### FACT 11

#### Quitting reduces your risk of lung cancer

if you do not already have the disease. After ten years, the risk is halved.

## 4. Changing what you do

To quit, you need to learn new ways to cope with things that used to trigger your smoking. (Refer back to page 14: *Know why you smoke.*) As you become better at doing things instead of smoking, your cravings will tend not to happen as often or be as strong.

- Change your routines that are strongly linked to smoking. Take all your normal breaks but with a cup of herbal tea or other drink instead of a cigarette, or hold your cup in your other hand. Try cleaning your teeth straight after a meal, sitting in a different chair to watch TV, and having a shower as soon as you get up.
- Use other things to keep your hands or mouth busy. Try fiddling with keys, beads, stress ball, mobile phone or jewellery. Try chewing sugarfree gum, eating a healthy snack or drinking water.
- If you are unsure of what to do in some situations, ask or watch what non-smokers do.

Some people have found the following strategies are useful:

- **Delay** acting on the urge to smoke. Don't open a pack or light a cigarette. After a few minutes, the urge to smoke will weaken, especially if you do the following:
- **Deep breathe.** Take a long slow breath in, and slowly out again. Repeat three times.
- **Drink water.** Sip it slowly, holding it in your mouth a little longer to savour the taste.
- **Do something else.** Take your mind off smoking by taking action – put on some music, go for a walk or ring a friend.

Call the Quitline 13 7848 (13 QUIT) for extra advice or to discuss any aspect of quitting.

## Just one WILL hurt

Having 'just one' is the way that most people go back to regular smoking. Quitting means resisting the urge to smoke even one cigarette, despite the cravings, the habit, the pressure and your own emotional reasons.

## Reward yourself

Congratulate yourself every time you beat the urge to smoke. Remember to treat yourself occasionally with the money you've saved, such as with a movie, a new CD, flowers or a meal out.

## Refuse offers of cigarettes

You have the right to refuse a cigarette and can do so without upsetting others. Practise saying 'No thanks, I don't smoke' to prepare yourself in case someone offers you a cigarette.

## Stay on track

Don't let other people talk you into having a cigarette. It's your decision – don't let others pressure you. Tell them 'No' like you mean it.

## Tea, coffee and cola drinks

These drinks and chocolate contain caffeine. Without nicotine, your body retains much more caffeine, making you restless, irritable and sleepless for a while. Try drinking fewer or weaker cups of tea and coffee, or use other non-caffeine drinks.

### FACT 12

#### All States and Territories have legislated

for restaurants and cafés to be smokefree. In many States and Territories there are smokefree areas in licensed premises as well. Remember to ask.

## Smoking and alcohol

Many people who are quitting find it hard to resist smoking when drinking. Alcohol and other drugs may weaken your resolve about giving up smoking. Plan for social occasions.

Some strategies when going out with friends are:

- Go to a smokefree venue.
- Resolve before you go out not to smoke.
- Have a quitting buddy or non-smoking friend with you as support.
- Avoid alcohol for a few weeks, especially in situations where you would have smoked.
- Cut down on how much you drink by alternating alcoholic drinks with glasses of water (also saving you money!)
- Tell yourself it's okay to go home early if the cravings become too hard.

## Use your plan

Look at your Quitting Plan and use your ideas to deal with cravings.

During the first week, make changes to your plan if you need to. For example, do you use the ideas you wrote down? How are they working? Do they need changing? Are there any triggers you hadn't thought of? Are there any new situations coming up that you haven't planned for?

# Quitting checklist

- I have chosen whether to stop suddenly or gradually.
- I am aware that withdrawal symptoms are a good sign and show that my body is getting rid of the poisons and chemicals in my system.
- I have planned how to handle the places and events that I know make me want to smoke.
- I will congratulate myself every time I resist the urge for a cigarette.
- I will remind myself of my reasons to quit to make it easier to refuse cigarettes.
- I know I have the right to refuse a cigarette and can do so without upsetting others.
- I will keep my hands busy by doing something, or by fiddling with a pen, phone cord or some beads.
- Even if I decide to have alcohol, I will stick to my decision to quit.
- I know it's okay to avoid situations that will be tough while cravings are still intense and frequent.
- I am telling myself 'I can deal with this craving' and I am talking myself out of smoking by thinking of the good things about being a non-smoker.

# STEP 4 *Becoming a non-smoker*

## Well done. You've achieved a lot so far.

You'll feel the urge to smoke less and less. But quitting isn't over just yet. The next stage is learning to enjoy and value your new smokefree lifestyle and starting to think of yourself as a non-smoker.

Remember, it's normal to get cravings in situations where you used to smoke. Resisting cravings is a necessary step in making them go away.

## Your new, smokefree lifestyle

Getting rid of smoking is a big change in your life. Learning to enjoy and value life without cigarettes is the next step. For some people this comes naturally, while others find it harder.

This section describes what might happen after cravings die down and how to become someone who no longer needs cigarettes.

## Find new habits to take the place of smoking

Smokers use cigarettes for many things. For example, to concentrate, socialise, relax, fill in time, when hungry, as a reward and to cope with feelings such as stress, anger, or grief.

- How did you use cigarettes?
- Can you do each of these things as well as when you used to smoke?

If you answer **yes**, this proves that smoking wasn't really useful in this situation and that you haven't lost out by quitting.

If you answer **no**, it's really important to try out new ways of doing things without cigarettes. Try fun and relaxing activities with the time and money you've saved from quitting. Call the Quitline if you need ideas.

**Once you find things that work, make them a part of your regular routine.**

### FACT 13

**There are now more Australians who have quit smoking** than there are Australians who smoke.

*I'm otherwise pretty fit, so it really frustrated me when I started feeling out of breath doing some of the things that I really like.*

CHRIS, 28 YEARS



*“When I quit, I was amazed how quickly I started to feel like my old self again.”*

## Coping with stress

If you used smoking to deal with stress (as most smokers do), then you are likely to get cravings to smoke next time you're stressed out. Take your time before reacting. Remember, having a cigarette is not going to make the problem go away.

Resisting cravings and using other strategies to cope will make you less likely to have strong cravings in future stressful situations.

As a non-smoker, you've learnt new skills and have shown great determination. How else can you get the support you need instead of falling back on a cigarette? Is there someone you trust who you could talk to? Do you have new, relaxing activities that help take the edge off things?

### TRY THIS

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**Think about a sudden crisis that happened in your past when you were smoking. Imagine going through it now, but without smoking. What strategies could you use?**

#### FACT 14

**Smoking rates among both men and women are going down.** Rates for men have almost halved in the past 50 years; 79% of adults aged 14 years and older do not smoke.

# Doing something about stress

List below the main sources of stress in your life. Now think about how much control you have or want to have over these sources of stress. Next to each of these, write the number 1, 2 or 3 depending on whether you believe it is possible for you to:

1. Get rid of the source of stress altogether.
2. Make changes to reduce the stress.
3. Learn to cope with the situation as it is.

For example, you might decide to try to accept and learn to cope with the peak hour traffic. This means you will continue to drive in peak hour and you will find ways of dealing with the stress.

There are no right or wrong answers. Another person may make different choices for the same situation.

SOURCES OF STRESS

1, 2 or 3

IDEAS, PLANS, STRATEGIES

## The quitting blues

Some people feel sad about stopping smoking. Even though people want to stop, they may feel they are losing something that has been part of their life, sometimes a big part. This is a normal reaction. It usually passes, but it may take some work.

If you are finding it tough, try to stop yourself from dwelling too much on missing smoking, as this can bring on cravings. Focus instead on the benefits quitting has brought you.

If these feelings continue and you're having difficulty coping, speak to your doctor.

## Confront old smoking situations

While you were quitting you may have avoided risky situations such as people or places where you used to smoke.

When you're ready, prepare for and face these situations without smoking. The more time you spend in old smoking situations without the cigarette, the less likely you will be to get cravings. In time, you'll feel more and more like a non-smoker.

If you used a quitting product to help you quit, you also need to prove to yourself that you can cope in old smoking situations without this extra support.

## Sudden strong cravings

Occasionally, you might get a craving 'out of the blue', even years after quitting. This is normal and doesn't mean you are failing at quitting.

This happens because you return to a situation that is linked to your past smoking habit, even if you don't recognise it at first. For example, you might start craving a cigarette when visiting a place where you used to live when you were a smoker, or when you meet up with old friends with whom you used to smoke.

Draw on the strategies you used when you first quit to deal with these situations.

### FACT 15

#### **After 12 months of not smoking,**

your increased risk of heart disease is down to almost half that of a smoker's. Fifteen years after stopping, this risk is almost the same as for a non-smoker.

# Tips for the tough times

## TRY THIS

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### 1. BREATHE DEEPLY AND SLOWLY

### 2. RELAX YOUR BODY AND YOUR MIND

#### LIKE THIS:

- Lie down or sit in a comfortable position.
- Close your eyes and take a few deep breaths.
- Tighten your feet and toes, hold them tight for three seconds, then relax them. Repeat this exercise with your leg muscles, your stomach and your arms and shoulders.
- Think about something relaxing, perhaps lying in the shade of a tree on a hot day ... a gentle breeze brushes your skin ... the leaves rustle quietly ... nothing to do just now except close your eyes and let your mind drift ...
- When you are relaxed and ready, open your eyes and bring the good feelings with you.

### 3. LOOK AFTER YOUR BODY

- Get enough sleep.
- Eat sensibly and well.
- Do some gentle stretches to relieve muscle tension.

- Ask a friend for a neck and shoulder massage.

### 4. MANAGE YOUR WORKLOAD AND TIME

- Set achievable goals.
- Don't take on more than you can handle.
- Ask for help if you need it.
- Keep some distractions on hand for boring times e.g. music or stress ball when stuck in traffic or queues.

### 5. TAKE CARE OF YOUR FEELINGS

- Talk to others about your problems – don't keep your feelings bottled up.
- Try to be around people who support you.

### 6. DO THINGS YOU ENJOY

- Write in a journal or draw.
- Do nice things for yourself occasionally.
- Do something you enjoy every day.

### 7. EXERCISE

This can be as simple as getting off the bus one stop early and walking the extra distance or using stairs instead of lifts.

## Social pressure

If your friends or family are making quitting harder for you, explain to them how you feel. Enjoy yourself with people who are glad to see you looking after your health.

## What if you do gain weight?

If you put on a few kilos, try not to be too hard on yourself. Concentrate on your resolve to give up smoking and then tackle the weight gain. But do try to eat healthy foods and get some extra exercise. A few extra kilos is a lot less harmful than smoking.

If you think weight gain is a problem, discuss it with your doctor. Remember, starting to smoke again may not help you lose the weight you have gained.

## The new you

You may still see yourself as a smoker who's quit. Start to think of yourself as a non-smoker – that is, someone who sees no real use for cigarettes. The more non-smoking experiences you have, the more you'll feel like a non-smoker or a proud ex-smoker. Congratulations!

### TRY THIS

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**Think about your plans at work and home for the next few weeks. Can you make one or two changes to reduce the pressure?**

**Talk about problems openly with those involved.**

### FACT 16

**After eight weeks without smoking,**  
your immune system improves.

# Becoming a non-smoker checklist

- I am a non-smoker now.
- I have changed my routine to suit my new smokefree life, with new hobbies, new rewards or comforts, and new ways to enjoy life.
- I am exploring new ways to manage stress, such as discussing problems or feelings with others, not taking on too much work, and looking after my body.
- I am finding new ways to relax, such as massage, deep breathing, and making time to relax my mind and body.
- I will cope with cravings that happen 'out of the blue', and know that I am still succeeding at quitting.
- I will prepare myself carefully before I return to risky places, people or activities.
- I am planning how to cope with stressful situations. If I get stressed, I will take time to think before I react, and remind myself of other ways to cope. I will ring the Quitline if I think I need more support or ideas.
- I will take action if weight gain is really a problem. I will be kind to myself if I put on a few kilos.
- I will appreciate the benefits of being a non-smoker, and give myself credit for what I've achieved.

# Coping with setbacks

**Quitting can be hard. You might be going along OK, but suddenly your resolve starts to weaken and you feel like smoking again.**

## Warning signs

Watch out for these warning signs and get help from the Quitline if they start to build up.

- **You keep on thinking ‘Just one would be OK’ or ‘It’d be great to smoke just one a month or one a week’.**

But why weren’t you smoking just one a month or just one a week before you quit? The answer is because tobacco is extremely addictive. That’s why you’ve had to work so hard to quit. Don’t let nicotine seduce you again!

- **You’re really missing smoking and question whether quitting is worth the effort.**

Sometimes quitting can be really tough, but you can get through it. Find other ways to treat yourself and keep doing things that you enjoy every day.

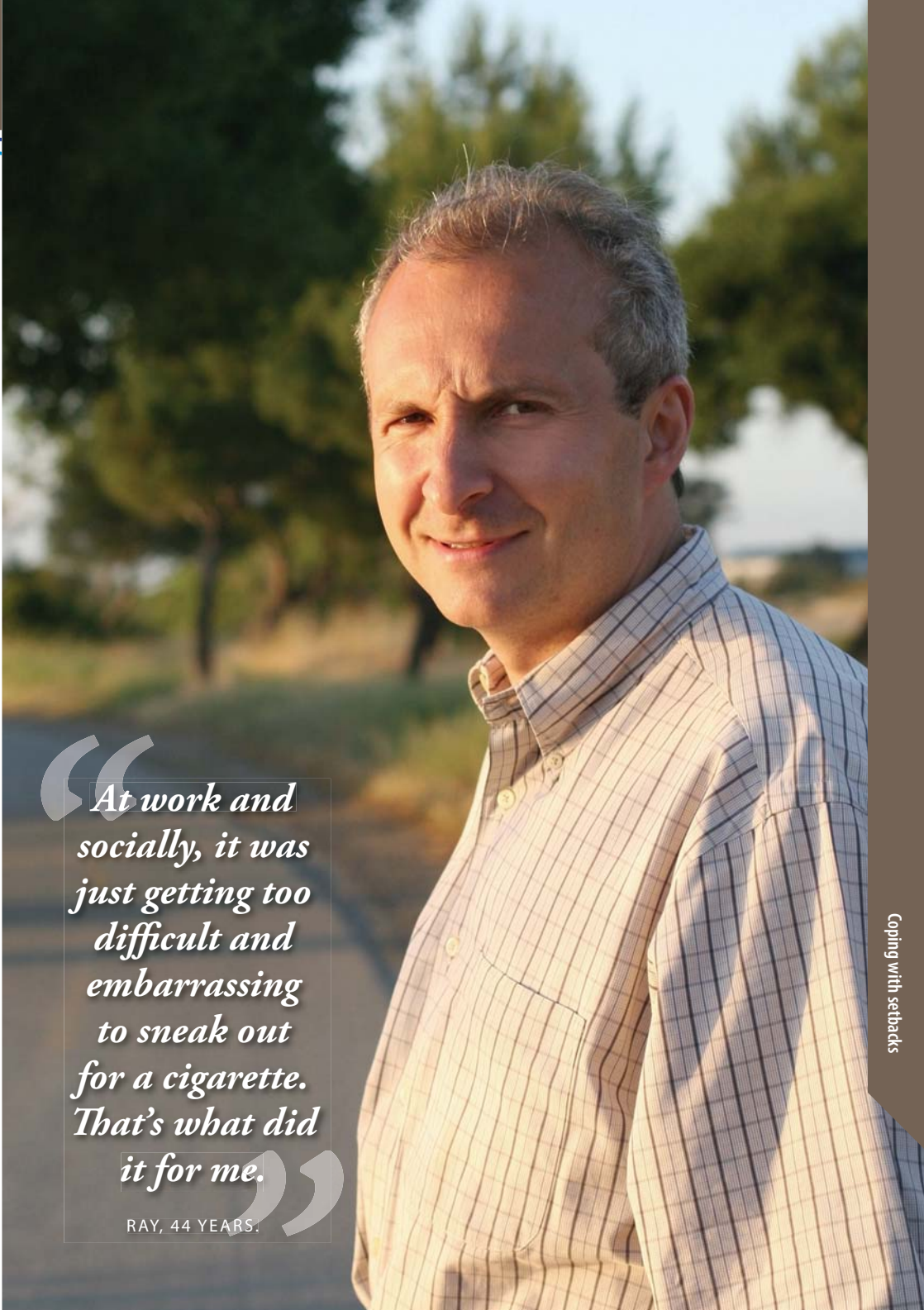
- **You take puffs of other people’s cigarettes but excuse it as ‘not really smoking’.**

You know it’s only a matter of time before you find yourself buying a pack. Ask your friends not to give you cigarettes, no matter what.

## TRY THIS

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- **Remember, every craving only lasts a few minutes. You can fight it off: delay, deep breathe, drink water, or do something else.**
- **Remind yourself of how far you have come. Do you really want to have to start all over again?**
- **List your reasons for quitting on a card that you can carry with you. Read the reasons whenever you feel the urge to smoke.**
- **Reward yourself for staying stopped. Do things you enjoy.**
- **Have you found replacements for all the things you used cigarettes for? Think of what you can do to enjoy life without cigarettes.**



*“At work and socially, it was just getting too difficult and embarrassing to sneak out for a cigarette. That’s what did it for me.”*

RAY, 44 YEARS.

## If you have a cigarette

Don't let one cigarette lead you back to full-time smoking. Think of how long you have gone without a cigarette and say to yourself: 'I'm determined to give up. After all, I have only slipped up once. In the past, I would have smoked 20 a day. I am determined to quit.'

## If you go back to regular smoking

Don't despair, and don't give up on your plan to quit.

Most people who have successfully quit smoking for good have made several serious attempts.

Although you may be feeling disappointed that you're smoking again, you should also take pride in what you have achieved. Every day that you have spent smokefree, makes your body healthier and helps to break your habit and weaken your addiction.

Remember, it took time to learn the habit of smoking, so it may take you a while to learn to be a non-smoker.

## TRY THIS

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### If you are smoking again:

- **Plan another date to give up as soon as possible. If you have lost the urge to quit, go back to your reasons for quitting in the first section of this book.**
- **Make a note of what you learned from your recent quit attempt. What situations did you need to prepare for? What strategies worked best?**
- **If you have made your home and car smokefree, keep them that way.**
- **Call the advisors at the Quitline. They understand that quitting for good can take a few tries. They won't judge you, but will discuss your experiences of quitting with you and offer help with what you decide to do next.**

# Quitting support and services

## Quitline

### Call the Quitline on 13 7848 (13 QUIT)

The Quitline is a confidential telephone information and advice service, available throughout Australia. For the cost of a local call (except mobiles), professional telephone advisors provide encouragement and support to help you quit. They are friendly, helpful, non-judgmental and are able to assist you whatever stage you are at in the quitting process.

Here's just some of the things that Quitline offers:

### Free Callback Service

The callback service is available for smokers who would like ongoing support with their efforts to quit smoking. Up to six follow-up phone calls can be scheduled throughout the most difficult period of quitting at times that suit you best. This popular service can help to keep you motivated and on track and can double your chances of successfully quitting for good.

### Planning

If you want to quit smoking a Quitline advisor will ask questions about your smoking in order to assist you to tailor a personal quit plan that suits your needs. An advisor can determine your level of nicotine dependency and look at what strategies are likely to be effective to suit your lifestyle.

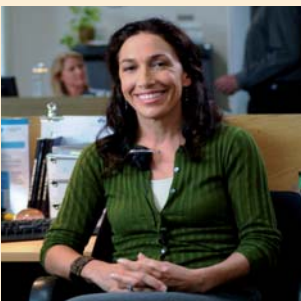
## Nicotine Replacement Products

Advisors have been trained in health, education or psychology and smoking cessation. They know the health effects of smoking and understand the quitting process and how difficult quitting smoking can be. Quitline can provide advice on appropriate use of nicotine replacement products to help you beat the addiction. Proper use of products can often be the key to successfully quitting for good.

**NSW Only** – In addition to the English-speaking Quitline (13 7848), there are now seven dedicated lines to assist people who speak the following languages:

Arabic: 1300 7848 03  
Chinese (Cantonese and Mandarin): 1300 7848 36  
Italian: 1300 7848 61  
Vietnamese: 1300 7848 65  
Korean: 1300 7848 23  
Greek: 1300 7848 59  
Spanish: 1300 7848 25

For information about the **Multicultural Health Communication Service** please see the website: [www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au)



*“Quitting is hard, why wouldn't you get help? Call Quitline on 13 7848.”*

# 4 WAYS to avoid a cigarette *even when you're desperate.*

- Ring the Quitline 13 7848 (13 QUIT).
- Remember how far you have come.
- Do some light exercise.
- Remember the 4Ds: **Delay**  
**Deep breathe**  
**Drink water**  
**Do something else**

 **Quitline**<sup>®</sup>  
**13 7848**

**Tobacco and Health Branch**  
**NSW Department of Health**

Locked Mail Bag 961, North Sydney NSW 2060  
Telephone (02) 9391 9111

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