

## If it gets tough...

If you are finding it hard, there are a lot of ways to cope. Some of these may be right for you:

- Change your routine
  - For example, avoid tea or coffee after a meal
  - Avoid social occasions where you might be tempted to smoke
- Keep busy
  - Fiddle with a rubber band
  - Read a magazine
  - Chew gum
  - Phone a friend
  - *Try to think of some ideas yourself*
- Change surroundings
  - Have a bath or shower
  - Go for a walk
  - Wash the car
- Get some exercise
  - Exercise helps relieve stress and boredom
  - It takes your mind off cigarettes
- Reward yourself:
  - Put the money you save towards a treat at the end of the first day, or week, or month
- Remind yourself why you want to stop smoking!

**Call the free NHS Smokefree service on 0800 022 4 332**

**Mon to Fri 9am to 8pm, Sat and Sun 11am to 4pm**

**or make an appointment with one of our Practice Nurses**

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## Information for Smokers

***Your data currently shows that you are a smoker, is this still correct?***

***If you have already given up WELL DONE!***

Please let the Practice know so that we can update your clinical record.

**Smoking is a habit and for some it is hard to break. However with support many people give up smoking successfully and within a short space of time are amazed how differently they feel.....**

**and how much money they save!**

# Information for Stopping Smoking

## Do you want to stop smoking?

Everyone has things they like and dislike about their smoking. The decision to stop smoking depends on the things you don't like being more important than the things you do like. It can be useful to think of it as a balance. Have a look on the scales. What are the good and bad things for you?

### GOOD THINGS

you enjoy it  
it's relaxing  
it stops stress  
it breaks up the day  
it relieves boredom  
it's sociable  
it stops weight gain  
it stops you craving



### BAD THINGS

it's bad for you  
it makes you less fit  
it's expensive  
it's a bad example for kids  
it's bad for others' health  
you're addicted  
it's unpleasant for others  
other people disapprove  
it's a smelly habit

Add any more that you can think of. Are you ready to stop smoking? If yes, maybe it's the right time to have a go. If no, think about the good and bad things about smoking. This might swing the balance for you.

## You can do it.....

People who want to stop smoking usually succeed. 10 million people in Britain have stopped smoking - and stayed stopped - in the last 15 years. Many of them found it much easier than they expected!

## Try it out.....

If you don't feel ready for an all-out attempt to stop smoking, there are some useful ways to prepare yourself. You could try some of the following ideas now. This will help you when you try to stop smoking.

- Delay your first cigarette of the day by half an hour.
- Stop smoking for 24 hours.
- Cut down the number you smoke by 5 cigarettes per day.

## Planning will help.....

When you stop, it helps to plan ahead. Here are some things that have worked for others:

- Pick a day to stop, and let your family and friends know.
- Think of situations where you might feel tempted to smoke, and plan how you could avoid or deal with them.
- Get rid of all cigarettes and ashtrays the day before.
- When you do stop, take one day at a time; don't look too far ahead.

## If it gets tough.....

Many people do hit rough patches; there are ways to deal with these. On the back page are some suggestions that other people have found useful.

If you do have a cigarette after a few days just put it behind you and keep on trying. Prepare yourself for another attempt, many people have more than one go before they stop for good!

