

THINKING OF QUITTING??

Most smokers **think** about giving up at some stage – but motivation and determination To quit always go up and down.
Here are some ideas to help.



❖ IT CAN BE HARD – BUT IT IS POSSIBLE

Even the most addicted smokers, do quit smoking, even with high stress levels. Withdrawal and cravings can get strong at moments – but they are manageable (see box over page on how to cope with them) and they do pass with time.

❖ THERE ARE LOTS OF GOOD REASONS TO QUIT (here are just 25)

- Saves you loads of money every day
- Stop feeling like your life is controlled by an addiction
- Better smelling breath
- Fewer coughs and illnesses
- Better recovery from colds and flus
- Less pollution in your environment
- Cleaner home and car
- Improved sexual performance
- Healthier, better-looking skin
- More energy
- Better smelling hair and clothes
- Cleaner teeth
- Reduced risk of cancers of the throat, tongue and lung
- Reduced risk of other cancers (eg. bowel, ovarian, breast)
- Reduced risk of stroke
- Reduced heart disease and risk of heart attack
- Better circulation (warmer and healthier limbs)
- Better fitness
- Better sense of taste
- Better sense of smell
- Set a good example to kids around you
- Feel proud of yourself and get a huge sense of achievement
- Be able to stay in a restaurant or bar all night (without going outside)
- Increased work productivity
- LIVE LONGER

❖ IT WILL MAKE A DIFFERENCE

Within *hours* of your last cigarette, your airways are healthier. Within *days*, your fitness and some health risks are improved. Within *weeks*, your risk of cancer, stroke and heart attack are less.

OPTIONS TO HELP YOU QUIT

1. Crank up your motivation

- List your top 10 reasons to quit; write them on cards that you can carry with you.
- Imagine the feelings of health and success after you have quit.
- Tell a few people about your plans so they can support and encourage you.
- Make the first five days so easy that is impossible to smoke (e.g. arrange a different routine of eating and socialising).
- Do regular exercise – you get the rewards of your new fitness and it prevents cravings.

2. Nicotine Replacement Therapy (NRT)

- Patches, Gum, Inhalers

These products are usually prescribed by your GP but some are available over the counter at pharmacies. They put nicotine into your system, which reduces cravings and other withdrawal symptoms. The nicotine that goes in is cleaner (none of the hundreds of cancer-causing chemicals and other particles from the smoke) and a standard, controlled dose. Ask your GP what product or dose would suit you.

Evidence from research shows that NRT, especially when combined with other coping strategies, does help people to successfully quit.

3. Fading

- Before your 'quit date' arrives, gradually *reduce the number of cigarettes* and their strength. This is a powerful way to reduce the level of cravings and habit. At the same time, *change your routine*: smoking is a habit and altering routines weakens that habit and so makes quitting easier. Buy a different brand. Replace difficult cigarettes (eg. after dinner or with coffee) with an alternative "treat".

4. Hypnosis

- There is some evidence to suggest that hypnotic suggestions – when used in conjunction with other quitting strategies – increases success rates for some.

5. Psychological Counselling and Coaching

- In a few short visits, a clinical psychologist can help in many ways to maximise your chance of quitting. They can help you to identify emotional and habitual triggers to smoke – then deal with them. A psychologist can also help you to develop your own tailored quit plan and build up your ability to cope with cravings.

"Seeing a psychologist is like going to a health coach a few times before a big event".

We strongly recommend you contact Quit Line (ph: 131 848) for advice and reading materials.



If you wish to work individually with a psychologist, then you can contact
Basten & Associates, Clinical Psychologists
ph 98911766 www.bastenpsychology.com.au
Westmead Chatswood Sydney CBD