

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

Quit because you can

1 Call the Quitline on 13 7848 (13 QUIT)

2 Remember how far you have come

3 Do some light exercise

4 Remember the 4Ds:

- Delay
- Deep breathe
- Drink water
- Do something else



 **Quitline 13 7848**

 **QuitCoach.org.au**



Government of **Western Australia**
Department of **Health**

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Over the years we've learned a lot about how to quit smoking from the people who know – Australians who have stopped smoking for good. What we have learned is 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 millions 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. If you have suffered from depression, anxiety or another mental illness, ask your doctor's advice before quitting.



Step 1 Deciding to quit

4

Smoking kills	4
Cigarettes are full of poisons	4
Smoking causes disease	7
More good reasons to quit	9
Deciding to quit checklist	11



Step 2 Getting ready to quit

12

Understand your nicotine addiction	12
Know why you smoke	15
Plan ways to deal with quitting	15
Set a date to quit	17
Managing your weight	18
My Quitting Plan	19



Step 3 Quitting

20

You are ready	20
Choose an approach that will work	20
Understand withdrawal symptoms	20
Coping with cravings	23
Quitting checklist	27



Step 4 Becoming a non-smoker

28

Your new, smokefree lifestyle	28
Doing something about stress	31
Tips for the tough times	33
Becoming a non-smoker checklist	35



Coping with setbacks

36

Warning signs	36
If you have a cigarette	38
If you go back to regular smoking	38

Quitting support and services

39

STEP 1 *Deciding to quit*

Do you know why you want to stop smoking?

You know smoking is bad for you – but do you know how bad?

People who have quit say it's important to be clear about your reasons. Work out what reasons are important for you.

Smoking kills

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

Cigarettes are full of poisons

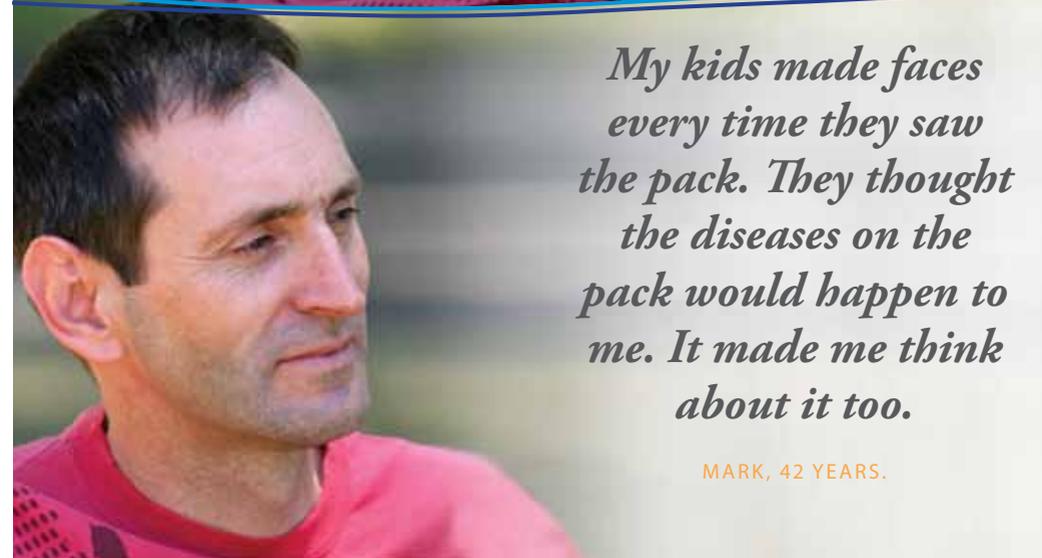
Tobacco smoke contains over 4000 chemicals. As well as tar and nicotine, there is also the gas carbon monoxide (found in car exhaust fumes), ammonia (found in floor cleaner) and arsenic (found in rat poison).

Cancer

At least 69 of the chemicals in tobacco smoke are known to cause cancer. Cancers caused by tobacco include 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.



My kids made faces every time they saw the pack. They thought the diseases on the pack would happen to me. It made me think about it too.

MARK, 42 YEARS.

FACT 1

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

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 tissues of oxygen. Blocked blood vessels in your heart or brain can disable or kill.

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 but because it happens gradually, you probably don't notice. 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, and stops it from protecting your cells, allowing lung cancer to develop.

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 can lead to disabilities such as blindness, hip fractures and painful stomach ulcers.

These are just a few of the harmful effects of smoking.



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.

FACT 2

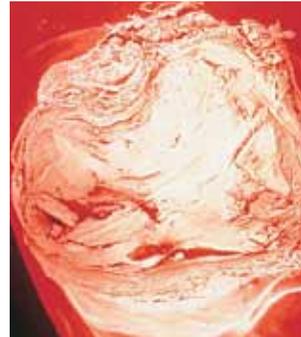
Quitting smoking at any age will result in major and immediate health benefits. This applies to people with and without diseases caused by smoking.



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
photo Lennart Nilsson/Albert
Bonniers Förlag AB*

More good reasons to quit

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, more than \$3000* 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.

Confidence. Once you succeed, you will have more confidence to take on other challenges.

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.

FACT 3

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.

TRY THIS

Even now you might still be wondering whether you really do want to quit. Take your time in thinking about your reasons for wanting to smoke, and your reasons for wanting to stop.

List all your reasons on both sides and circle the three most important items on each list. Then put a star next to the one reason that is most important to you – just one star, not one for each list.

Why I want to smoke

Why I want to quit

Your decision might be a very close one, or one side may win by a landslide. The important thing is to decide which you most want to do and act on that decision.

It is common to set out to quit with a part of you still wanting to smoke. You need to accept this, and commit yourself to quitting. Work out how you can get the things you got from smoking in other ways.

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 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

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.
- _____
- _____
- _____
- _____
- _____

STEP 2 *Getting ready to quit*

Most people are not 100% sure about quitting and many are worried about how they might cope without cigarettes. This is normal. Don't put off quitting because you feel this way – there is lots of help to get you through.

Planning can help you understand why you smoke and set up some quitting strategies.

If you've tried to quit before, remember the things that worked for you and the things that didn't. You can use what you learned to make your plan stronger.

There are four things you need to do:

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. After you've been smoking for a while, your body gets used to nicotine and relies on it to feel normal.

Do you have any of these signs of nicotine addiction?

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

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 but this doesn't last long.

When smokers stop, most get cravings. It's normal to feel anxious, hungry and irritable, and find it hard to focus on what you 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

After quitting, your sense of taste and smell begin to improve. Your breath, hair and clothes will smell fresher.



*I really wanted to travel but smoking cost too much.
A friend quit too and saved up with me.*

VICKY, 24 YEARS.

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, the times you smoke and the importance of each cigarette. These are your smoking 'triggers'.
- You can also use the Smoking Record after you have quit to learn more about your cravings. The more you know, the better you can plan for staying stopped.

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.

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 will usually 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.

3. Plan ways to deal with quitting

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.

There are two types of help to include in your plan:

- get some coaching
- use quitting medications.

Get some coaching

A coach gives you structure, motivation, support, new skills and confidence. It is much harder to get these things when you try to quit on your own. Getting a coach will give you a much greater chance of long-term success.

The more times you have tried to quit and the less confident you are, the more coaching you are likely to need.

Here are some good coaches:

Call the Quitline on 13 7848 (13 QUIT)

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

Go online with the QuitCoach

This is available on the Internet at www.QuitCoach.org.au. You answer questions and the QuitCoach gives you the ideas and suggestions that will be most useful to you. The QuitCoach can help you before and after you quit.

Talk to your doctor, pharmacist or other health professional

Doctors and pharmacists are good sources of advice about quitting, especially for advice on quit smoking medications. You need to see a doctor if you want to use prescription quitting medications.

If you have suffered from a mental illness or are taking medication for one, it is important to see your doctor before quitting.

If you have asthma, diabetes or other health problems, it can be useful to discuss quitting with a health professional.

Use quitting medications

These products are suitable for nicotine addicted smokers.

Quitting medications reduce withdrawal symptoms such as cravings, irritability, mood swings and anxiety.

They usually do not stop withdrawal symptoms altogether. Most people's smoking is linked to habits and emotions. So you are likely to still get some cravings in situations where you used to smoke. Remember that coaching can help you handle these times and adjust to life without cigarettes.

There are two kinds of medication:

- nicotine replacement products
- prescription medications.

Nicotine replacement products, such as the patch, gum, lozenge, tablet and inhaler, work by replacing some of the nicotine you usually get from cigarettes. Nicotine by itself has not been shown to cause cancer. Because nicotine products remove all the other dangerous chemicals, they are much safer than smoking.

Your doctor or pharmacist can explain to you how to use these products.

Prescription medications, such as bupropion and varenicline (Champix), must be discussed with your doctor as they are not suitable for everyone.

Gather information

Talk to other people who have quit about how they did it. There are some useful websites (see inside back cover). Remember, different things work for different people.

Get help from friends and family

The support and encouragement of friends and family is important, but sometimes others can hinder your efforts.

If you do talk to your friends and family about your quitting, explain how they can help – for example, by not offering you cigarettes if they smoke, or by being patient if you are a bit irritable at first.

Quitting with a friend can be useful as you can help each other through the hard times.

FACT 7

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

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 when you're out with friends or 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.

TRY THIS

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.

Managing your weight

The best approach is to focus on how you look and feel physically, rather than your weight.

Different people gain different amounts of weight due to stopping smoking.

But you can take action to help keep weight gain low, starting with:

- **Exercise.** Doing some more exercise can help keep your weight down and help you beat cravings.
- Cooking with and eating **little fat.**
- Limit how much **alcohol** you drink. Alcoholic drinks can contain a lot of energy.

Making small changes every week can be easier and longer lasting than trying to make a lot of changes at once.

If worrying about weight gain is stopping you from quitting, talk to a health professional who can help you:

- get advice for the issues that are important to you
- make a healthy eating and exercise plan that suits your lifestyle.

See your doctor, who can also refer you to a dietitian or other specialist. You can also find a dietitian at the Dietitians Association of Australia website at www.daa.asn.au.

Tips to help manage your weight

- Use the time and money you've saved from not smoking to plan and cook tasty, healthy meals.
- Don't try to stick to strict diets. Constant bouts of hunger will undermine your success at quitting.
- Try not to miss meals, especially breakfast.
- Limit sugary treats, such as sweet drinks, lollies, biscuits and cakes.
- Prepare some healthy snacks – celery and carrot sticks or vegetable strips, whole fruits (not fruit juice) and nuts.
- Be realistic – allow yourself some treats occasionally.
- If you use food to help you deal with feelings, such as depression or loneliness, try other activities that make you feel better.
- Emotional eating and 'binge' eating can sometimes be difficult to deal with by yourself. For help and support, consider seeing a health worker who specialises in people's relationships with food, such as a psychologist.
- If you are female, try quitting smoking in the first week after your period has stopped, as you may have less withdrawal symptoms and eat less at that time.

My Quitting Plan

Write out your Quitting Plan. Use your Smoking Record to help you.

- My main reasons to quit: _____

- My three main triggers to smoke: _____

- My main strategies to avoid smoking: _____

- The coaching I will get: _____

- The quitting medication I will use: _____

- My quit date is: _____ / _____ / _____

Keep a copy of your plan with you as a reminder.

Add to it if you find you need new strategies to deal with difficult times.

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

If you are quitting by yourself, the best approach is to stop completely and suddenly on your quit date.

Consider getting support from a quitting coach, such as the Quitline, and using a quitting product, such as nicotine gum.

FACT 8

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 smoke.

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.

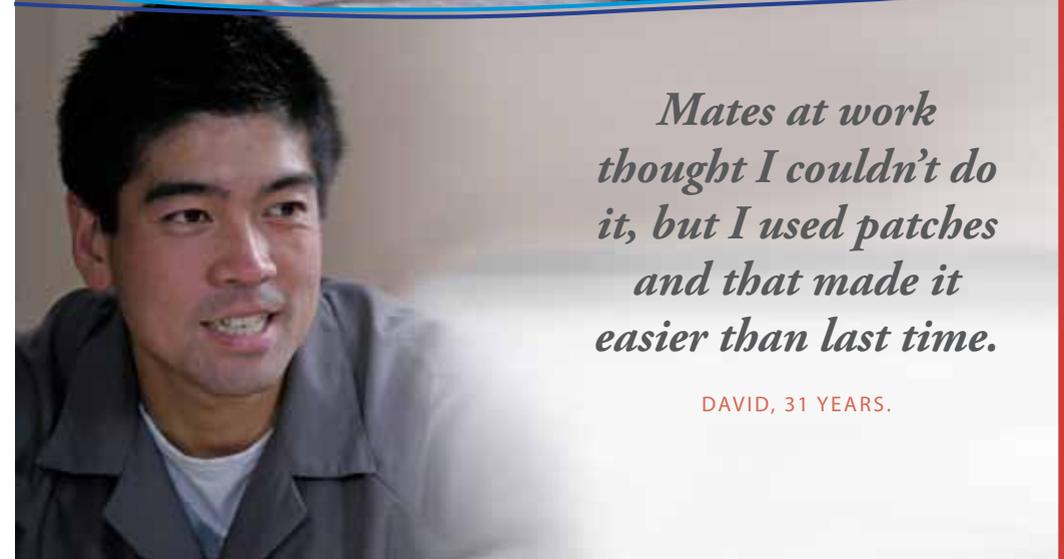
Common recovery symptoms include:

- 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 rarely last more than a few weeks.



Mates at work thought I couldn't do it, but I used patches and that made it easier than last time.

DAVID, 31 YEARS.

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 – fade as your body 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*).

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.

The more withdrawal symptoms you have, the more you will benefit from using quitting products.

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 prescription medications work by making cravings less strong. They work best when you carefully follow the instructions. Make sure you don't stop them too early.

2. Changing your environment

Cravings occur most commonly in situations that remind you of smoking.

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.
- Avoid situations that will be tough while cravings are still intense and frequent.

TRY THE 4Ds:

- **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.

FACT 9

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.

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* on page 11.
- 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.
- Challenge negative thoughts. If you think a cigarette would be nice, tell yourself 'No, I'm not going to be suckered back'.

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 15: *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.

- In the first few weeks, 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, a 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.

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.

Caffeine

Tea, coffee, cola drinks and chocolate all contain caffeine. Caffeine may make you restless, irritable and sleepless for a while. Without nicotine, your body retains more caffeine. Try and reduce these products and have non-caffeine drinks.

FACT 10

Quitting reduces your risk of lung cancer if you do not already have the disease. After ten years, the risk is halved.

Smoking and alcohol

Many people find it hard to resist smoking when drinking. Cravings are often stronger when you are drinking and socialising. Alcohol may weaken your resolve about giving up smoking. You need to 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 after you quit, especially in situations where you would have smoked.
- If you do drink, cut down on how much you drink by alternating alcoholic drinks with glasses of water. Also, change your drink to something you don't usually have to remind yourself that things are different.
- Tell yourself it's okay to go home early if the cravings become too hard. You can afford a taxi with the money you've saved by quitting.

TRY THIS

Go back to your Smoking Record and Quitting Plan for ideas to deal with cravings.

During the first week, make changes to your plan if you need to. Did 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 that you hadn't planned for?

FACT 11

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.

Quitting checklist

- 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 beat 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, mobile phone 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*

Once you have beaten your urges to smoke and you are getting them less often, you are ready for Step 4.

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.

- What did you think cigarettes gave you? Look at your list on page 10.
- 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 to replace those things you felt smoking gave you. 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.**



*My skin has improved,
my cough has gone
and I'm feeling great.*

CHRISTINE, 34 YEARS.

FACT 12

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

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 learned 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

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?

Stopping quitting medication

If you used nicotine replacement products and cravings become too strong after you stop using them, start using them again for a while longer.

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.

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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

FACT 13

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

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.

Social pressure

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

Tips for the tough times

TRY THIS

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 a 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.

FACT 14

After eight weeks without smoking, your immune system improves.

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.

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

Refer to page 18 for more tips to help you manage your weight.

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!

FACT 15

In the long term, the average weight of ex-smokers is similar to people who have never smoked.

TRY THIS

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.

Becoming a non-smoker checklist

- 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.
- I am a non-smoker now!

Coping with setbacks

Quitting can be hard. You might be going along OK, but suddenly ...

Warning signs

- 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 control 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.

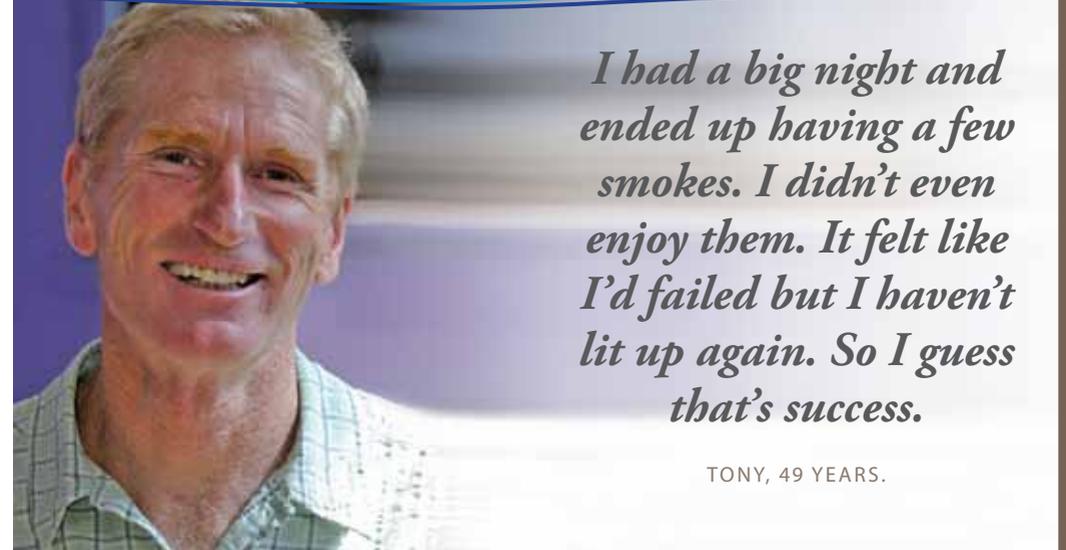
Watch out for warning signs and get help from the Quitline if they start to build up or things go wrong.

TRY THIS

- 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.

FACT 16

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



I had a big night and ended up having a few smokes. I didn't even enjoy them. It felt like I'd failed but I haven't lit up again. So I guess that's success.

TONY, 49 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.'

Review your Quitting Plan and revise if necessary. For more help, call the Quitline on 13 7848 (13 QUIT).

If you go back to regular smoking

Don't despair. Begin to plan for your next attempt.

Most people who have successfully quit smoking for good have made several serious attempts. It may take you a while to learn to be a non-smoker.

Although you may be feeling disappointed, you should take pride in what you have achieved. Every day that you spent smokefree made your body healthier and helped to break your habit and weaken your addiction.

TRY THIS

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.

FACT 17

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.

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.

The QuitCoach

Go online at www.quitcoach.org.au

The QuitCoach is an Internet-based computer program that helps you quit by giving free personal advice tailored to your needs.

Fresh Start quitting courses

The Cancer Council Western Australia's *Fresh Start* courses are run in workplaces and the community. If you are interested in attending a course, call the Quitline 13 7848, or the Cancer Council Helpline 13 11 20, to find out where courses are running. You can also access information at www.cancerwa.asn.au/prevention/tobacco

The Department of Health WA website

Go online at www.health.wa.gov.au/tobaccocontrol

The website provides access to information resources (posters, pamphlets, stickers) on quitting and the risks associated with smoking. Resources in other languages are also available by request. To access these by phone contact the Department of Health on 1300 518 963.

The Cancer Council Western Australia website

Go online at www.cancerwa.asn.au/prevention/tobacco

The website provides information on the *Fresh Start* Program (which offers quit smoking courses), the Make Smoking History campaign and links to information and resources.