

Strategies for quitting success

Overcome your smoking triggers

Prepare for your quit date. Make a list of changes you can make to avoid major triggers early in your quit attempt (such as alcohol, coffee and friends who smoke).

Quitting smoking successfully includes knowing what your triggers are and having a plan in place to overcome them.

When you feel the urge to smoke try the 4 D's:

DRAW 4 D-SHAPED BOXES AND INSERT THE FOLLOWING COPY:

<ul style="list-style-type: none">• Delay acting on the urge to smoke. Wait 5 minutes. After 5 minutes, the urge to smoke weakens and resolve to quit will come back.	<ul style="list-style-type: none">• Drink water, slowly holding it in your mouth a little longer to savour the taste.
<ul style="list-style-type: none">• Deep breathe. Take a long slow breath in and slowly release it out again. Repeat 3 times.	<ul style="list-style-type: none">• Distract yourself. Do something to take your mind off smoking. Exercise (e.g. walking) is a good alternative.

Useful ideas to make changes in your routine:

- Take a shower as soon as you wake up.
- Find new ways to relax – go for a walk or ask a friend for a neck and shoulder massage.
- Stop drinking alcohol for a while and try something else instead.
- Try chewing sugar-free gum, eating a healthy snack or drinking water to keep your mouth busy.
- Join and participate in an online support message board (e.g. www.mytimetoquit.com.au)

Every-day tips:

- **Take it one day at a time** – focus on getting through each day without smoking and be kind to your body as it adjusts to the new you!
- **Go easy on caffeine** – without nicotine in your body, you will retain much more caffeine (the stimulant found in coffee, cola and even chocolate), which could make you feel restless, irritable and sleepless.³
- **Be aware of alcohol** – research has shown that drinking can weaken your resolve to quit,⁴ so plan social occasions carefully, especially in the early days.
- **Keep your hands busy** – keys, beads, a stress ball, mobile phone or jewellery can be a great substitute for restless hands.
- **Keep a list of reasons for quitting** – remind yourself regularly why you want to quit.
- **Reward yourself** – use the money you've saved to treat yourself occasionally for beating the urge to smoke.
- **Get your friends and family to support you becoming a non-smoker**

Socialising tips:

- Go to a smoke-free venue
- Resolve to refuse offers of a cigarette
- Take a non-smoking friend with you
- Cut down on alcohol or avoid it altogether
- Remember it's okay to go home early if cravings get too hard