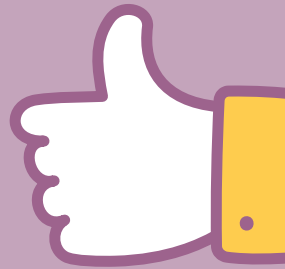
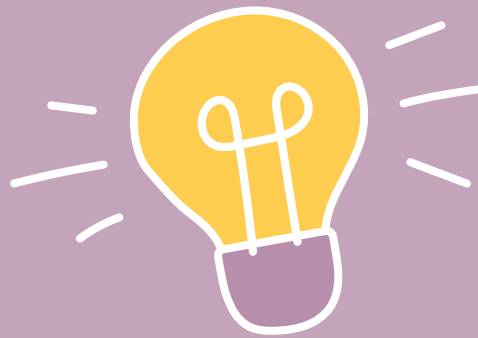


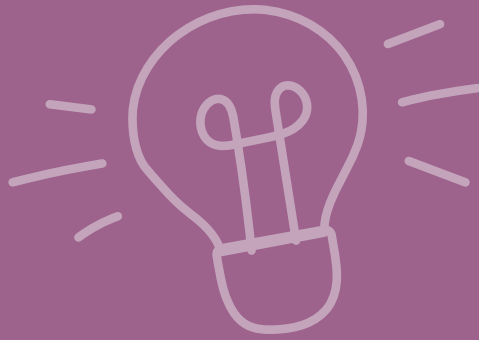


QUIT.ie

Steps to quit smoking

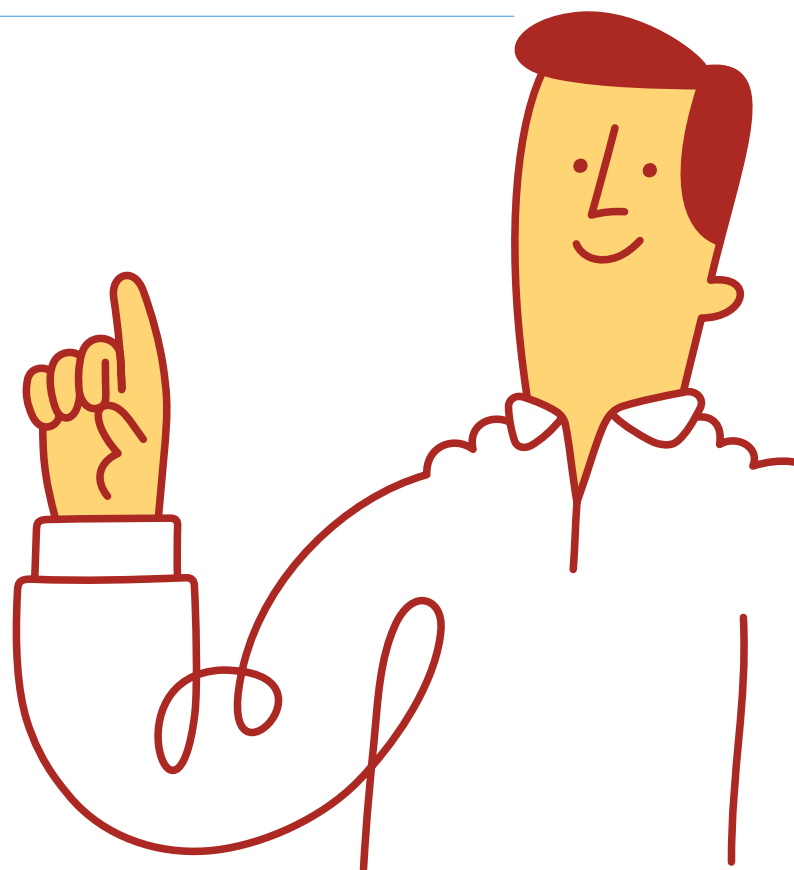


This is Easy to Read information.



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What is this booklet about?



This booklet is about ways to quit smoking.



Smoking is bad for you.
The sooner you quit, the better for you and your health.



There are 3 steps to help you quit smoking.

Step 1: Get ready to quit



Think about why you are still smoking.



Do you have the willpower to quit?
Willpower means wanting something badly enough.



Think about what you like and don't like about smoking.
Think about the good and bad things about quitting.

Step 1: Get ready to quit



What I like about
smoking



What I don't like about
smoking



Good things about
quitting



Bad things about
quitting

Do you really want to quit?



Yes



Not sure



No

How ready are you to quit



Ready



Not sure

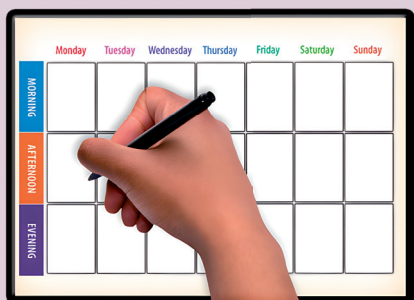


Not ready

Step 1: Get ready to quit



It is helpful to know when and why you smoke during the day.



Keep a smoking diary.
This will help you get ready to quit.



Make a note in the diary when you feel you really want to smoke.

Smoking diary



Time of cigarette



What I was doing
at this time



How much I
needed to smoke



Number I smoked



How much I
enjoyed it



Smoking costs a lot of money.
Think about how much smoking
costs you.



Saving money may be a good reason
to quit smoking.



Step 2: Set a quit date



The right time to quit is now!
Set your quit date.



Think about the times you want to smoke.
Think about the places where you smoke.

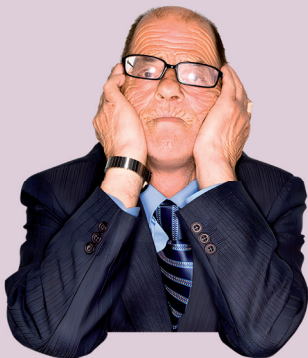


Think about what you can do instead.

Dealing with cravings



Most people have some nicotine cravings when they stop smoking.



Nicotine cravings are when you feel like you really need to smoke

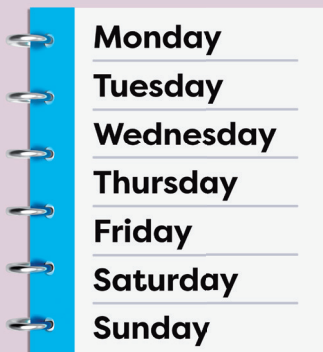


The cravings you have depend on how often you smoked and how long you were a smoker.



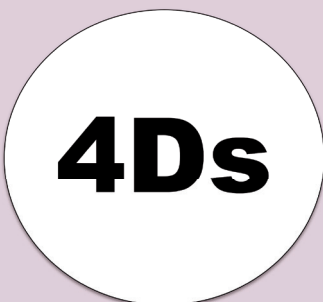
Cravings can start 30 minutes after your last cigarette.

They usually pass in 3 to 5 minutes.



You may get the most cravings 2 to 3 days after you stop smoking.

They will get less as time goes on.



You can deal with cravings in 4 ways. These all start with the letter D and are explained on the next page.

The 4Ds



Delay at least 3 minutes and the urge will pass.



Distract yourself.
Think about something else.



Drink a cold glass of water or fruit juice.



Take 20 Deep breaths.

Dealing with withdrawal symptoms



You might get some withdrawal symptoms.

These are things you might feel when you stop smoking.



There are ways to help you manage these symptoms.



They usually only last a short while.

Dealing with withdrawal symptoms



Coughing:

Talk to your doctor or chemist if this is making you uncomfortable or lasts a long time.



Low mood or feeling anxious:

This won't last forever.

Congratulate yourself for coping with life without smoking.

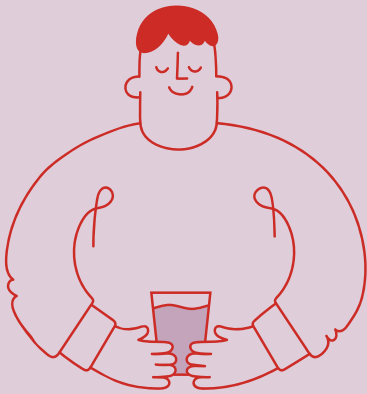


Ask other people to be patient with you.



Do things that you enjoy and that help you relax and feel good.

For example, walking, dancing, listening to music, doing a puzzle.



Headaches:

Make sure you drink plenty of water and eat regularly.

Take some exercise.



Sleep problems:

Cut down on drinks like tea, coffee, and fizzy drinks.

Dealing with withdrawal symptoms



Take exercise during the day.



Read a book or have a bath before you go to bed.

Stop looking at your phone, tablet, tv, or computer for an hour before bed.



Do mindfulness before you go to bed.



Energy Levels:

You could have more or less energy after you stop smoking.

You might feel dizzy or light-headed. This is all normal and will settle.



Putting on weight:

Some people worry about putting on weight when they stop smoking.

Eat 3 healthy meals a day with plenty of fruit and vegetables.



Get more active.

Anything that gets you moving will be good for you whatever your age.

Step 3: Stay quit



Do some of these things to help you stay off cigarettes:



Stay positive and remember why you quit.
Think about how far you have come.



Be active
Do an activity you enjoy because it will be easier to keep it up.



Keep busy.

If you are bored, you might think about smoking more.



Save your money and do something you enjoy.

For example, go to the cinema or treat yourself.

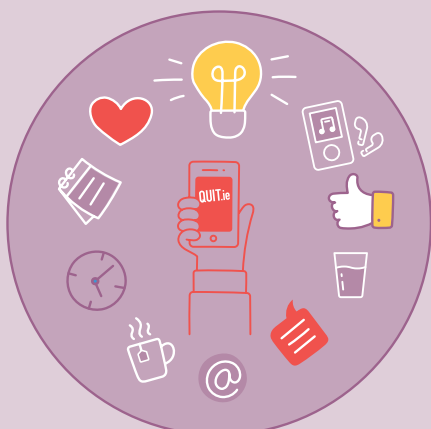


**Be careful if you are drinking alcohol.
A few drinks can make you forget that you have quit smoking.**

Step 3: Stay quit



Do not have a puff of a cigarette.
One puff can lead you to want more.



Think about the freedom you'll have
when you break free and take back
control.



Don't give up.
Some people need to try a few
times before they can quit
smoking for good.

Stop smoking for 28 days
and you're 5 times more
likely to quit for good



Quit smoking today with our help

For tips, tools and support:



Sign up to
the quit plan at
QUIT.ie



Freephone
1800 201 203



Free text
QUIT
to 50100

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