



# 28 Days Smokefree

Here are some things you can do to prepare for your smokefree journey...

**SMOKEFREE  
ST>RTS  
DONCASTER**



City of  
Doncaster  
Council

## Get help and support

You are 4 times more likely to succeed with help from your local Stop Smoking Service and Nicotine Replacement Therapy (NRT). Talk to your family and friends, let them know you are quitting and need their support.

### Appointment with Doncaster Smokefree...

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Talk to someone at Doncaster's Stop Smoking Service today or call 01302 561722

## Make a Plan

It's never easy to quit smoking but having a plan before will really help increase your chance of success. Set a quit date: Pick a day you want to quit and stick to it, preferably within the next two weeks. Write down your reasons for quitting: There are lots of reasons why people stop smoking, writing it down will help you focus on staying smokefree.

### My reasons for stopping smoking...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Recognise Your Triggers

Know your triggers (after dinner, work breaks, social situations) and how to fight your cravings. Knowing and avoiding your triggers will really help in those first few weeks. Keep a diary of when you smoke in the week leading up to your quit date, to help you identify your triggers.

### My triggers are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Keeping Busy

Cravings normally last for around 3-5 minutes, finding something to do in that time will help keep you distracted.

Some activities that work for others include: changing your routine, chewing gum, texting or calling a friend, making a drink, exercise. (NRT can also help reduce the cravings for nicotine)

### Ways to keep busy during cravings...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TIP

Having reminders of smoking can make it harder to stay smoke free. Remove ashtrays, lighters and of course any remaining tobacco/cigarettes in advance. The smell of cigarettes can be a trigger, so you may want to wash clothing or other items that may smell of smoke. Remember to take any lighters or cigarettes from your car also.



# 28 Day Quit Calendar

Use this quit calendar to help track your smoke-free journey. After 28 days you will experience so many positive health changes from quitting that will help you stay smoke-free.

Take the first step today and mark off each day that you don't smoke. ✓

## TIP



Why not start a quitting jar? Throughout your smoke-free journey, put the money that you would have otherwise spent on cigarettes in a jar and see how much you can save.

### Week 1

1 Nicotine + carbon monoxide levels in your blood have halved. Oxygen levels are returning to normal.

2 There is no nicotine left in your body and your sense of taste and smell is improving

3 Breathing is getting easier, and your energy levels will increase

4

5

6 Cravings are normal. Replace smoking with activities like: chewing gum, texting a friend, taking a walk.

7 Week 1 is usually the hardest. You've made it this far so keep going...

### Week 2

8

9

10 Be proud of yourself, share your progress with others!

11

12 Your symptoms of withdrawal will be starting to ease

13

14 You're half way there. Well done!

### Week 3

15 By now, your lung function will have noticeably improved

16

17 You're doing amazing and starting to see the benefits from the extra money you're saving!

18

19

20 You should be starting to enjoy a better sense of taste and smell!

21 You may notice that your circulation has substantially improved!

### Week 4

22

23 You should have more energy to do the things you enjoy!

24

25 Go outside and enjoy the fresh air, exercise is great for your body and mind!

26

27

28 Congratulations you've made it to the end of your first month smokefree!



We know how hard quitting smoking can be, you have done an amazing job! If you have relapsed at any point, are struggling with withdrawal symptoms, cravings or need some help with your journey, Smokefree Doncaster are here to help.

Talk to someone at Doncaster's Stop Smoking Service today or call 01302 561722

You are doing great! Keep going with your journey and challenge yourself to continue staying smokefree!

For more information, advice and support services, you can visit:

[doncaster.yorkshiresmokefree.nhs.uk](http://doncaster.yorkshiresmokefree.nhs.uk)

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