

28 Days Smokefree

SMOKEFREE ST>RTS
DONCASTER



City of Doncaster Council

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

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.

Appoint	ment with	Doncaster	Smokefree
Date: _			
Time:			
alk to somi	eone at Dono	aster's Ston S	mokina 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

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.

	Му	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:	

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.	-					<u> </u>
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

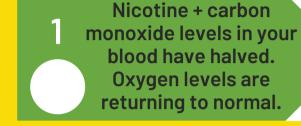
TIP

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.

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.





- There is no nicotine left in your body and your sense of taste and smell is improving
- 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.
- Week 1 is usually the hardest. You've made it this far so keep going...

Week 2



Be proud of yourself, share your progress with others!

- 12 Your symptoms of withdrawal will be starting to ease
- 13 14

You're half way there. Well done!

Week 3



- You're doing amazing and starting to see the benefits from the extra money you're saving!
- 18 19
- 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



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

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