



**READY
STEADY
QUIT.**

**IF YOU'RE READY
TO STOP SMOKING,
WE CAN HELP.**



**MY LITTLE GIRL STARTED COMING TO ME FOR CUDDLES.
IT TOOK ME A WHILE TO REALISE SHE'D ALWAYS HATED
ME STINKING OF CIGARETTE.**

– Grant, 3





CONGRATULATIONS!

If you're reading this, you've taken the first step on a really important journey. You're already thinking about giving up smoking.

That's great for your health, your wallet, your family. But most importantly, it's great for you. Ask anyone who's successfully quit and they'll all tell you that life without smoking is a better place to be.

IT'S NOT GOING TO BE EASY.

Let's be straight. Giving up smoking is a very hard thing to do. The chemicals in cigarettes are highly addictive. So every cigarette you smoke sends messages to your brain that convince you to smoke more. It's a vicious cycle – and a tough one to break.

That's why we call this programme Ready, Steady, Quit. You'll only be able to do it if you're ready. But together, we can break the cycle, get through the tough times and arrive at a place where smoking doesn't control you. So you'll look back and wonder why you ever lit up in the first place.

READY?

Let's get started.



GETTING READY TO QUIT.

Everyone has their own reasons for going on the quit journey, but the best ones are always powerful, positive, and personal.

Write down your top three reasons to quit smoking:

1

2

3

List three things you can look forward to doing in six months' time:

1

2

3

Jot down the names of three people you can use for support:

1

2

3

READY TO SET A QUIT DATE?

Here are a few things to think about:



People. Do you need to tell anyone, like co-workers, partner or friends?



Stress. Have you got a busy or stressful time coming up soon?



Resources. It's a good idea to have nicotine gum, lozenges or patches handy.



Realistic. Don't set a date that's either scarily soon or too far in the future.

Now write down the date you've decided to quit smoking.

SET YOURSELF UP FOR SUCCESS

A wise man once said that preparation is the key to success. So here's some *common roadblocks* and ways around them.

FEELING HUNGRY:

Get some healthy snacks on board

LOW MOOD:

Find ways to give yourself a boost

ALCOHOL:

It can help to limit your drinking for a while

FEELING RESTLESS:

Try some exercise or find new ways to keep busy

TROUBLE SLEEPING:

Focus on relaxing before bed

GOING OUT:

Avoid places you'd normally smoke

SMOKING BUDDIES:

Suggest places or activities where you can't smoke

WAYS TO KICK THE CHEMICALS

There are a bunch of different ways to kick the habit. But everyone's different. And you know you best, so it's worth thinking about the best way for you.

XXXXXXXXXX:

Gum

Nicotine gum looks just like regular gum, so it's nice and subtle. It slowly releases nicotine into your body, taking the edge off cravings. Make sure you read the instructions, because you'll need to chew in a particular way. Nicotine gum is government subsidised, so it's affordable. You can get it from pharmacies, GPs or your Quit Partner.

Lozenges

Nicotine lozenges release nicotine into your body as they dissolve. So if you're not into gum but still want convenience and subtlety, they're a great way to control cravings. They're also government subsidised and available from pharmacies, GPs or your Quit Partner – just make sure you read the instructions before you use them.

Patches

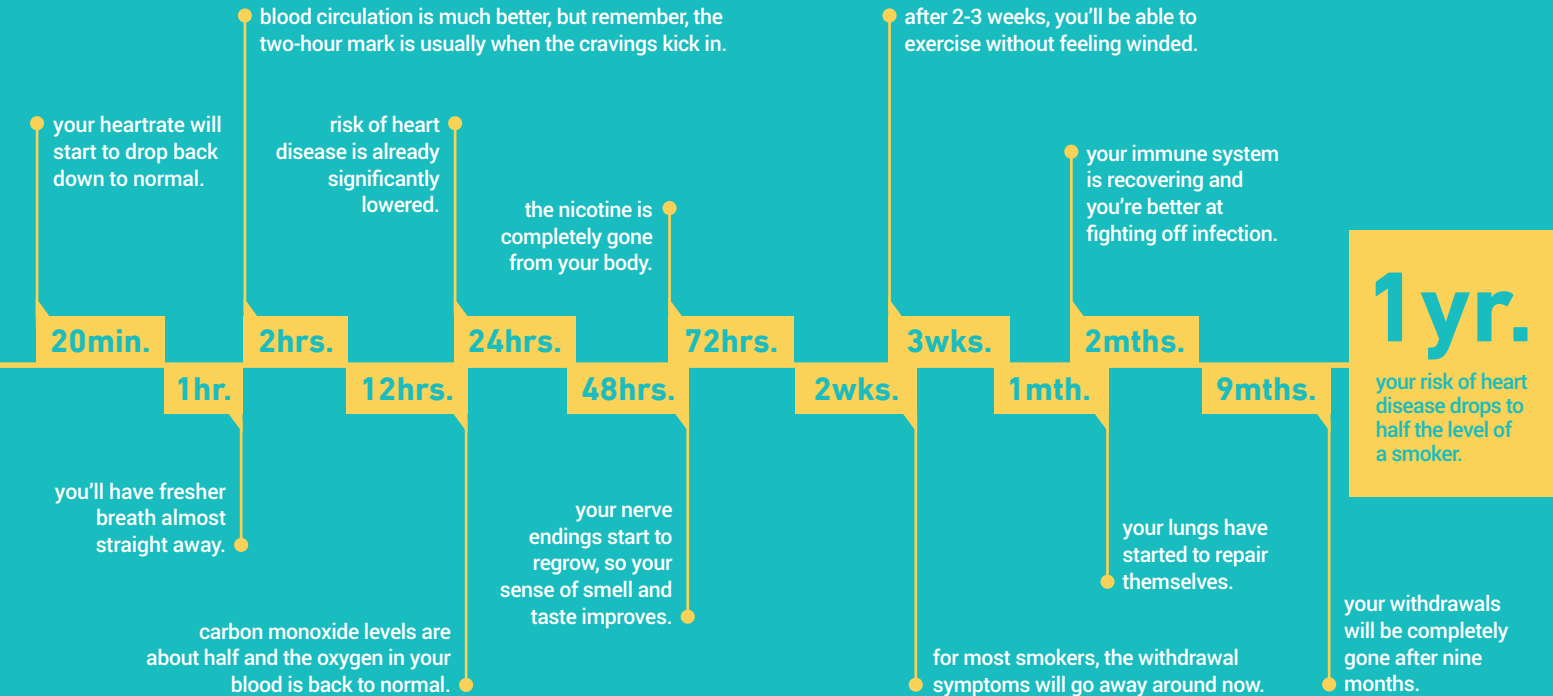
Patches are slightly more heavy-duty and obvious, but most people find them a life-saver. One patch gives you a steady stream of nicotine throughout the day. So you can just pop it on and forget about it. But make sure you put the patch on a new area of skin every day, or your body won't absorb the nicotine properly.

Cold Turkey

You might find you're able to quit without medication. And that's awesome. But it can also be a bumpy ride, so make sure you've got lots of ways to distract yourself and keep your motivation up. We've got more on that later, so keep reading.

MAJOR MILSTONES.

The Timeline



GET SMART WITH A QUIT APP.

There are a whole lot of apps out there to help you on your quit journey. These are three of the best.

My Quit Buddy: this app tells you how many days you've been smokefree, how much money you've saved and how much tar you've avoided. It also lets you set goals, distracts you, and sends notifications at your danger times to help you stay motivated.

Livestrong MyQuit Coach: this app lets you create a personalised plan for quitting. It's got the tick of approval from doctors and comes with inspirational tips, facts about quitting, achievements, personal preferences and goals.

My Last Cigarette: this app is great if you like facts and figures. Based on your smoking habit, you can track things like your circulation and lung function, the time you're adding to your life, your savings, and stacks more.

TREAT YOURSELF.

For every cigarette you don't smoke, you save about a dollar. And after a while, that really adds up. So write down three ways you can treat yourself.

1

2

3

TOP 10 TIPS.

1 Cutting back on alcohol will really help you stay on track.

2 Exercise is a great way to distract yourself and boost your mood.



3 Keep a list of your quit reasons handy.

4 Remind yourself how well you're doing.



5 Your friends and family are there for you, so talk to them.

6 Replace smoking with another activity like walking or a phone call.



7 Try to limit the time you spend around smokers.



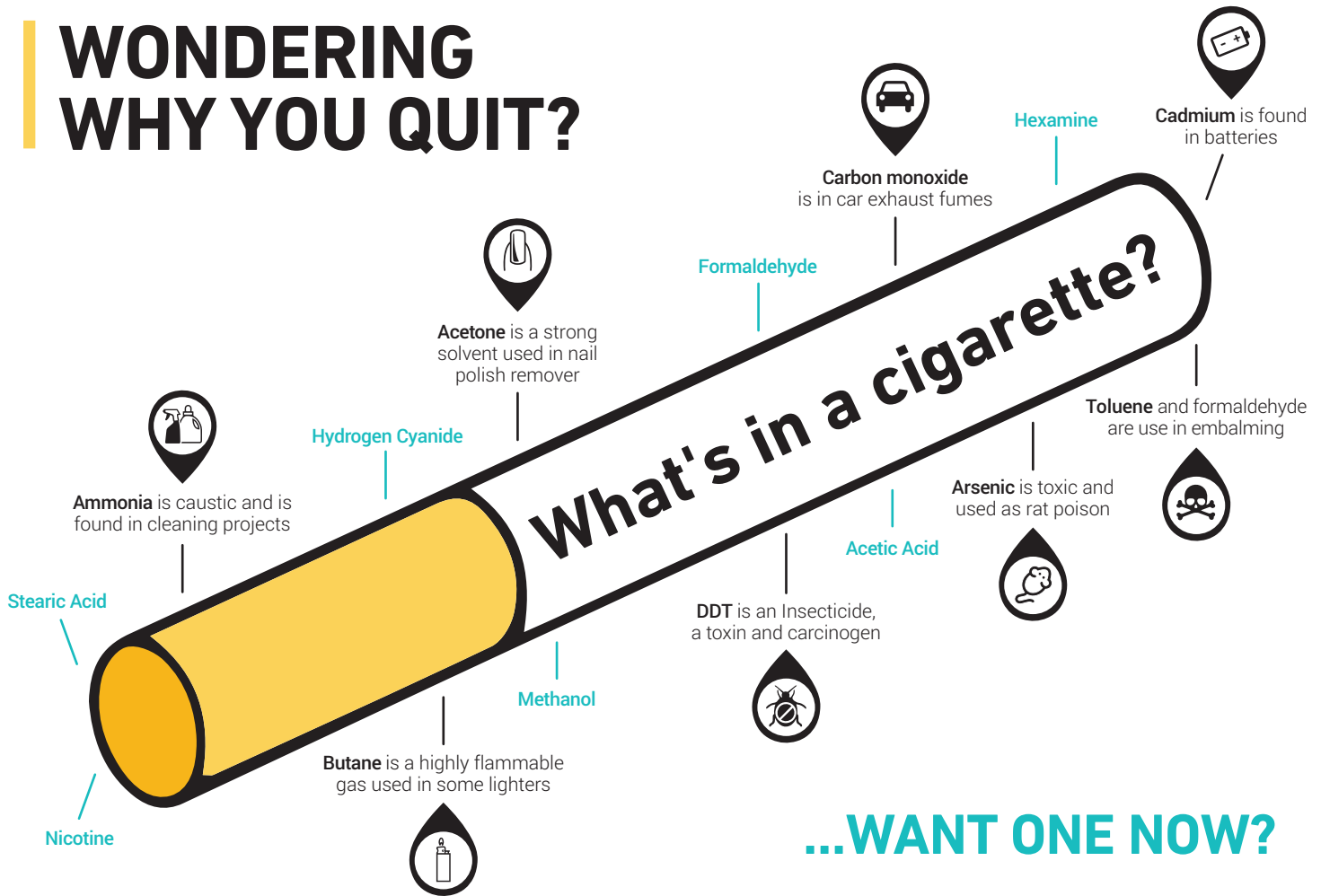
8 Put the money you've saved towards something fun.

9 Get plenty of rest and relaxation.



10 Toss your ashtrays, wash your clothes and clean your house.

WONDERING WHY YOU QUIT?



**READY
STEADY
QUIT.**