

Breathing Better Living Well

"No Butts About It: Free at Last, Free at Last!"

The following information can also be found on the British Lung Foundation website <http://www.lunguk.org/smoking-and-your-lungs.asp>

COPING STRATEGIES

- It may be necessary to change your social routine for a while - to avoid situations (particularly excess alcohol), which will make you more vulnerable to failure!
- Keep a list of motivating factors close to hand
- Don't be too proud to consider stress reduction techniques
- Give your hands something else to do and hobbies may help as a distraction
- Chew on a carrot (rather than popping in a chocolate) if you feel the need to put something in your mouth
- Freshen up your immediate environment
- It is quite common to gain some weight after stopping and it is important to be aware of this. Counter the effect by eating more healthily and taking regular exercise
- Clean or replace old clothes that smell and remind you of tobacco, using the money that you have already saved by stopping
- Mark off your progress on a calendar and make sure friends know how well you are doing
- Brave out the urge - it usually passes within 5 minutes
- Use some form of distraction e.g. go for a walk, ring a friend/counsellor for support
- Take some slow deep breaths, ideally out in the fresh air on a nice day
- Talk to your lungs! Tell them you are going to protect them as you would any loved one
- Drink plenty of water
- More sleep will help and if insomnia is a problem take more exercise during the day, have a warm bath and read a book in bed
- Pamper yourself with a treat and pat yourself on the back as each tobacco-free day passes
- Take one day at a time

BE PREPARED TO FAIL AND TRY AGAIN

Please don't despair if you fail on your first attempt! You won't be the first or last smoker that this has happened to. Regroup, work out what went wrong - was it peer pressure, alcohol, stress, etc? Don't be ashamed and it is very important at this stage to maintain your nicotine replacement therapy, family and group support.

TRY AGAIN!

For more information on smoking and your lungs:

The British Lung Foundation: <http://www.lunguk.org/smoking-and-your-lungs.asp>

