giving up for life

Helping you to cut it out

Don’t give up giving up.
People who successfully stop smoking:

• Really want to stop.
• Understand why they smoked in the past.
• Put time and effort into planning the attempt.
• Know what to expect when they stop smoking.
• Have support and encouragement.
• Take each day one by one.
• Plan ahead to avoid ‘tempting’ situations.
• See themselves as non-smokers.

Use this guide to help you get ready for the changes you will need to make when you stop.

No one says it’s easy giving up smoking, but everyone says it’s worth the effort. This guide has been written to help you succeed. You can stop smoking and working through this guide will help you.

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Giving up smoking?

You can do it!

People who prepare to stop smoking are always the most successful. This guide will help you understand more about why you smoke and the steps you can take to ‘give up for life’. It’s full of information, practical tips and advice.

Contents

- Giving up smoking?
- Why do you smoke?
- How do you stop?
- What helps you manage the cravings?
- How do you handle the first few days?
- What about staying off cigarettes for good?
- What are the risks of continuing to smoke?

The Top Ten Self-Help Tips

• Make plans for coping with stressful situations.
• Pick a quit date that will be stress-free and keep to it.
• Think positively – YOU can do it! Concentrate on the benefits.
• Take it one day at a time. Congratulate yourself each day.
• Ask a friend to stop too and give each other support.
• Use Nicotine Replacement Therapy (NRT) or bupropion (Zyban) to help you manage the cravings.
• At first, avoid events where you may be tempted to smoke.
• Keep busy and get a bit more active.
• Count the money you save – spend it on yourself!
• Don’t try ‘just one’ cigarette – it always makes you start again.
## Health benefits of stopping smoking

<table>
<thead>
<tr>
<th>Time stopped</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 minutes</td>
<td>Blood pressure and pulse return to normal. Circulation improves, especially to hands and feet.</td>
</tr>
<tr>
<td>8 hours</td>
<td>The oxygen level in your blood increases to a normal level. Chances of a heart attack start to fall.</td>
</tr>
<tr>
<td>24 hours</td>
<td>Carbon monoxide leaves the body. The lungs start to clear out mucus and debris.</td>
</tr>
<tr>
<td>48 hours</td>
<td>Nicotine is no longer found in the body. Senses of taste and smell improve.</td>
</tr>
<tr>
<td>72 hours</td>
<td>Breathing becomes easier. Energy levels increase.</td>
</tr>
<tr>
<td>2–12 weeks</td>
<td>Circulation improves throughout the body. Walking and exercise become easier.</td>
</tr>
<tr>
<td>3–9 months</td>
<td>Breathing problems, coughing, shortness of breath, and wheezing improve. Lung efficiency increased by 5–10%.</td>
</tr>
<tr>
<td>5 years</td>
<td>Risk of having a heart attack falls to about half that of a smoker.</td>
</tr>
<tr>
<td>10 years</td>
<td>Risk of lung cancer falls to around half that of a smoker. Risk of a heart attack falls to about the same as someone who has never smoked.</td>
</tr>
</tbody>
</table>

Stopping smoking at any age increases your life expectancy, provided you stop before you develop cancer or other serious disease. Even if you have developed disease you can benefit from stopping.

## Why it is worth giving up smoking

The graph below shows the relative decline in lung function for smokers compared to non-smokers.

![Graph showing lung function decline over age](image-url)

### The cycle of stopping

- **Stage 1:** Thinking about stopping.
- **Stage 2:** Preparing to stop – this is an important stage because, if you prepare well, you are much more likely to succeed.
- **Stage 3:** Stopping – the quit date, when you exchange old habits for new ones.
- **Stage 4:** Staying stopped – when you change your attitudes to smoking and your lifestyle.
- **Stage 5:** Relapsing – this happens if you were not ready to stop or found the day-to-day reality different from what you’d expected. You haven’t failed, so don’t feel guilty. Each attempt gives you a valuable insight into stopping.
Think back to when you first started smoking

I started because

Tick here if the reason holds

(please tick)

- To look older
- To be cool
- Copying friends/family
- To feel grown up
- To be tough/macho
- To be accepted
- Curiosity
- Just felt like it

Other reasons for starting?

I continued to smoke because

List any times when you haven’t been able to smoke where or when you wanted to:

- e.g. at work, eating out, travelling, socialising.

Many people think cigarettes help them relax. They don’t. Nicotine wears off quickly and this withdrawal makes you feel tense. Smoking calms the nicotine cravings. Coping with the regular need to smoke can be very stressful. List times when you’ve had to rush for a cigarette.

Good news – stopping will free you from the stress of nicotine addiction.

Working out the cost of smoking

I started smoking when I was __________ years old

I have smoked for a total of __________ years of my life

I spend £__________ each week on tobacco

Multiply the weekly spend on tobacco by 52 to find out how much it costs a year. Smoking costs me £__________ a year

If I don’t give up smoking now:

- In three years’ time I will have spent another £__________
- In five years’ time I will have spent another £__________
- In ten years’ time I will have spent another £__________

Imagine some things I could buy with the money instead of tobacco. List them

£__________

£__________

£__________
Are you ready to stop?

Why do I smoke?

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Why do I want to stop smoking?

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Look through your answers. Decide if you want to stop smoking now.

Yes ☐ No ☐ Maybe ☐

Circle your current motivation to stop (1 = low, 10 = high) on the scale below.

1 2 3 4 5 6 7 8 9 10

If Yes/Maybe – move onto the next section.

If No – keep this guide safe and come back to it when you’re more ready.

My smoking diary

To help you prepare for your first few days without tobacco, take some time to complete a diary sheet.

Fill in the first two columns. They will give you lots of information about your smoking patterns. Now spend some time planning what you can do at those times instead of smoking. Try this over several days of normal smoking.

<table>
<thead>
<tr>
<th>Time</th>
<th>Reason why I smoked...</th>
<th>When I stop, I plan to...</th>
</tr>
</thead>
</table>

Pick a quit date that will be stress-free and keep to it.