"It's so much easier since I quit."

Your guide to quitting for good with Smokefree.
Well done you...

Smokefree provides advice, support and encouragement to help people quit smoking for good. The services provided are in most cases completely free of charge.* Developed by experts and ex-smokers, local NHS Stop Smoking Services are delivered by NHS professionals.

*If you usually pay for prescriptions there may be a charge for any stop smoking medication prescribed by NHS professionals or bought over the counter.
...reading this is your first step to quitting smoking for good. Join the thousands who’ve done it by taking these four steps:

1. **Think**  See page 05 for more info
2. **Prepare**  See page 11 for more info
3. **Quit**  See page 15 for more info
4. **Stop for good**  See page 25 for more info

You can use the 4-step Planner on page 26 to help you get there.

You’ve nothing to lose but your habit.

Call Smokefree on 0800 169 0169 or visit www.nhs.uk/smokefree
"I quit a year ago. Best decision ever."
Think about quitting

Get ready to quit by starting to see yourself as a non-smoker. Think how great you would feel if you stopped smoking for good, and what it would be like to wake up every day feeling completely fresh and free, with more energy, more money, more life. Follow these steps to make this happen.

Go to pages 26-31 of the 4-step Planner for help on your journey.
Think positively

Quitting’s not easy, especially when it looks like so many people still smoke. **But the truth is only 21% of the population smoke, with more quitting every day.** While it’s your choice and your journey, **so many others benefit too.** Like your family. You’ll be able to spend more quality time with them, and be around longer to **see your kids grow up and have children of their own.** You might have lost someone to smoking, and want to be sure **this is the last time it happens in your family.** **Thinking about others** when you **decide to quit** can give you extra strength to see it through, and they can all share in your success.

**Remember you’re not alone when you quit.**
I can do it!

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Think about your health

Quitting **dramatically increases** your chances of **living a longer life**. It takes just **20 minutes** for your body to start healing **once you quit smoking**, repairing the damage done by all those years smoking.

**Things get better straight away when you quit smoking.**

- **after 20 minutes**
  - Your blood pressure and pulse go **back to normal**. Circulation improves—especially in your hands and feet.

- **after 8 hours**
  - Nicotine and carbon monoxide levels in the blood are **reduced by half**. Oxygen levels **return to normal**.

- **after 24 hours**
  - Carbon monoxide will be eliminated from the body. Your lungs **start to clear out mucus and debris**.

- **after 48 hours**
  - Your body is now **nicotine free**. And you'll notice how your senses of taste and smell have **improved**.
Reduce that clogged feeling in your lungs and lose that nasty cough in the morning

Reduce that tired feeling and do more of the things you love

Reduce your chances of getting lung cancer and breathe more easily

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**after 72 hours**

Your breathing is easier. You have more energy.

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**in 2–12 weeks**

Circulation is now improved throughout your body. It is easier for you to walk and exercise now.

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**in 3–9 months**

Your lung capacity can improve by 5–10% and you can say goodbye to coughing, shortness of breath and wheezing.

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**after 5 years**

You now have half the chance of having a heart attack compared to a smoker.

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**after 10 years**

The chance of getting lung cancer is half of that of a smoker. Your chance of having a heart attack is the same as someone who has never smoked.
"I want to be around for her wedding."
Prepare for a better future

Preparing to quit is about being practical. It’s not just a test of your willpower. It’s about having a plan, understanding why you smoke, finding an option that’s best for you, having people support you and setting a date to quit smoking.

Go to pages 32 – 35 of the 4-step Planner for help on your journey.
Prepare a good plan

It helps to set a date to quit smoking and be ready for it:

- Contact your local NHS Stop Smoking Service, where trained advisers are waiting to help you
- Identify your smoking triggers and plan ahead
- Take it one day at a time and feel good about what you’re doing
- Buddy up with a friend so you can support each other
- Use stop smoking medicines to cope with the withdrawal symptoms
- Avoid situations where you might be tempted to smoke again
- Note how much cash you’re saving – plan to treat yourself

And remember to tell yourself: “I can do it, I can do it, I can do it, I can do it.”