

# Congratulations on taking the first step to quitting smoking!

**With this Quit Kit, and yarning to a professional Aboriginal Quitline Advisor, you will have all the support and up-to-date information you need to help you:**



Make your personal quit plan



Manage your cravings and triggers



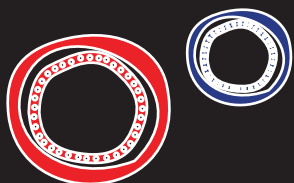
Understand Nicotine Replacement Therapy (NRT) products and other medications available to you



Feel supported all the way!

Remember, we're here to help. Call us on **13 7848 (13 QUIT)** or visit [iCanQuit.com.au](http://iCanQuit.com.au) for more information, tools and peer support.

- The Aboriginal Quitline Team



**Quitline is a 7 day confidential service.**  
**This means you can call Quitline**  
**anytime and choose to speak with**  
**a professional Advisor.**

Quitline Advisors are trained to support people who are cutting down or quitting smoking. Quitline Advisors understand that quitting smoking can be tough, and they will not judge you. They know it can take a few attempts to find the way to quit. Quitline will keep working with you to find the way to quit that works for you.

**If you're thinking about quitting or cutting down on smokes there are a lot of people who could help you with this:**

- **Aboriginal Quitline Advisor**
- **AMS Health Worker**
- **Doctor or GP**
- **Nurse**
- **Tobacco Cessation Worker**
- **Other people who have quit**
- **Family and friends**
- **Chemist**

Quitline is a confidential service. Quitline Advisors are very experienced in helping people stop or reduce their smoking. They understand quitting can be tough, and it may take a few attempts to Quit and the right way for you to stay Quit.

**Local Contact:**



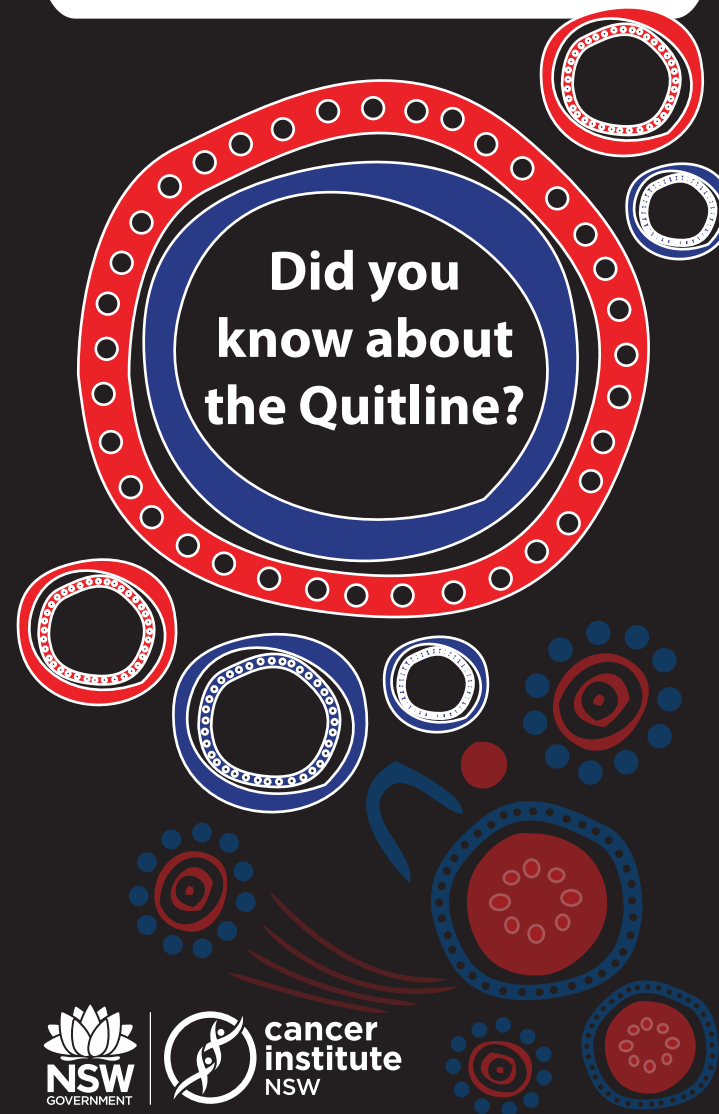
**Quitline 13 78 48**

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Funded by the Australian Government  
Department of Health and Ageing

Graphic Design by Carissa Paglino 2013  
Miromaa Design - Graphic Design and Illustration  
[www.miromaa.org.au](http://www.miromaa.org.au)

**Quitline®**  
**13 78 48**

**Did you  
know about  
the Quitline?**



**cancer  
institute**  
NSW

The infographic features a central circle with a red and blue dotted border containing the title. Surrounding this are eight smaller circles, each with a red and blue dotted border, connected to the center by dotted lines. The circles alternate between red and blue outer rings. The background is dark grey with stylized blue and red circular patterns and wavy lines.

**How our  
Aboriginal  
Quitline Advisors  
can support  
you**

**Provide  
you with NRT  
Information**

**Give you  
information  
about quit  
medications**

**When we call you,  
our number will  
display as a local  
number on  
your phone**

**Provide you  
with tips and  
strategies on how  
to quit and help  
you make a plan**

**Help you to  
help others  
smoking at home.  
Quit smoking  
together**

**Call you back  
to see how  
you're doing and  
offer support**

**Help you with  
tips to manage  
withdrawals  
and cravings**

**We will send you  
an SMS reminder  
to let you know  
we are calling**

# SMOKERS

thinking about giving up?



The traditional smoking ceremony cleanses and protects the strength of the spirit. Tobacco smoking is not part of our culture and harms the body.

This booklet is written for Aboriginal people who are trying to make up their mind whether to stop smoking. Most of our people have smoked for a long time and like smoking. A health worker can provide you with information about quitting smoking. You can also see your doctor, nurse or call the **Quitline on 13 7848 (13 QUIT)** for the cost of a local call.

## What our mob thinks about smoking

### What I don't like about smoking

Costs me lots of money  
Gives me bad breath  
Makes me cough  
Makes my chest feel tight  
Makes me feel breathless  
Increases my blood pressure  
My kids don't like it  
I hate it when I run out of smokes  
Makes my clothes smell  
Everyone asks me for a durr  
Hate hanging for a smoke  
It's bad for my diabetes  
Can't run as much  
It causes cancer

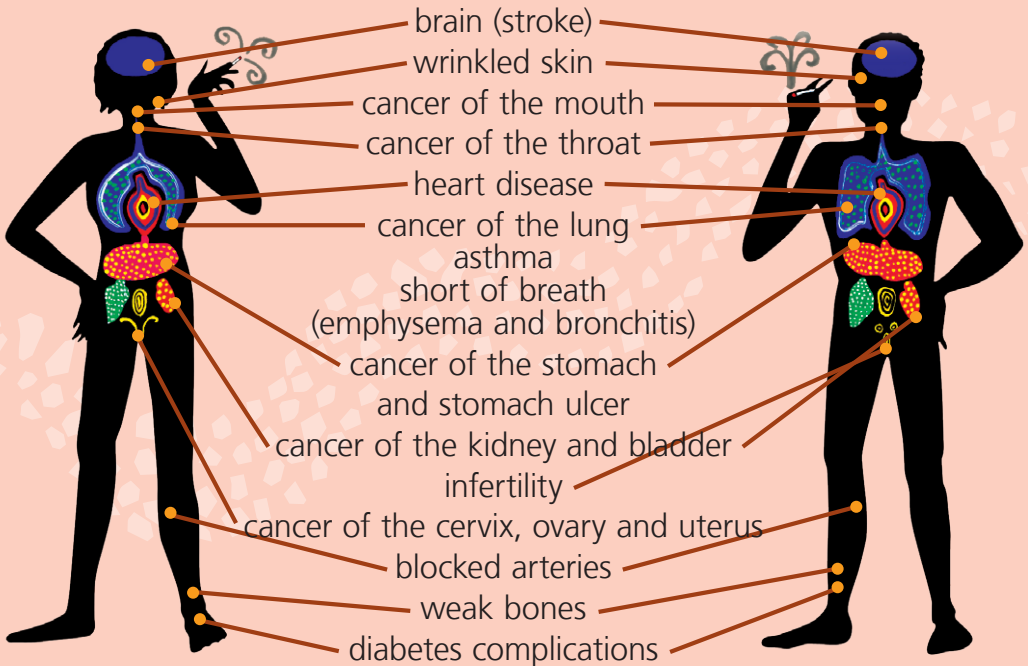
### What I like about smoking

Relaxes me  
Keeps me going  
– gives me a boost  
Gets me started  
Tastes good  
Nice with tucker or a drink  
Can share with my friends  
Love to have one when having a yarn  
Coping with stress  
Something to do when I'm bored  
Keeps my weight down  
Makes me look dead



# Every cigarette you smoke is doing you damage

These are the common dangers of smoking to your body.



Many of our mob find it hard to believe but **smoking actually causes more deaths and sickness in our communities than alcohol**. This is because we see the effects of alcohol on our mob every day but we can't really see the effects of smoking.

Smoking causes heart and lung diseases, which are the two biggest killers in our communities. It also causes diseases such as stroke, cancer of the throat, mouth, stomach, pancreas and kidney, and weak bones. Smoking can make diabetes and asthma worse. It also leads to earlier death and poorer health during your life.

## Heart Disease

Smoking blocks the blood vessels that take oxygen to the heart. You are 3 times more likely to have a heart attack if you smoke.

## Stroke

Smoking can block the blood vessels in your brain causing a stroke.

## Circulation

Smoking can block arteries in your legs. When blood flow is too little, this can lead to sores not healing and amputation of toes or legs. This is made worse if you have diabetes.



## Cancer

If you smoke, your risk of cancer is much higher than a non-smoker's. Tobacco smoke is made up of lots of poisons e.g. tar, carbon monoxide, arsenic, and ammonia. These poisons get into most parts of your body and can cause cancer in all organs of the body.



## Your lungs

If you smoke you are more likely to damage your lungs (get bronchitis and emphysema), which makes breathing very hard and noisy. When people stop smoking, at first they often cough more. This is good, they are cleaning the tar from their lungs.



## Pregnancy

Smoking when you are pregnant means your baby smokes too. If you smoke while you are pregnant you are more likely to have a miscarriage. Your baby is also likely to be born early, be small and sickly and get more chest infections. Smoking can make it harder for women to get pregnant.



## Men's business

Smoking can make it harder for men to have families because smoking makes it harder to make sperm. Smoking can also affect the amount of blood going to the penis, so it doesn't work as well (impotence).

## Borrowing others smokes

Asking friends and family for smokes may cause problems. Many people also give cigarettes to others which mean they are spending even more money on cigarettes.

## Bones

Smoking makes your bones weaker so they break more easily (osteoporosis). This is a big problem when our mob get older and have been smoking for a long time.



## Mental Health

Some people find smoking relaxing, but it actually causes stress and smoking over a long time can contribute to mental health problems such as anxiety and depression.

## Financial Stress

Not having enough money can cause a lot of stress. Sometimes people use smoking as a way to cope. But when people spend their money on cigarettes, they have less money to pay for food, rent and other bills.



## Weigh up the benefits

Everyone has the right to smoke. You just need to think about the good things and not so good things about giving up and weigh it up for yourself.



## Hard things about giving up smoking

## Some things to consider

I'm good until my friends come round...but when they smoke I want to as well

Some friends will continue to offer you cigarettes. You may have to avoid these friends for a couple of weeks. Friends will get used to you not smoking and respect you for your decision.

I've tried to stop before

Learn from past quit attempts. Some people find it difficult to stop smoking. If you have tried to quit before, think about what worked and what didn't work.

I really don't have the willpower

Willpower is something we need to work at. Remember why you want to stop. You're not alone, every year around half of all smokers in Australia try to give up.

I want to stop but I get sick and moody

Nicotine is a very addictive drug. You may have withdrawal symptoms. Your body will take a few weeks to recover. Nicotine patches, gum, lozenges, mouth spray, oral strips and inhalers can help with withdrawal. So can medicines like Champix or Zyban, if used for at least 8-12 weeks.

I am worried about weight gain

Try to eat healthy food that includes plenty of vegetables and do some physical activity that you enjoy. A few extra kilos of weight are a smaller health risk than continuing to smoke.

I can't afford the patches and gum

Free NRT patches are available to all Aboriginal people. Ask your doctor for a script and talk about other medications available. Think about how much money you are spending now on your smokes. Quitting is cheaper AND better for you!

## Good things about giving up smoking

A couple of weeks after giving up smoking I wasn't thinking about it as much

I felt healthier almost straight away

I feel in control

My kids stopped nagging me about my smokes

I have lots more money

I smell better now

## Some things to consider

During withdrawal you may not be able to stop thinking about smoking. But it gets easier and after a few weeks you won't feel like you are controlled by cigarettes.

As soon as you stop smoking your risk of cancer, stroke and heart disease goes down. You will feel healthier, have more energy and find it easier to breathe. You may cough a bit more at first because your lungs are getting cleaner.

You don't have to worry about running out of smokes anymore, or being in places you can't smoke.

Your children will be happy that you are not smoking anymore. It can feel like a weight lifted off you.

The money you save adds up. You can spend this on presents for your family or yourself or pay your bills. If you spend \$100 a week on cigarettes you will save over \$5,000 each year you don't smoke.

Many ex-smokers like the fact that their clothes and breath do not smell of smoke anymore.

## Who to contact in your community:



## Your local contact person is:

READY TO GIVE UP

# SMOKERS decided to give up?



The traditional smoking ceremony cleanses and protects the strength of the spirit. Tobacco smoking is not part of our culture and harms the body.

# The best thing a smoker can do for their health is quit smoking.

This booklet is written for people who have decided they want to stop smoking. You can use this booklet on your own or a health worker can help you through it. You can also see your doctor, nurse or call the Quitline on 13 7848 (13 QUIT) for the cost of a local call.

You could also give this booklet to a family member or friend – they might give up the smokes with you.

## Breaking the habit...

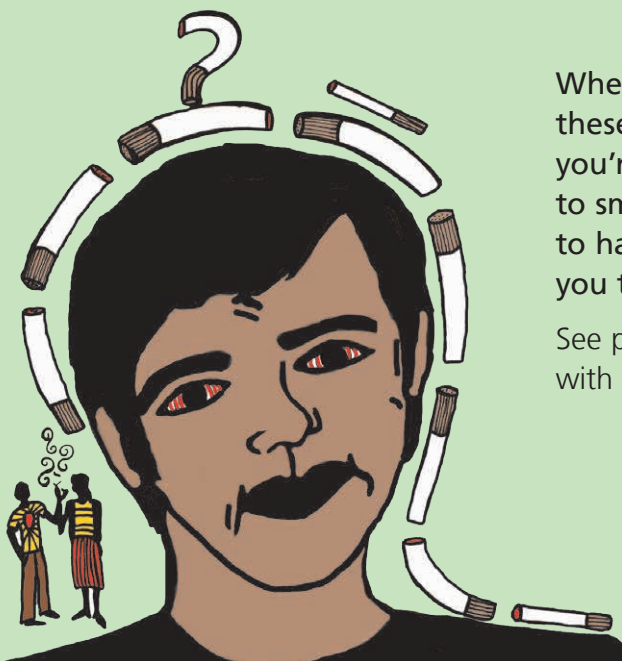
Giving up smokes is easy for some people and hard for others. Knowing what's going to happen after you have had that last smoke can help. When you have smoked for a long time having a cigarette becomes automatic. One of the first things that will help you to quit smoking is to know **when** and **why** you smoke.





## When do you smoke?

- ☐ When I wake up
- ☐ When I have coffee or a cup of tea
- ☐ When I answer the phone
- ☐ When I am having a yarn with friends
- ☐ After a meal
- ☐ When I have an alcoholic drink
- ☐ When I am tired
- ☐ When I am worried, stressed or upset
- ☐ When I am sad
- ☐ When I am annoyed or angry
- ☐ When I have a break at work
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



When you stop smoking these are the times when you're most likely to want to smoke. So you may need to have other ways to help you through these times.

See page 6 for ways of coping with challenging times.

## How do I stop?

Many smokers make a decision to stop straight away. Some people decide on a '**quit date**' and don't smoke any more from that day.

If you have a smoke when you wake up in the morning and smoke more than 10 cigarettes a day, you can use nicotine patches, gum or other products to help avoid or lessen withdrawal symptoms.

**Nicotine withdrawal symptoms** like moodiness, dizziness and broken sleep show that your body is recovering and getting rid of all the poisons. It is important you use nicotine replacement products for **at least 8-12 weeks**, see page 8 for more information or ask your health worker.



## Cutting down

Some people prefer to cut down their smoking before they quit altogether. This is okay if you are planning to give up in the next 2 weeks, but cutting down can sometimes increase the health risks, because:

- when you're hanging out for a cigarette, you may drag on the smoke more deeply, puff more often, and smoke more of the cigarette, just to get your nicotine levels up to 'normal'
- you get more carbon monoxide (the gas that robs your blood of oxygen) when you smoke this way
- when you inhale deeply, the smoke burns hotter and does more damage to your lungs
- it is hard not to have just one more smoke, especially when you are with friends who are smoking.

Because nicotine is so addictive, smokers often find it easier to just stop, rather than cut down. If you need to cut down, use nicotine replacement products such as the gum, lozenges, mouth spray or inhaler, so that you don't need to inhale as deeply, and with the aim of quitting soon.

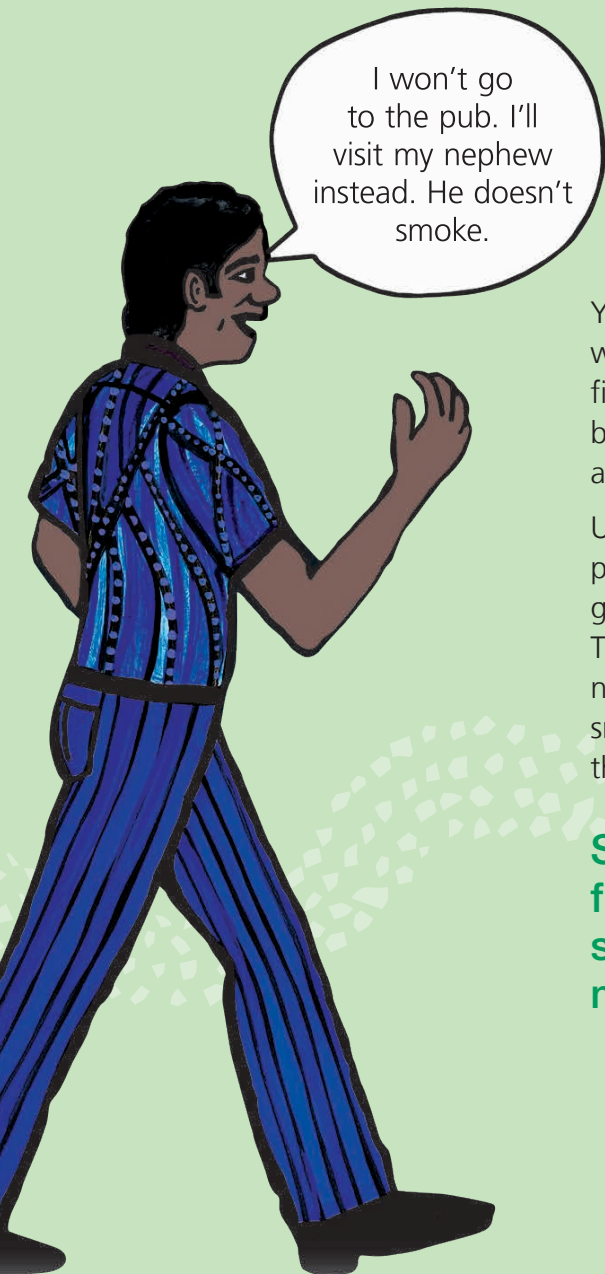
**Remember, it's never too late to quit smoking and the sooner you quit the better. Even if you have smoked for many years, quitting will bring you many benefits.**

## **Tobacco and yarndi (marijuana)**

Nicotine is an addictive drug which is found in tobacco. Tobacco and yarndi smoke both contain harmful chemicals which are absorbed into your body when breathed in. This exposes the smoker's lungs to greater risks of developing illnesses like bronchitis and lung cancer.



## What to expect when you quit



### Coping with cravings (hanging out for a smoke)

Craving is your body's response to not having cigarettes and the nicotine. You may often crave a smoke when you stop, at least for the first couple of weeks. This is because your smoking may be a habit built up over many years.

Using nicotine replacement products like the patches and gum will help with the cravings. These products have less nicotine in them than tobacco smoke and none of the thousands of other poisons.

**Spend time with friends who don't smoke until you feel more in control**

## For the first 2 weeks

- cut down on coffee, tea, cola and energy drinks that are high in caffeine and try to avoid alcohol
- try to avoid friends who smoke – put off going to BBQs or parties until you are past the times when you crave a smoke
- make sure everyone smokes outside the car and home at all times.



## Cravings only last 5 minutes at the most

- do something to take your mind off the next smoke
- have healthy snacks at hand
- a few minutes exercise will also help to get through the craving.

## Smoke free zones

Not smoking in your home, car and workplace increases your chances of quitting. It's also good for those around you like babies, children and older people.

## Make you car and home smoke free



## Reward yourself

Think cash, not ash. Your money will no longer be going up in smoke. If you spend 100 a week on cigarettes then you will save more than \$5,000 for each year you don't smoke.



## What else can help you quit smoking?

Nicotine patches, gum, lozenges, mouth spray, oral strips, inhalers, Champix or Zyban can help you quit if you:

- smoke first thing in the morning
- have tried to quit before
- had withdrawal symptoms last time you tried to quit.

### Nicotine gum

Chew gum slowly when you feel like a cigarette. You only need to chew it enough to soften it, then park the gum between your gum and cheek. Nicotine is released and absorbed through the lining of your mouth. Do not chew gum when eating or drinking.



### Nicotine patches

Nicotine (the same drug that's in tobacco) is absorbed from the patch into your blood through the skin, it stops you feeling like having a smoke. You stick the patch onto your skin and change it every day.

You can buy patches from chemists and some supermarkets and they cost less than a pack of cigarettes per day.

All Aboriginal people can get mid strength patches for free with a script from a doctor.



### Nicotine lozenge

Works the same way as the gum, except that you suck it. Move the lozenge around your mouth every now and then. Do not eat or drink while sucking the lozenge.

## Nicotine mouth spray

Direct the spray onto the inside of the cheek or under the tongue. Don't spray onto the lips or throat.

## Nicotine inhaler

Puff on the inhaler just like a cigarette.



## Nicotine oral strips

Place on the tongue and press to the roof of the mouth. Don't eat or drink while the film is in your mouth.

## Ask a health worker about

- nicotine replacement therapy (NRT) and how to use NRT correctly
- how to use NRT products together
- the most suitable NRT for you.

### IMPORTANT!!

Remember when using the gum or lozenge do not swallow the nicotine. Nicotine must be absorbed in the mouth as it will not work if you swallow it.

## Ask your doctor...

### Champix

Champix is a tablet that can help reduce your desire to smoke. Talk to your doctor if you are interested in trying this product.

### Zyban

Zyban is a tablet which helps to reduce withdrawal symptoms and cravings for cigarettes. Ask your doctor about it.

If you need further information a health worker can help you. You can also see your doctor, nurse or call the **Quitline on 13 7848 (13 QUIT)**.

It's important to use these products for **at least 8-12 weeks** until you've beaten the 'habit' of smoking. Then you can give up nicotine products altogether, as you're no longer addicted to nicotine.

If you are pregnant you should speak to your health professional before using gum, lozenges, mouth spray, oral strips, inhalers and patches.



## REMEMBER...

**All of the nicotine replacement products have less nicotine than you get from smoking and they have none of the other 7000+ dangerous chemicals that are in tobacco smoke.**

### Recovering from smoking

As your body is recovering from smoking, you may experience some of the following symptoms when you quit. Remember, these will pass, and most within the first 2 weeks – so hang in there! Here are some ideas for dealing with these symptoms.

## Recovery Symptoms

Feeling restless, tense or angry

## Tips

- Breathe deeply
- Do some relaxation exercises
- Go for a walk, do something active
- Listen to music or have a bath.

Having difficulty sleeping

- Relax
- Listen to music
- Have a hot, milky drink
- Exercise during the day.



Having trouble concentrating

- Make lists.  
Plan to do one task at a time.

Increase in appetite and weight gain

- Snack on healthy foods
- Limit sugary and high-fat food and drinks
- Be active, do some exercise you enjoy.



Coughing

- Drink water, add ice it might help
- Suck on a throat lozenge.



# Hard things about giving up smoking

I don't think I have  
the willpower  
to do it

Quitting smoking will test your willpower. It's good to remind yourself why you are quitting. And feel good that you are controlling the smokes rather than them controlling you. Some people like to remember that the money they spent on smokes is now in their pockets.

**Someone who spends \$100 a week on cigarettes can save over \$5,000 a year!**

Nicotine patches, gum, lozenges, inhaler, mouth spray and oral strips Champix or Zyban can make quitting much easier.

I'm feeling down

Some smokers feel irritable, angry, sad and moody when they stop smoking. This is because they are letting go of a habit that has been a comfort over the years. It can also be due to withdrawal of nicotine. These feelings do go away. Having friends and family around can help.





## How will I cope with stress?



Lots of our mob use smokes to help with stress. As a smoker, when you feel angry or pressured, you have a smoke to relax. **Being addicted to the nicotine in smokes causes the stress in the first place.**

Here are some ways of coping with stress:

- Take slow deep breaths when you feel pressured or angry
- Do some exercise, like walking or running. Exercise helps you relax and clear the mind
- Talk to other people about your stress or worries
- Do things you enjoy  
Give yourself a break.

## What if I slip up?



Many smokers slip up and have a smoke when they are trying to quit. The main thing is to try again.

Most people who want to quit go on to quit successfully even after a few attempts.

**Take one day at a time – every day without a cigarette makes you a winner.**

## Good things about giving up smoking

A couple of weeks  
after stopping I  
wasn't thinking about  
it as much

During withdrawal you may not be able to stop thinking about smoking. But it gets easier and over time you won't feel like you are controlled by the smokes.

I felt healthier almost  
straight away

As soon as you stop smoking, your risk of cancer, stroke and heart disease goes down. Soon after quitting you will begin to feel healthier, have more energy and find it easier to breathe. Remember you may cough a bit more at first because you are cleaning your lungs out.

I feel in control

You don't have to worry about running out of smokes any more.

My kids have stopped  
nagging me about my  
smokes

Your children will be happy that you're not smoking anymore. It can feel like a weight lifted off you.

I smell better now

Many ex-smokers like the fact that their breath and clothes do not smell anymore.

I have lots more money

The money you save adds up. It feels good to spend on things you and your family enjoy, and having enough to pay your bills.

Who will I ask  
to support me?

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## My reasons for quitting

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Write a list of the things you could buy.

## My quit and save calendar

Weeks of quit	What i've saved	What I'll buy
1 week	\$	
1 month	\$	
3 months	\$	
6 months	\$	
1 Year	\$	

## Who to contact in your community:



## Your local contact person is:

STAY A NON SMOKER

# NON-SMOKERS keep up the good work!



The traditional smoking ceremony cleanses and protects the strength of the spirit. Tobacco smoking is not part of our culture and harms the body.



## Congratulations on giving up smoking!

Use this booklet to help you stay a non-smoker.

Now that you have stopped smoking, your body will be feeling better and you will find it easier to breathe.

As a non-smoker you don't have to worry so much about heart disease, blood pressure and lung problems.



## Your non-smoker checklist

- ☒ I'm a non-smoker now
- ☐ I'm proud that I have quit
- ☐ I'll find new ways to deal with stress
- ☐ I'll take the time to think before I reach for a smoke
- ☐ I'll talk to a health worker if I feel I'm putting on weight
- ☐ I'll talk to a health worker if I'm worried about starting smoking again

## BE PROUD YOU'VE QUIT!

Staying a non-smoker is the best thing you can do for your health and you are setting a great example for the young people around you!

## Slipping up

People who give up smoking try many times before they finally give up. If you slip up, don't feel you are weak, just learn from it and start again. You need to know your challenging times and avoid them for a short while, e.g. going to places where people will be smoking. Remember, it took you a long time to learn the habit of smoking, so it may take you a while to learn to be a non-smoker. If you are worried about starting smoking again, talk to a health worker, nurse or doctor. You can also call the Quitline for advice or support anytime on **13 7848 (13 QUIT)**.

## Feeling down

Some smokers feel angry or sad when they stop smoking. This is because you are giving up a habit that you are used to. It can also be because the nicotine and other poisons are coming out of your body. You may also get headaches, feel dizzy and find it hard to sleep. This is all part of your body getting better. **Take each day one at a time.**

See a health worker, doctor or nurse if you are feeling really bad – there are often simple things that can be done to help you.

## Social times

For a while after you've quit, you may need to move away from people who are smoking. Later on you may be able to stay near them, but avoid breathing in their smoke – as it may tempt you. If they offer you a smoke, you can say "No thanks, I'm OK".

## Craving

You may feel a strong urge to smoke at certain times such as when you have coffee, alcohol or after a meal. Craving is also due to nicotine leaving your body. It can help if you cut down on coffee and stay off alcohol until you get used to not having a smoke.



## Benefits of quitting smoking

The best thing a smoker can do for their health is to quit smoking. Quitting benefits everyone no matter how old you are or how long you've been smoking. People who already have smoking-related health problems, like heart disease, can still benefit from quitting. People who quit smoking after having a heart attack reduce their chances of having another heart attack by half.

If you do feel tempted to have a cigarette, or even 'just a puff' remember why you quit and the great benefits for your health if you stay a non-smoker.

**Once you've quit your body can make an amazing recovery from smoking.**

## Benefits for all ages

If you quit before age 35, then you can expect to live as long as someone who has never smoked.

If you quit before age 50, then your risk of dying in the next 15 years is reduced by half when compared to people who continue to smoke.

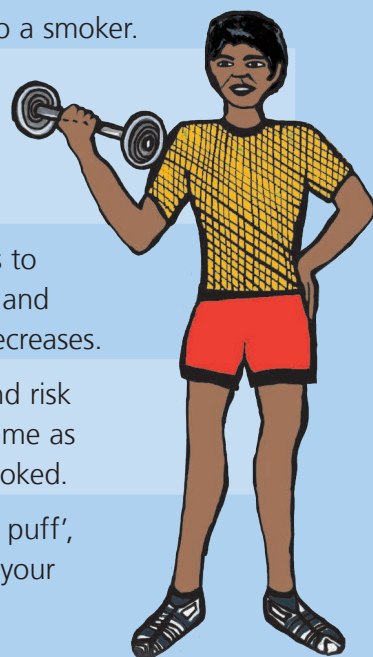
Best of all – quitting at any age doesn't just increase your years of life – it also improves quality of life (less sickness). This is good for our families and our communities. Elders will live longer and will be around to pass on their knowledge to younger generations.



## Time since quitting

## Improvements to your health

Within 20 minutes	Your body begins the recovery process. Your heart rate drops.
4 hours	The nicotine in your blood is halved.
12 hours	The carbon monoxide in your expired air and the oxygen increases.
1–2 days	Nicotine by-products are removed from your blood.
2–3 days	Taste buds recover, and your ability to taste and smell improves.
2–12 weeks	Your heart attack risk begins to drop. Circulation improves. Exercise is easier. Lung function improves.
Within 3 months	Coughing, nasal congestion and shortness of breath decrease.
1 year	Your added risk of heart disease is reduced by half compared to a smoker.
5 years	Your risk of cancer of the mouth and throat is halved and your risk of stroke is dramatically reduced.
10 years	Your risk of lung cancer falls to about half that of a smoker and your risk of other cancers decreases.
15 years	Your risk of heart disease and risk of death fall to about the same as someone who has never smoked.



If you feel tempted to have a smoke or even 'just a puff', remember why you quit and the great benefits for your health if you stay a non-smoker.

## Sexuality and pregnancy

By quitting you will reduce your chances of:

- impotence
- having difficulty getting pregnant
- having miscarriage, premature births, sickly and low birth weight babies.

## Cancer and heart disease

By quitting smoking you will reduce your chance of having:

- cancer of the lungs, throat, mouth, lips, gums, kidneys and bladder
- heart disease and hardening of the arteries
- stroke
- emphysema and other lung diseases.

Not good for our older people

Glue ear (ear infections)

More hospital visits

Children copy parents

Asthma

Sickly baby

## Children's health

If you have children, your quitting can lower their risk of:

- Sudden Infant Death Syndrome (SIDS)
- ear infections
- allergies
- asthma
- bronchitis and other lung problems
- being smokers themselves.

## Appearance, vision and ageing

As a non-smoker, you are also less likely to:

- have cataracts on your eyes
- have weak bones that break easily (osteoporosis)
- get wrinkles and look older faster
- have yellow teeth and bad breath.





# What are other benefits of quitting?

## **You're back in control**

Cigarettes will no longer control your life.

## **You're a great role model in the community**

You will be setting a great example for kids and other smokers.

## **Your food tastes better**

Your sense of taste and smell will be better.

## **You have more money**

By not buying tobacco, lighters, matches etc you will save lots of money. If you currently spend \$100 a week on cigarettes you will save over **\$5000** a year!

## **You'll have more energy to do things**

You will have more energy to do things and exercising will be easier.



## **You'll feel proud of yourself**

Many smokers remember the exact day they quit because it is such an achievement!

## **You don't feel guilty about smoking any more**

No more feelings of guilt or nagging from people to quit.

## **There's clean air for everyone**

Because you've quit smoking, others around you will benefit from less exposure to environmental tobacco smoke.

## **You're no longer an outsider**

You won't have to go outside to smoke.

Remember, if you want to stay a non-smoker, try to avoid having even 'just one puff' – because that can send you back to being a smoker. A health worker can provide you with information about quitting smoking. You can also see your doctor, nurse or call the Quitline anytime for information and support on **13 7848 (13 QUIT)** for the cost of a local call.



## Reward yourself

Reward yourself every few days you go without smoking. Do something for yourself or your family with the money saved.



## Coping with stress

When you feel angry or stressed, instead of having a smoke, think of the reasons you quit in the first place and other ways to cope:

- deep breathe
- do something else
- drink water.

## Putting on weight

Sometimes when people give up smoking they gain a little weight. Because your body is free of nicotine, your appetite may increase. If you do put on a bit of weight, don't worry about it for now.

You can keep your weight at a healthy level by keeping active and eating healthy food including plenty of vegetables, or get advice and support from the Get Healthy Service on 1300 806 258 or visit the website at [www.gethealthynsw.com.au/](http://www.gethealthynsw.com.au/)

It offers coaching and materials that are specific to Aboriginal communities.



## Nicotine patches, gum and inhalers

If you are using nicotine patches, gum, lozenges, mouth spray, oral strips or inhalers, check with the clinic a few days after quitting to make sure that they are working all right. You can ring the **Quitline on 13 7848 (13 QUIT)** for advice about this too. If you are using Champix or Zyban, keep in regular contact with your doctor.

Think of yourself as a non-smoker from the moment that you quit. Once you get to 3 months as a non-smoker you are unlikely to go back to smoking. It is true that many ex smokers experience 'cravings' for years after they stop smoking.

If you do feel you might be tempted to have a cigarette, remind yourself of all the reasons you quit and maintain your determination to be a non-smoker.

**Now that you have stopped smoking, you will feel better and find it easier to breathe. Exercise may seem easier than when you were smoking.**



# STAY A NON SMOKER

Who to contact in your community:



Your local contact person is: