

# Health & Wellbeing

May – Quit



## *Find your reason to quit*

The first step when quitting smoking is to think through your reasons to quit. People quit smoking for many reasons, most commonly to improve their health and to save money. Thinking through your own personal reasons to quit will help you decide if smoking is worth it or not.

## *Be prepared*

Good preparation increases the likelihood of successful quitting. Good preparation is about seeking out and organising support. This includes both guidance from an advisor or coach (like Quitline) and effective quitting methods (like nicotine replacement products or quitting medication).

Tips for getting ready:

- ❖ **Set a quit date.** Pick a date within the next two weeks. This gives you enough time to prepare but ensures you won't lose your motivation to quit. Choose an easy day to stop smoking. One when you won't be under much pressure and will have plenty to occupy you.
- ❖ **Stick to your Quit date.** If you have to change it set a new date straight away. Get rid of cigarettes the night before. If you have some left in the house, destroy them. If you really want a cigarette you'll at least have to go to the shop to buy some. This leaves more time to talk yourself out of it.
- ❖ **Plan your quit day.** What will you do first thing in the morning? Make sure you have water and healthy snacks on hand. If you plan to exercise more, make sure your equipment is ready: e.g. check there is air in your bike tyres if you plan to ride your bike.

- ❖ **Try a smoke free day.** Sometimes setting a quit date can seem daunting. Some prefer to try a smoke free day before their quit day as a way of dipping the toe in.

## **Staying quit**

Staying quit can be challenging at first but it gets much easier over time. In the first two to four weeks most people experience strong cravings and need to put in daily work to stay quit.

For most people withdrawal symptoms (such as irritability, sleep disruption, cravings) will have subsided after the first few weeks and most people start to enjoy whole days free of cravings or thoughts of smoking.



## **Managing setbacks**

Most people who try to quit have setbacks. Setbacks are learning opportunities.

If you've had a slip-up (a puff or a few cigarettes during your quit attempt) it's natural to feel bad but it's also a warning to take seriously.

If you've relapsed (returned to smoking regularly) try quitting again when you feel ready.

## **Did you know that TMHS have a Smoking Cessation Service?**

TMHS have a Smoking Cessation Service that is conducted at the Mortlake Community Health Centre and Terang Hospital.

All appointments are on a one-to-one basis with a trained Smoking Cessation clinician.

The initial appointment will run for approximately one hour, during which a thorough assessment of your smoking habits and history will be completed. You will then receive follow up contact over the next two months. During this time we will monitor your progress, provide you with problem solving tips, motivation and encouragement. We will then conduct short telephone interviews at 3, 6 and 12 month intervals to monitor your progress.

The Smoking Cessation Service is available by appointment only.

Consultations are FREE and confidential.



To book an appointment, please contact -

Terang Hospital

13 Austin Avenue, Terang

Phone: 5592 0222

Or

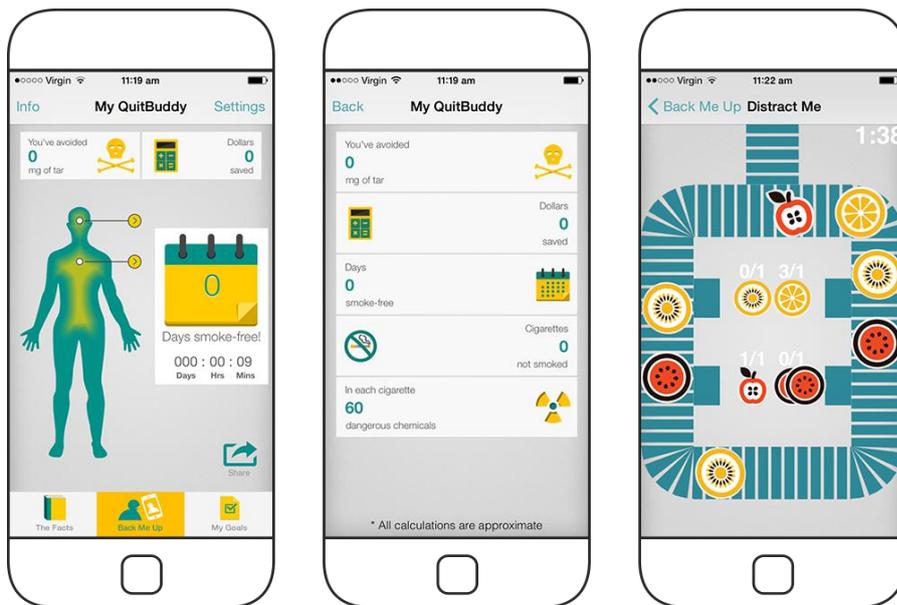
Mortlake Community Health Centre

23 Boundary Road, Mortlake

Phone: 5558 7000



### *My QuitBuddy app – try it!*



My QuitBuddy helps you get, and stay, smoke free. It's with you through the hardest times with helpful tips and distractions to overcome cravings; tracking systems to chart your progress and all the facts you need to understand the impact smoking has on your health. Available now on the Apple store and Google Play.

***For more information on how to quit, visit <http://www.quit.org.au/> or call the Quitline on 137848.***