

6 Stop for good with the right support

There are different ways we can help you to quit – with your local Stop Smoking Service, or using stop smoking medicines (such as Nicotine Replacement Therapy).

If you smoke again, don't despair, it can take a few attempts to quit. Success is often trying a new way or a combination of ways that work for you.

The Gibraltar Health Authority
St. Bernard's Hospital
Harbour Views Road
Gibraltar
Stop Smoking Clinic Tel: 20007865
Green Area at the Primary Care Centre

Because life's better smokefree.



“I'm quitting, one day at a time.”

Your personal plan



Well done you...

...you're ready to quit smoking for good. **Just remember this is not a test of your willpower. Preparing to quit is about being practical, and having a plan.**

1

Stopping Smoking

- Remove ashtrays and lighters/matches
- Change daily routine
- Drink plenty of water
- Eat healthy snacks if hungry
- Keep busy
- Go for a walk
- Go to smoke free places
- Tell yourself you can do it

2

Think hard about quitting

What do you stand to gain?

- More money for you and your family
- An improved sense of smell and taste, and fresher breath
- Less stress and anxiety
- Keeping healthy for the sake of your children
- Cleaner lungs and a stronger heart

Use this space for listing your **top five** reasons for going smokefree and refer back to them when your feeling tempted

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
-

3

Prepare for the day you quit

The day you quit, you'll change your life for the better.

Avoid temptation

- Choose a quit date that's unlikely to be stressful
 - Don't have any cigarettes, matches or lighters on you
 - Avoid places where others may be smoking
-

Get support

- Talk to friends and family
 - Talk to someone who's successfully quit
 - Team up with someone else who wants to quit too
-

4

Remind yourself why you're quitting

- That there's never **'just one cigarette'**
 - That you want to be in control
 - That you'll be much healthier
 - And much wealthier
-

During the first week

- Keep busy
 - Change daily routine
 - Stick to non-smoking areas
 - Get plenty of fresh air
 - Keep telling yourself, **'I can do it!'**
-

5

Your Dates

Stop Date



Carbon Monoxide Level



Date 1 Month Later



Carbon Monoxide Level


