

WHAT WILL YOU BUY WHEN YOU

**QUIT**  
**& SAVE**

Your guide to quitting for good with  
**Knowsley Stop Smoking Service**

**QUIT**  
**1 WEEK**  
AND SAVE  
**£56**



**QUIT**  
**1 YEAR**  
AND SAVE  
**£2,688**



**QUIT**  
**5 YEARS**  
AND SAVE  
**£13,440**



## 1

# THINK POSITIVELY

It is important to be positive when you are stopping smoking. One thing which may help is to **think about the advantages of not smoking**. This will provide you with some very good reasons to **keep strong later** if you are tempted to have 'just one cigarette'.

## THE MAIN BENEFITS I EXPECT TO GAIN FROM NOT SMOKING ARE:

- ✓ **Be less short of breath**
- ✓ **Reduce the risk** of chest pains, coughs, catarrh and chest infections
- ✓ **Save money**
- ✓ **Appreciate** the taste of food more
- ✓ **Be fitter and enjoy sport and exercise** more
- ✓ **No longer smell of tobacco**
- ✓ **Less likely** that my children will smoke
- ✓ **Reduce the risk of damage to my baby** if I am pregnant

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## HELPFUL HINTS FOR QUIT DAY AND BEYOND

Have a **long leisurely** bath

Do **jobs** around the house

Make today special – **be kind to yourself**

**Get active** – swimming, walking and cycling

**Keep your hands busy** with puzzles, knitting or stress balls

**Make a list of why** you want to stop smoking

**Brush your teeth** frequently

**Avoid** places and situations which **will remind you of smoking**

Practice saying **'No thanks, I don't smoke'**

Spend as much time as possible **with non-smokers**

Keep **low calorie nibbles** such as carrots or sugar-free gum at hand

**Give yourself a treat** at the end of your first day

Tell yourself **'I am choosing not to**

**Start a savings jar** by putting in the amount you would have spent on

Take **one day at a time** or **one hour at a time**

Never think **'one won't hurt'** – it

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# YOUR HEALTH

The first couple of weeks **after quitting** can be a tricky time as your body works to adjust.

## KEEP POSITIVE AND REMEMBER:



### AFTER 8 HOURS:

Oxygen levels in the blood **return to normal** and your chances of heart attack **begin to fall**.

### AFTER 1 DAY:

Most carbon monoxide has been eliminated from your body and the **lungs are beginning to clear** out mucus and debris. Remember to breathe deeply through cravings and drink plenty of water.

### AFTER 5 DAYS:

By now your **breathing will be easier**, your skin and eyes clearer and you should be feeling your **energy levels pick up** again. Try to get into the habit of using a **relaxation technique** every morning and night.

### AFTER 1 WEEK:

**Sleeping patterns start to return to normal**. You may have a sore throat or cough more than usual as your lungs reject the tar and debris collected over the years.

### AFTER 2 WEEKS:

Blood vessels throughout your body **are beginning to open up again** and your circulation is improving even further. **Walking and exercise become easier**.

### AFTER 2 DAYS:

Nicotine is **no longer traceable** in your body and your sense of **smell and taste are improving**. Withdrawal symptoms may peak today and tomorrow, so drink plenty of water, be **determined and focus** on the fact that they will pass.

### AFTER 3 DAYS:

Today may be your toughest day for physical withdrawal symptoms. **Remember they will fade** with time so push on by keeping busy and drinking lots of water. In just three weeks these **cravings will be a thing of the past, so keep looking ahead!**

### AFTER 4 DAYS:

You may feel restless and empty. Your body is craving nicotine and this can feel like physical hunger **so drink as much water as you can** and keep snacks to hand. Try going for a **walk** or to the **gym**.

### AFTER 3-9 MONTHS:

Breathing problems, coughing, shortness of breath and wheezing improve. **Lung efficiency increased by 5-10%**

### AFTER 5 YEARS:

Risk of having heart attack falls to about **half of that of a smoker**.

### AFTER 10 YEARS:

Risk of lung cancer falls to around half of that of a smoker. **Risk of heart attack falls to about the same as someone who has never smoked.**

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# DEALING WITH STRESS AND DIFFICULT SITUATIONS

## WHY IS SMOKING STRESSFUL?

The daily routine of needing to feed the body **nicotine creates stress**. Smokers often wake in the morning needing a cigarette because nicotine levels in the body have dropped during the night. **Some people even wake in the night** because cravings are disturbing their sleep. Once nicotine levels have been ‘topped up’ with the first cigarette of the day, the smoker feels ‘comfortable’ for a while.

**Once nicotine levels start to fall again**, the smoker is subjected to the stress of needing another ‘dose’ of nicotine to bring them back into their comfort zone.

**Without even realising it**, the smoker’s body is **stressed by withdrawal symptoms**.

## HOW TO MANAGE STRESS

- ✓ **Increase your levels** of physical exercise and healthy eating
- ✓ **Rest more** and increase the amount of sleep you get
- ✓ **Try relaxation techniques** like deep breathing exercises which you can try anywhere
- ✓ **Try more structured relaxation** programmes that could help you

## RELAXATION EXERCISES

**A calm breathing pattern for use in everyday situations:**

1. **Sit** in an upright chair
2. **Roll** your shoulders back
3. **Breathe out**
4. **Now breathe in** slowly through **your nose** for a count of
5. **Breathe out** slowly through your mouth for a count of 5
6. **Now take 5 slow deep breaths**
7. **Repeat** this breathing routine **5 times**

**As you breathe in** your stomach expands slightly and as you breathe out, it returns to normal again. This **calming breathing** can be used in any situation in which you feel **tension mounting**.

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## DISCUSSION AROUND WEIGHT GAIN

Many people worry about putting on weight when they stop smoking. However, not everyone does. For those that do gain weight the good news is that the average increase over a year is quite small. You can manage this by doing some of the following:

- ✓ **Drink more water – 6-8 glasses a day.** This helps to control your appetite and lowers cravings for sweets
- ✓ **Avoid the food and drink** you associate with having a cigarette
- ✓ **Keep moving and keep active.** Small things like taking the stairs, getting off the bus one stop earlier or gardening can make a difference
- ✓ **Cut down** on red meat, cheese, crisps, biscuits and cakes
- ✓ **Eat lots of fresh fruit,** vegetables and beans. They are low in calories but full of fibre so they fill you up
- ✓ **Keep a stock** of healthy snacks nearby
- ✓ **Drink alcohol in moderation** as it is high in calories, stimulates your appetite and makes you less able to resist a cigarette



- ✓ **Be wary of all sauces, soft drinks and toppings.** Custard, gravy, mayonnaise and salad dressings can be very fattening. Look for low fat versions
- ✓ **Replace** sausages and bacon with chicken or white fish
- ✓ **Have fewer fry ups.** Grill food instead
- ✓ **Dairy products can be high in fat.** Try using low fat dairy products
- ✓ **Don't use food** to reward yourself

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# INFORMATION FOR PARTNERS, RELATIVES AND FRIENDS

**You need all the support you can get whilst stopping smoking.** Sometimes it is hard for the people around you to know how to help you or how to react when you are trying to stop smoking. **Why not read this page to your family and friends?** It will help them to help you...

- ✓ **The addiction to nicotine is strong,** as are the habits and psychological elements of smoking. **Please have patience** if the person seems irritable or depressed at times.
- ✓ If the person weakens and has a cigarette don't say **'I knew you couldn't do it'**. **Instead give them support. Congratulate** them on the amount of time they did stop for and encourage them to carry on with their quit attempt.
- ✓ Smokers trying to give up have often tried before and failed and their **self-esteem is often low.** You can help by **telling them how well they are doing.**
- ✓ **Don't say 'just have one - it won't do any harm'.** An ex-smoker can **never** safely have another one. **Try and distract them** – the craving will pass in a few minutes
- ✓ It may be helpful to **avoid places where there will be smokers.**
- ✓ **Remind the person** why they wanted to **quit in the first place.**
- ✓ **Ask the person how you can help** them whilst they are stopping. Your understanding and support can make all the difference to their success.

**Stopping smoking is the single best thing** your friend/ relative/partner can do for their health and the health of their family. **Please give them your support!**

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# STAYING SMOKEFREE

**At this stage, it's a good time to think about how to stay quit for good!**

**Whilst it does not take long to break the 'addiction' side of smoking, the habit can take longer to break.** You may find long after you have given up that something will suddenly make you want a cigarette. But remember, the desire to have a cigarette will only last a moment. It is simply a passing thought and will disappear. Remember your body no longer needs nicotine.

**Be aware of your 'triggers' for smoking.** What do you consider to be your danger situations? Meal times, social events, drinking alcohol, stress? Be on your guard.

**Do not let anyone convince you that it's OK to have 'just one cigarette'.** It is easy to think that one won't hurt but it can very easily by the beginning of a return to regular smoking. You have come so far – don't allow yourself to be persuaded to smoke again.

**Continue to use your therapies for the full recommended time.** Don't be tempted to stop using your product. Not completing the course of treatment can be a major cause of starting to smoke again.

**Try to learn from your previous experience.** If you have stopped smoking before, think about what made you start again and what you could do differently this time. Remember why you stopped in the first place. What were your reasons for wanting to stop smoking? Remind yourself of them to keep you focused and motivated.

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## STAYING SMOKEFREE

### ROUTINES

Certain routines are likely to be strongly linked with smoking. Many people see smoking as their treat or reward and this association can be hard to break. Break obvious routines. If you always smoked with a cup of coffee in the morning, try herbal tea or even hot water with lemon instead (water and cigarette smoke don't taste good together). Or use this time to do something completely different – take the dog for a walk, meditate or go for a swim.

Remind yourself that the pleasure you associated with smoking was an illusion. It only seemed good because you were relieving your withdrawal symptoms.

### STRESS OF BEING A SMOKER

Many people believe that smoking relieves stress. However, as smokers experience nicotine withdrawal symptoms when they don't smoke it can often lead to heightened levels of feeling stressed. Think of a smoker and a non-smoker caught in a long meeting. Who is more likely to be distracted, fidgety and longing to get out of the meeting room? When you stop smoking, you are removing an enormous cause of stress from your life. If you do feel stressed, how about trying some relaxation exercises, having a hot bath or burning off some frustration at the gym?

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## STAYING SMOKEFREE

### TIREDNESS

Excessive tiredness is normal in the early days of stopping smoking. Exercise is a good way to relieve tiredness, and now that you are physically fitter you'll be surprised at how much easier and more enjoyable exercise is. Do what works best for you – a regular walk every day is just as good as an irregular workout in the gym – and your energy levels will soon rise. Stay motivated!

### OTHER SMOKERS

Remind yourself that smokers are addicted and they might wish they didn't have to smoke (just like you used to). Ask your friends not to offer you a cigarette and remember how much good you are doing yourself by not joining them.

### BOREDOM

Boredom is a state of mind. Smoking won't change that, but doing something different might.

### COMPLACENCY

Many smokers report a danger time at about five or six weeks. Withdrawal symptoms are behind you, you're feeling physically better, mentally more alert and you may have forgotten just how bad you felt when you were still smoking. Beware! Complacency is

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# STAYING SMOKEFREE

dangerous. Remind yourself that there is no such thing as one cigarette. There never was before and there won't be this time either. Keep positive and stay focused.

## SOCIALISING

If at all possible, it may be better to try and avoid alcohol for the first two or three weeks. Try and break and connection between drinking and smoking. When you have a drink again, make it at home away from smokers and wait until you feel secure enough as a non-smoker before going back to the pub. Try changing your usual drink – it sounds funny, but it really can help!

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# YOU'VE MADE IT TO 4 WEEKS SMOKEFREE

**Well done!**

## HERE'S A REMINDER OF THE BENEFITS:

- ✓ **Your risk** of heart disease, stroke and cancer is starting to reduce
- ✓ **Your circulation** will improve
- ✓ **Your risk** of stomach ulcers is reduced
- ✓ **Chest conditions** such as asthma and bronchitis may improve
- ✓ **Your skin** looks healthier, fresher and is a better colour
- ✓ **Your fingers** are no longer stained by nicotine
- ✓ **Your hair and clothes** smell cleaner and your breath smells fresher
- ✓ **If you want** to become pregnant you are reducing the risk to your unborn child
- ✓ **Your sex life** may improve as your risk of impotence decreases
- ✓ **Your risk** of experiencing a household fire is reduced
- ✓ **The risk** to others through second hand smoking is reduced

**We will provide ongoing support to help you stay quit. The service will contact you at 12 weeks, 26 weeks and 52 weeks to follow your progress.**



**Call** 0151 426 7462 or **Text** QUIT to 61825\*

**Visit:** [www.smokefreeknowsley.org.uk](http://www.smokefreeknowsley.org.uk)



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