



Help2Quit

Break free from smoking

Your guide to stopping
smoking for good

SMOKEFREE
JERSEY 



“ Reading this is your first step to stopping smoking for good ”

Help2Quit gives you advice and support to help stop smoking for good. Nicotine replacement therapy and stop smoking support is free. Our services have been put together by experts and are carried out by trained staff.

Reading this is your first step to stopping smoking for good.

We have helped hundreds of people in Jersey by guiding them through these four steps:

- 1 Think** see page 03
- 2 Prepare** see page 06
- 3 Quit** see page 06
- 4 Stop for good** see page 11

You can use the easy steps planner on page 13 to help you get there.



Think

Think about quitting

Get ready to stop smoking by seeing yourself as a non-smoker. Just think how good you would feel if you stopped smoking for good. What would it be like to wake up every day feeling completely fresh and free, feeling more energy, having more money, more life. Follow these steps to make this happen.

Think about your health

Stopping smoking improves your chances of living a longer and healthier life. In just 20 minutes your body starts healing itself, repairing the damage done by all those years smoking.

Things get better right away when you stop smoking for good.

After 20 minutes

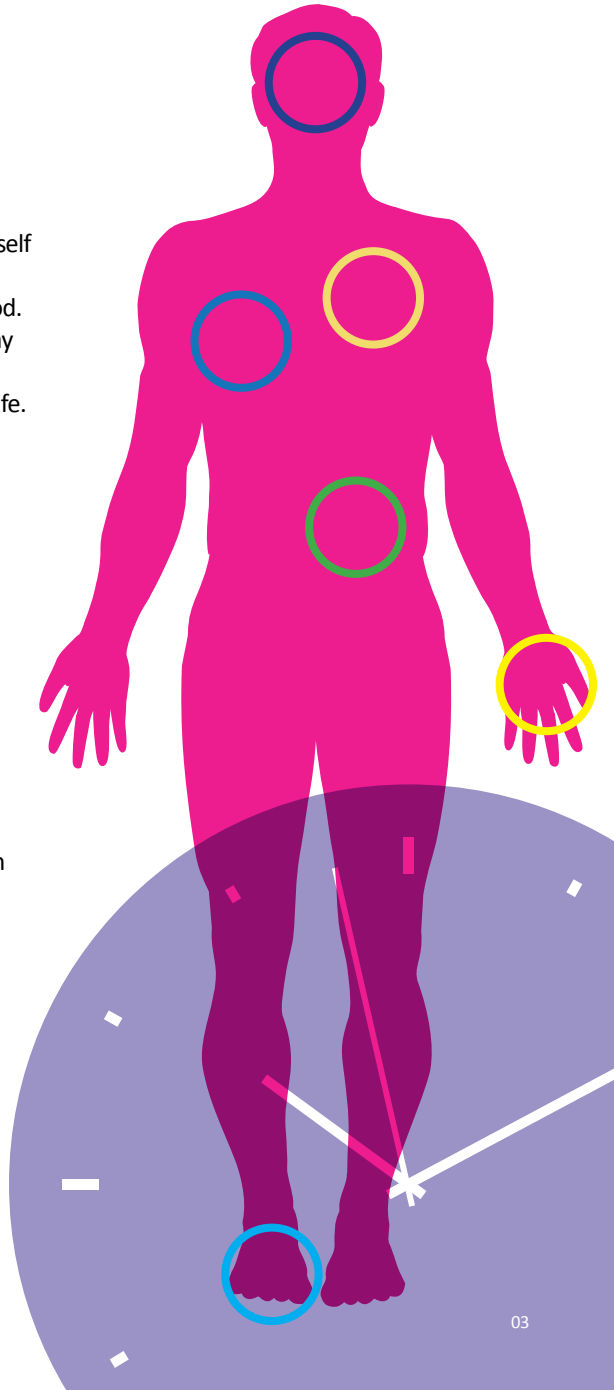
Your blood pressure and pulse go back to normal. Circulation improves, especially in your hands and feet.

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 is removed from the body. Your lungs start to clear out mucus and debris.



After 48 hours

Your body is now free of nicotine. You'll notice how your senses of taste and smell have got better.

- ✓ Reduce that clogged feeling in your lungs and lose that nasty cough in the morning
- ✓ Reduce your chances of getting lung cancer and breathe more easily
- ✓ Reduce that tired feeling and do more of the things you love
- ✓ Reduce your chance of having a heart attack and exercise more comfortably

After 72 hours

Your breathing is easier. You have more energy.

In 2-12 weeks

Circulation through your body is better, so it's easier for you to walk and exercise now.

In 3-9 weeks

Your lungs can breathe in 5-10% more air and you stop coughing, being short of breath and wheezing.

After 5 years

You have now halved your chance of having a heart attack compared to a smoker.

After 10 years

You have now halved your chance of getting lung cancer compared to a smoker. Your chance of having a heart attack is the same as someone who has never smoked.



**“ Things get better
right away when
you stop smoking
for good ”**



Prepare a good plan

It will help if you set a date to quit smoking and be ready for it:

- ✓ Contact the Help2Quit Stop Smoking Service, where trained advisers are waiting to help you
- ✓ Identify the things that trigger you to smoke and plan ahead
- ✓ Take it one day at a time, you should feel good about what you're doing
- ✓ Find a friend who will stop smoking with you so you can support each other



- ✓ Use stop smoking medicines to cope with the cravings to smoke
- ✓ Stay away from situations where you might be tempted to smoke again
- ✓ Check how much money you have saved - plan to treat yourself
- ✓ Remember you may need to tell yourself: "I can do it, I can do it, I can do it."



Quit with your local Help2Quit Stop Smoking Service

Your local team of trained staff will give you all the support you need when you're ready to stop smoking. They will help you to understand why you smoke and create a plan to help you quit.

Nicotine replacement therapy (NRT) is free with Help2Quit, if you wish to use Champix or Zyban medications you will need to obtain this from your GP. You can still use Help2Quit for support as this can increase your chances of quitting successfully.



The right support for you


We will get you working one-to-one with a trained adviser. We will support you in setting a date to quit smoking and to attend sessions after that. Your adviser will also be able to check your level of addiction and advise you on the best methods to help you quit, including advising on different stop smoking medicines.

Track your progress

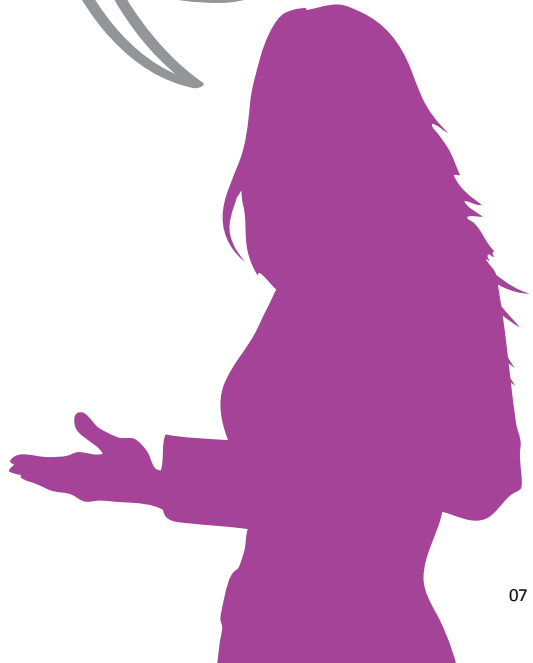
A weekly carbon monoxide check can help you monitor your progress and show you how your body recovers once you stop smoking.

Quit with a little help from stop smoking medicines

The first few weeks without smoking can be the hardest. This is when your body is fighting the physical addiction. This passes, but you might find stop smoking medicines helpful to get you through these early stages. Once the physical cravings pass you'll find it much easier to stay the course.



We will support you in setting a date to quit smoking and to attend sessions after that.



Increased Success

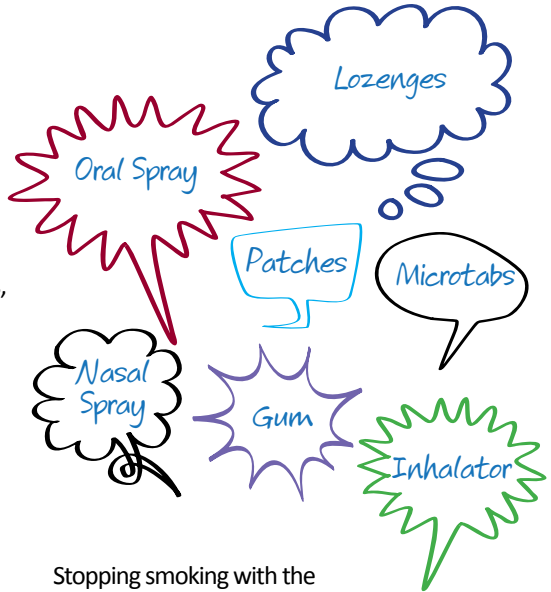
Nicotine Replacement Therapy (NRT) replaces the nicotine your body craves without the toxic chemicals you get in cigarettes like cyanide or carbon monoxide, so it doesn't affect lung function or cause cancer. There are seven types of NRT available: Patches, gum, lozenges, microtabs, inhalator, oral and nasal spray. Most of these are available free of charge from Help2Quit or to buy over the counter from pharmacists.

Stop smoking medications are normally used for 8 - 12 weeks. It's suitable for most adults, but if you have a heart or circulation condition, or are on regular medication, you should speak to your doctor or stop smoking adviser. NRT is considered to be safer to use in pregnancy than smoking but if you are pregnant, you should speak to your doctor, midwife or Help2Quit adviser before using NRT.

Find the right method for you!

If one type of NRT doesn't work for you at first then try another or even a combination. Using more than one NRT product can be very effective in controlling stronger cravings. For the best results remember to check out the instructions, or talk to a health professional or Help2Quit adviser about the best ways to use the various products.

“**Stop smoking for good by really believing you can succeed**”



Stopping smoking with the help of NRT is about finding the right products to suit you and your lifestyle. There's a 'trick' to getting the best from these products, so knowing a bit about the options can help you get it right.

Try and try again

Stop smoking for good by really believing you can succeed. If you start again, don't lose hope...it can take a few attempts to quit. There are lots of ways that people have succeeded in stopping smoking, success comes from finding the way that's right for you. Help2Quit Stop Smoking Service will always be there, and will be happy to help you again. Because you've tried before, you can use your learning about that experience in planning a different route.

Keeping a record of your progress can really help you succeed



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 stronger heart

What are your top five reasons for quitting?

1.
2.
3.
4.
5.

How much does smoking cost you?

Add up what you now spend on smoking. It might cost you more than you think.

Cost per day: a day

What you spend on smoking per week: a week

Multiply by 52 for a cost per year: a year

So, think ahead - if you don't quit now:

In another three years you would spend:

£

In five years:

£

In ten years:

£

How will you treat yourself with the money you save?



What's keeping you smoking?

Certain times of day might be triggers for you to smoke. Being aware of your triggers can help in planning to beat them.

When are you most likely to smoke?

- Waking Up
- A Social event
- Talking on the phone
- After a meal
- Having a drink
- With friends or family
- Watching TV
- Reading the paper
- Any others?

Why stop smoking?

Reasons to smoke

Reasons to stop smoking

Know why you smoke

To understand when you smoke and the triggers, fill in the planner below over a day or two.

| What time I smoke | What I was doing | How much I wanted to smoke |
|-------------------|------------------|----------------------------|
| | | |
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| | | |
| | | |
| | | |

Managing your triggers

Here are some ways that can help you cope with the difficult moments:

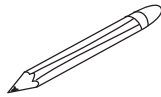
- ✓ Stay busy
- ✓ Think about something else
- ✓ Take a few slow, deep breaths
- ✓ Go out for a walk, or just into another room
- ✓ Drink a glass of water or fruit juice
- ✓ Talk to a friend about it



**Stop
for good**

- ✓ Look back at your list of reasons for quitting (try keeping this with you)
- ✓ Try using NRT products or other stop smoking medicines
- ✓ Receive support from your Help2Quit stop smoking adviser

Write down ideas on how you will deal with your triggers.



Prepare for the day you stop smoking

The day you stop smoking, you'll be changing your life for the better.

Get Support

- ✓ Call the Stop Smoking Service and ask for expert help to quit
- ✓ Talk to friends and family about stopping smoking
- ✓ Find someone who has successfully stopped smoking to talk to
- ✓ Team up with someone else who wants to stop smoking too

Avoid temptation

- ✓ Choose a date to stop that's unlikely to be stressful
- ✓ Try not to have any cigarettes on you or near by
- ✓ Try to stay away from places where others may be smoking

Remind yourself

- ✓ Why you have decided to stop smoking
- ✓ That there's no such thing as 'just one cigarette' When you set a quit date to stop, it's important to not have even a puff on a cigarette
- ✓ That you want to take control
- ✓ That you'll feel and be much healthier and much better off!

During the first week

- ✓ Stay busy
- ✓ Find a new regular daily routine
- ✓ Get yourself plenty of fresh air
- ✓ Remind yourself, "I can do it!"

“ The day you stop smoking, you’ll be changing your life for the better ”



Coping with withdrawal symptoms

Many people who start smoking again do it because they feel they can't cope with the cravings and withdrawal symptoms. The first few days can be hard, but the symptoms are a good sign that the body is starting to recover.

| Symptoms | What's happening | How to cope |
|--|--|--|
| Intense desire to smoke | Your brain is missing the nicotine fix | Remember this goes after a few weeks. See page 11 for ways to cope |
| Coughing | Your lungs are clearing of tar | Will improve quite quickly, warm drinks will help |
| Hunger | Your metabolism is changing, food tastes better since quitting | Eat fruit and veg, chew sugar free gum and drink lots of water |
| Constipation and diarrhoea | Your body is returning to normal and it will settle down | Drink lots of water, eat fresh fruit and veg, and exercise. If it persists try over the counter products, or see a healthcare professional |
| Trouble sleeping | Due to nicotine leaving the body | Lasts about 2-3 weeks. Cut down on tea and coffee. Get more fresh air and exercise |
| Dizziness | More oxygen to the brain, less carbon monoxide | Should stop after a few days |
| Mood swings, poor concentration, irritability | Signs of nicotine withdrawal and will pass | Warn family and friends, ask for support. See page 11 for ways to cope |

What do I do if I have a cigarette?

- ✓ Remind yourself why you want to stop smoking
- ✓ Bin any remaining cigarettes you've got
- ✓ Avoid the situation that made you smoke again
- ✓ Call a friend or your stop smoking adviser
- ✓ Be positive and remind yourself that you can do it

Coping with difficult situations

- ! Look back at the list of things that kept you smoking, and try to avoid these if you can
- ! Prepare for the day you plan to stop smoking
- ! The day you stop smoking, you'll change your life for the better
- ! Think hard about stopping smoking. Everything else follows from that
- ! Remember you are four times more likely to quit with support

“ Remember you are four times more likely to quit with support ”



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**Call Freephone
0800 735 1155**

Monday to Friday 8.30am - 4.30pm

States 
of Jersey

www.gov.je/smokefree



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