

Help someone make a list of reasons for stopping. For example to save money, be healthier, reduce risks from smoking related diseases, become fitter. Add some more suggestions:

It's hard to deal with withdrawal symptoms. Link the symptoms to the advice given below:

Wait, let it pass, the craving will go whether you have a cigarette or not

Wind down before bed, have a relaxing bath and do some deep breathing exercises.

Take your mind off wanting another cigarette. Get busy. Go and wash the dishes!

Relax, cut down on caffeine, drink more fruit juice and water. Take deep breaths.

**trouble sleeping
feeling bored
craving a cigarette
pressure to smoke
headaches, irritability
feeling miserable
hunger
feeling tired**

Remind yourself why you're quitting. Practice saying, "No thanks, I don't smoke."

Substitute your craving with something else. Eat sugar-free mints or chewing gum.

Get some fresh air. Drink plenty of water to help speed up the withdrawal process.

Think positive. Remember why you want to quit. Talk with a friend or a help line.

Remaining positive is vital. Write your advice for someone who says:

I'm worried I'll put weight on if I stop smoking. _____

I don't have enough willpower to stop. _____

I've tried before and didn't succeed so why will this time be any different? _____

Smoking keeps me calm and helps me when I'm stressed. _____

I enjoy smoking with my friends. _____
