

Stopping smoking



Why is this good for my health?

- Best for health, at any age: Stopping smoking is the single best thing you can do to improve your health – it increases how long you can expect to live and how well you live, no matter what age you are when you quit.
- Sooner, the better: At the same time, the risk of smoking related illnesses increases with how long someone has smoked, so the sooner you stop smoking the better for your body.

Why else would I want to do this?

- Get rich quick: The average person smoking 13 cigarettes a day saves £1700 per year when they stop smoking.
- Look and smell better: By not smoking, your hair and clothes will smell better and your skin, hair and nails will look healthier. You might find some wrinkles disappear!
- Kids and pets breathe easy: Not smoking around others, especially those with smaller lungs like children or pets, is really good for their health too

How can I make a start?

- Make a plan: If you're planning to stop by yourself, you can get going by setting yourself a quit date and preparing yourself, like clearing the house of smoking equipment and getting hold of any products you will use to help

- What if...: Make a plan and think of some tricky situations in advance. Write down 'if' each should happen 'then' how you will respond e.g. 'if I'm driving I'll use sugar free mints to help me avoid smoking'
- What's the point?: Remembering that for many people, smoking is a routine and a habit that takes time to be changed. It really helps to spend time thinking about where, when and why you tend to smoke and what you can do instead when a craving comes.
- Danger zones: For the first wee while after you quit, it may be helpful to stay away from the places you go to smoke, or even from other smokers. Don't be tempted to 'just have one'!
- Don't fret about it: If you have a slip, don't worry too much, just carry on with your great progress! Remember all the things you've done before that have helped you to avoid smoking and keep doing them.

Who else can help?

- Thousands of people per year in the North East of Scotland get free help in stopping smoking from their local pharmacy or specialist stop smoking advisor. Just call 0500 600 332 for more information.
- Help and support from friends and family when you quit can make all the difference – get them involved.