



# My Stop Smoking Booklet

**This booklet will help  
you to stop smoking**



Fill it in with your  
stop smoking  
advisor

# Healthy Lifestyles Team



## Welcome to **your stop smoking** booklet

Section 1 of this booklet will tell you about smoking and why it is bad for your health.

Section 2 of this booklet will ask you some questions about your smoking and how you plan to stop.

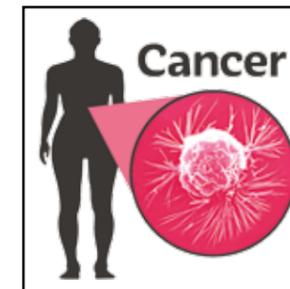


Well done for choosing to **stop smoking** and for **getting some support.**

## Section 1

Smoking can make you very ill.

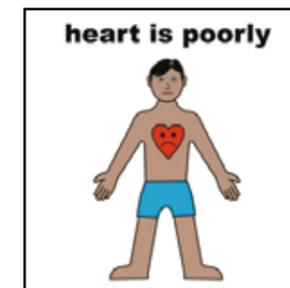
**Here are some of the illnesses you can get if you smoke:**



Cancer.



Breathing problems.



A poorly heart.



Mouth,  
throat,  
stomach,  
bowel problems.

## Here are some things to think about if you smoke:



There are lots of places where smoking is not allowed.



It costs a lot of money.



People think smoking is smelly and they do not want to be around smoke.

It makes you smell and your skin wrinkly.



Smoking when you are pregnant can harm your baby. Being in a smoky place might harm your baby.



Smoking near other people can make them ill.

Tobacco is full of tar and dangerous chemicals which go into your lungs.

**When you are a smoker you are addicted to the nicotine in cigarettes.** Nicotine is a chemical that makes you want to smoke more and more.

Always wanting another cigarette is called being addicted to smoking. The feeling you have when you want to smoke is called 'a craving'.

Your stop smoking advisor can help you think of ways to cope with cravings when you stop smoking.

What will you do when you have a craving?

# Section 2

In this section you will answer some questions about your smoking and how you plan to stop.



## How many cigarettes do you smoke?

A day:

A week:

## When do you smoke?

**Carbon Monoxide is a dangerous chemical that gets into your blood when you smoke.**



Your stop smoking advisor will use their Carbon Monoxide monitor to test how much of this you have in your blood today.

The number in the box tells you how much Carbon Monoxide you have in your blood.

Carbon Monoxide (CO) reading:

When you stop smoking the number should go down.

## Why do you want to stop smoking?

Think of as many reasons as you can:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



## Have you tried to stop smoking before?

No

Yes

If yes, how did this go?



**Top tip:**

It helps to have friends, family and support staff offering you encouragement when you quit.

Let people know you have stopped smoking and ask them not to offer you cigarettes and to praise you for every day you do not smoke.



**Who will support you to stop smoking?**

List the friends, family and support staff that will help:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_



**Top tip:**

The night before you stop get rid of your cigarettes, ashtrays and lighters.



**Top tip:**

The best way to stop smoking is to pick a day and time to stop. The day you pick is called your **'stop date'**.

Agree to the 'not a puff' rule. This means that you will not have a single puff of a cigarette after your stop date.

**When will you stop smoking?**

Put a tick next to the best day for you:

- Monday \_\_\_\_\_
- Tuesday \_\_\_\_\_
- Wednesday \_\_\_\_\_
- Thursday \_\_\_\_\_
- Friday \_\_\_\_\_
- Saturday \_\_\_\_\_
- Sunday \_\_\_\_\_

**My stop date is:**

### Top tip:

You are much more likely to stop smoking if you use tablets, nicotine products or an e-cigarette.

### help to stop smoking



There are medicines you can use to stop the feeling of needing a cigarette. These are tablets and nicotine products which are things like patches or gum. There are also e-cigarettes. You might not want to use anything.

### What will you use to help you stop smoking?

Put a tick in the boxes below:

- |                  |                          |             |                          |
|------------------|--------------------------|-------------|--------------------------|
| Champix          | <input type="checkbox"/> | Buproprian  | <input type="checkbox"/> |
| Patches          | <input type="checkbox"/> | Inhalator   | <input type="checkbox"/> |
| Chewing Gum      | <input type="checkbox"/> | Mouth Spray | <input type="checkbox"/> |
| Nasal spray      | <input type="checkbox"/> | Oral strip  | <input type="checkbox"/> |
| Tablet (Lozenge) | <input type="checkbox"/> | e-cigarette | <input type="checkbox"/> |
| Nothing          | <input type="checkbox"/> |             |                          |



If you choose a medicine you will use this over a few months to help with the feeling of wanting a cigarette. You will need help from your stop smoking advisor to plan how to use them.



**When you stop smoking you may feel unwell for the first 4 weeks, but then you will start to feel better.**

**This is how you might feel in the first 4 weeks:**



Tired

Grumpy or angry

Have a cough



Not able to sleep well

Having bad dreams

### This is how you might feel after the first 4 weeks:



Less grumpy

More awake

Sleeping better

Breathing better



**Happy**

**If you smoke again after your quit date, do not feel bad about it.**

**You can stop smoking again the next day.**

Your stop smoking advisor can help you to get back on track.



## This booklet was filled in on:



Date

By

**Thank you for  
answering the questions  
in this booklet**

**You have now  
made a plan  
to stop smoking**

**Well done!**



This booklet was designed by the Healthy Lifestyle Team at Brighton and Hove City Council. Contents were inspired by 'Keep Yourself Healthy: a guide to giving up smoking' published by NHS Health Scotland.

**Healthy  
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