



Week 1

PREPARING TO STOP SMOKING

Your decision to stop smoking is an excellent one as stopping smoking **is the most important thing that you can do for your health** both in the short and long term. When you stop you may well quickly notice the benefits and this will motivate you to stay stopped.

You may find it helpful to view giving up smoking like a job that you've been putting off for a long time and have finally got round to. Now that you are ready to tackle it, make succeeding a priority in your life and give everything else second place for a while. Make this attempt a really serious attempt.

Making a good choice

When you stop smoking it is essential that you feel you have made a **really good choice** to stop. If you feel you have made a bad choice or no choice at all e.g. "I have to stop" "I can't stop" "I don't have a choice" then you will have less chance of success. To enable you to make this choice, explore reasons why you want to stop smoking and also reasons why you **don't** want to stop smoking.

Reasons for giving up

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Reasons for not giving up

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When the reasons for giving up outweigh the reasons for not giving up, then you are well on the road to success. You will be able to make this choice to give up and although acknowledging that there may well be a sense of loss on quitting, the overall gains will be far higher.

Nicotine Replacement Therapy (NRT), Zyban (bupropion) or Champix (varenicline)

These products can double your chances of successfully stopping. If you have not already done so discuss the use of these products with your advisor. Start taking your Zyban or Champix a week before your quit date. If you are using NRT bring it with you to your quit session where you will start using it.