

## Week 3

### YOUR SECOND WEEK WITHOUT SMOKING

The second and third week can seem harder than the first! This is because the novelty of doing something new is beginning to wear off. Stick at it, and remember to **take one day at a time**.

- Cheer yourself up by buying something with the money saved from your first week without cigarettes.
- Focus on what you are gaining from giving up to help to keep your motivation. You may start to notice some positive changes in your health. For example, your lungs will be working much more efficiently and you will be less breathless. Your heart rate will also have decreased and you will have a healthier blood supply to your hands and feet.

#### **Prepare to deal with cravings / urges to smoke**

There will be times when you have a very strong urge to smoke. Planning what to do when these urges strike such as distracting yourself or briefly leaving the situation. It can also help to remind yourself of why you wanted to give up.

Do remember that cravings only last a minute or two, providing you can keep yourself busy doing something else, and you have probably experienced this at some time or another.

You may find that you are experiencing some confusing emotions. On the one hand you may feel glad to be rid of cigarettes but at the same time have very definite feelings of loss - 'like losing a friend' - is the way people often put it. Ease your frustration with rewarding, enjoyable activities and be patient, as over time you will become used to enjoying life without cigarettes.

#### **Remember to use your nicotine replacement therapy all the time!**

It is very tempting to think "I have stopped for a week now, I don't need my NRT any more". The reason why you are doing so well is **because** you are using the NRT. The course of NRT is twelve weeks, so don't jeopardise your chances of success by stopping it too early.

**Remember** nicotine is not the harmful part of a cigarette; it is the tar and carbon monoxide that cause the damage.

#### **Coping with a lapse**

If you do have a puff, this does not mean that you have failed or that you will be unable to quit. It is best to get back on track as soon as possible after a lapse rather than waiting for tomorrow or the next week to start again. It is important to look at the reasons why you smoked and to use this experience to help you in the future. Think about; where was I when I smoked? What actually happened? What could I have done differently instead of smoking? This will help you to cope with the situation better in the future and help you to stay a non-smoker.