

## Remember:

### Kia mahara tonu:

- smoking does not solve problems
- cravings pass – use the 4 Ds
- you are saving money
- you are progressing every day
- you are protecting your family/whānau from your smoke
- the good reasons why you don't smoke:
  - you can breathe easier
  - everything smells better – including you
  - you can walk and exercise more easily
  - you have more energy
  - you are setting a good example to children and others
  - you can be proud of your achievement
  - you are in control of your life – smoking cannot control you.

A slip-up is not a relapse – it's just a slip-up. When you stop smoking, you are making a huge change in your life and you may feel anxious. This feeling is normal and it will pass.

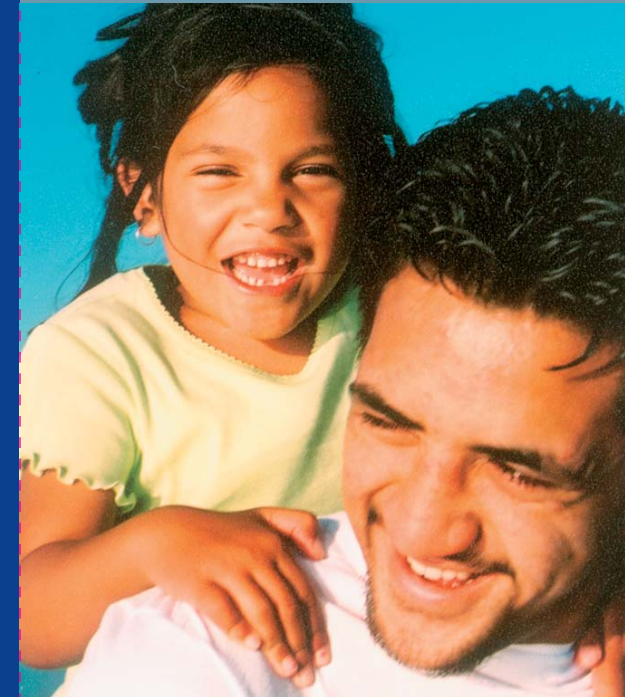
# INFORMATION SHEET

The Quit Group

TE ROOPU ME MUTU

The Quit Group

TE ROOPU ME MUTU



Tips for When You  
are Quitting Smoking  
He Kōrero Āwhina mehemea  
e hiahia ana koe ki te Mutu

PO Box 12 605, Wellington

Facsimile 04-470 7632

Email [quit@quit.org.nz](mailto:quit@quit.org.nz)

URL [www.quit.org.nz](http://www.quit.org.nz)

Quitline 0800 778 778

Pictures by Adrian Heke

Code: IS013

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Quit Me Mutu

## Tips for quitting

### He kōrero āwhina kia mutu

- Change your routines and habits
- Avoid situations that make you want to smoke
- Try to change some of the stresses in your life
- Make your home smokefree and get rid of ashtrays
- Wash all your 'smoky' clothes and furnishings
- Clean your car and keep it smokefree.
- Cut down on alcohol
- Brush your teeth with a fresh minty toothpaste
- Book into your dentist to have your teeth cleaned.
- Do things you enjoy – give yourself treats and rewards
- Keep a drink bottle with you
- Phone a friend for support
- Take time out for you
- Put up a list of the reasons you quit, somewhere you can see it

- Plan what to do when you go where there might be smokers – eg, chew gum
- Practise saying “I don’t smoke”, “I am a non-smoker”, or “I’m not smoking anymore”
- Tell yourself it doesn’t matter what other people think
- Spend time with non-smokers or ex-smokers
- Go for a walk when you are angry, stressed or upset
- Keep yourself busy
- Learn about relaxation – it’s about “letting go”.

You may be able to add to this list. Your top tips are those that work best for you. Enjoy your new smokefree life!

## Tips for staying a non-smoker

### He kōrero āwhina kia kore ai e momi hikareti anō

Plan for challenging times. Carry with you:

- a list of the reasons you quit
- a list of rewards to give yourself
- some 'nibbles' – fruit, raw vegetables, etc
- a water bottle
- a notebook or scribble pad for writing or drawing
- phone numbers of supportive friends
- the Quitline phone number 0800 778 778.

## Learn:

### Akotia ēnei āhuatanga:

- ways to relax your body and your mind – let go!
- some simple exercises you can do anywhere, any time
- other ways to cope
- new routines and habits
- to say you don't smoke
- to be proud of being a non-smoker
- to reward yourself with a treat from some of the money you've saved
- the 4 Ds – Delay, Drink water, Deep breathe, Do something else.

For more help, call the Quitline 0800 778 778

INFECTION