



Top Tips For a Smokefree You

Before you quit:

- ★ 1. Always make your first puff an **INHALER** puff.
- ★ 2. Always take your **INHALER** with you wherever you go.
3. Learn something new. Use the four weeks smoking reduction phase of the study to practice not smoking in situations you normally would smoke in. Use the **INHALER** instead.
- ★ 4. Try not to smoke in response to your usual triggers, break that habit, and get into the habit of using the **INHALER instead**.
5. Believe in yourself and believe that you can quit smoking.

On the day you quit:

6. Use your inhaler often. Enjoy it.
7. You will be a non-smoker; always remember to think like one.
8. Tell everyone and ask them to support your decision.
9. Start exercising and if you already do, increase it and take the **INHALER** with you.
10. Change your routines and habits to incorporate the new smoke-free you.
11. You are smokefree; so are your house and your car – use your **INHALER** instead and everyone will be happy.
12. You may want to have your teeth cleaned by a dentist; they will look and feel beautiful.

From the day you quit:

- ★ 13. As soon as you feel an urge to smoke, don't delay; use your **INHALER** straight away.

14. Save some of the money from buying cigarettes and treat yourself regularly.
15. In social situations, remember you are a non-smoker. Use your **INHALER** - it is cooler than a cigarette.
16. If you are anxious about putting on extra kilos, don't worry. Use the **INHALER** because just like a cigarette, it will reduce your appetite. Also change some of your habits and routines and don't use any weight gain as an excuse to smoke.
17. Always be on your guard. For the rest of your life, never have even a puff of a cigarette.
18. But if you do have a puff of a cigarette, STOP, don't beat yourself up, but don't have another. Use your **INHALER**. Keep wearing patches. The **INHALER** and patches will help you get back to being smoke-free.
19. Keep reminding yourself that you control your life, cigarettes do not control you.
20. If you get stressed, de-stress by puffing from the **INHALER** and then do something you love.
21. Feel healthier because you are. Within 20 minutes of quitting, the healing process begins.
22. Identify your triggers for wanting a cigarette and turn those triggers into opportunities to have a puff of the **INHALER**.
23. Be proud of yourself; you are doing it.

How to stay quit

- ★ 24. Although you are smokefree, keep using your **INHALER** for 6 months and patches for 5 months (this will help you to stay smokefree long term).
- ★ 25. If you do slip up, it is just that, a slip-up. Don't despair, use your **INHALER** more. You can get right back on track – encourage yourself, remember all the times you have not smoked – you can do it.
- ★ 26. Continue taking your **INHALER everywhere** and in particular to those risky situations (e.g. where others smoke, the pub, stressful situations).

Don't forget to always make your first puff an inhaler puff