



Top 10 Tips to Quitting Smoking

1) Decide to quit

Write down all the reasons why you want to quit.
Place them where they'll remind you of why you have chosen to quit.



2) Make a date to stop

Pick your day to stop smoking and stick to it.
Get rid of all lighters, matches, ashtrays and smell of smoke from your house and car. It has shown to be easier to stop altogether than cutting down gradually.

3) Seek support

Inform friends and family that you are quitting.
Ask them not to offer you any cigarettes or give you any cigarettes if you ask.
Text all smokers in your phone to inform them that you are quitting.



4) Avoid temptations and triggers

Be aware of triggers in advance. You will be less likely to give in if you have prepared for situation in advance.
Coffee and alcohol are strong triggers for smoking.
Substitute with decaffeinated coffee, water or fruit juice instead.

5) Learn to deal with cravings

Cravings can occur frequently during the first few days after quitting.
Avoid situations where you might smoke for the first few days after quitting.
Cravings intensify over 3-5 minutes but then subside.
Do the 4D's as recommended by the Irish Cancer Society.



6) Increase exercise

Helps to keep you occupied, relaxed and destressed. Helps manage weight.

7) Watch diet

Avoid snacking on chocolate bars and biscuits. Use fruit instead. Eat sensibly.



8) Stay positive

Withdrawal symptoms (cough) are a good sign and will reduce within a few weeks.
If you are struggling remember the reasons why you wanted to quit.
Remind yourself of your willpower to quit initially.

9) Reward yourself

Each week put away the amount of money you would normally spend on cigarettes.
Use this money to buy yourself a treat as a reminder of how well you are doing.



10) Take each day at a time

- Remind yourself of the health benefits of quitting.
- After 8 hours oxygen levels return to normal.
 - After 24 hours carbon monoxide is cleared from the body.
 - After 48 hours sense of taste and smell begin to improve.
 - After 72 hours breathing becomes easier and energy levels increase.
 - After 1 year the risk of heart attack will be reduced by 50%.

**Ask us about Nicotine Replacement Therapy and other options available to suit your needs.
Please drop in for advice and support from our Pharmacist and qualified staff at any time.**