



Beating cravings

The first few weeks can be hard, and it is a good idea to be kind to yourself during that time.

Initially, it can be easier to:

- avoid people, places or other situations that make you want to have a cigarette.
- If you over-indulge in food a little, don't stress about it.
- Plan a reward for yourself with some of the money you will save.

In the early stages you may get cravings and they can be quite intense. They usually weaken after a few minutes and grow further apart over time.

The 4Ds

Try this:

10

P q

Delay

Deep breathe

Drink water

Do something else

Tips about quitting



- Keep motivated by reminding yourself of your reasons to quit.
- Stay occupied.
- Remember a craving will usually fade away in a few minutes, so deal with each one as it comes.
- Remember the first two weeks is the hardest. It will get easier.
- Call the **Quitline on 13 7848** for help and use the **My QuitBuddy** app to help keep you focused.



FREE quit pack!

If you just want to read some information, text READY to 0408 264 664 with your name and address for a free quit pack.

Keep going!

Try the process again if your client relapses

Keep going...

Go!











Record you	NING AHEAD SHEET r meeting with your client using this sheet. Make two copies,
one for the	community service worker, one for the client to take home.
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PROVIDE YOUR CLIENT WITH SUPPORT SHEETS	What are your reasons? What are your day of the question below.	7. What are your main reason to quit module? ? ? Who is going to support you?	Make a reward j	What will I say when someone divers no means a mode? John, fee quel mode! John, fee quel mode! John feel quel fee a quel mode make me was to succeed a feel quel fee a quel mode. Make a note about what hore holped you stey on touch in tricky situations.
Support worksheets are available as pdf downloads from:	What makes you want to anshor What makes you want to anshor What makes you want to anshor You are ready to mark your quit place.	What are you going to do to manage withdrawals? Whats-deposes as in its apparent encoder, passenger passe	Took True myself Dutiline 137848	Finally older on the sharp that make you find good about bring a tron enabor? Horselber Beer by no an enapoptable here a digenor.
quittas .orgau	You are ready to start your 137848 Yes time to get see.	Are you ready to set a quit date? Date Quitiline. 137848 You are ready to quit. Ready.	v)	Uitline Feel proud of yourself. You are doing well:

This resource is funded by the Australian Government through Tasmania Medicare Local

PLANNING AHEAD SHEET

Record your meeting with your client using this sheet. Make two copies, one for the community service worker, one for the client to take home.

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(·)		
How do you feel about your smoking?		
Have you thought about quitting?		
Have you tried to give up before?		
Are there any other conditions we should record? (i.e. pregnancy, mental health)		
LIPS TO HELD		
B		
What happened when you tried to give up before?		
How will you manage cravings?		
Let's develop a quit plan.		
SUPPORT		
Who is going to support you?		
Talk to your GP or . pharmacist about quitting products.		
Find tools to help with quitting smoking at www.quittas.org.au (including Quit Coach and Quit TXT)		
Call the Quitline on 13 7848	Found quit stage in booklet Provided advice for pregnant women Set a quit date/ Provided support sheets Agreed callback from Quitline	Quitline 13 78 48

GET SET

Planning to quit

A quitting plan will help you think about the way to quit that will work best for you. take home sheet

Cut down first?

How are you planning to quit?

What are your main reasons to quit smoking?

9

Cold Turkey? Quitting medications?

Who is going to support

you?

Name your quit methods here

What are you going to do to manage withdrawals?

Withdrawal symptoms can include cravings, irritability and changes in sleeping patterns. It is important to remember that although they feel hard, they are a good sign as it means your body is getting used to being without nicotine. They will only last a few weeks.

Are you ready to set a quit date? Date:



GET READY

Think about quitting...





Smoking diary

Make a record over a couple of days each time you have a smoke.

Date	Time of day	What was I feeling?	What was I doing?	Who was I with?
1/8	Lunch break	Bored, restless	Standing in the carpark	Friend
				*
	,			



What are your reasons?

Make a list to answer each of the questions below.

	Save money -
LTPO)	more than \$500
2	a month if you
	smoke 20
	cigarettes

What makes you want to smoke?	What makes you want to quit?



You are ready to start your quit plan. It's time to get set.

KEEP GOING...

Work plan for staying smoke free

take home sheet

You have made it through two weeks smoke free, how are you feeling?

As you go back to your normal routine you will face triggers that make you crave a cigarette. What are you going to do?

W	That will I say hen someone ers me a smoke?	How will I manage when a situation makes me want to smoke?
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rd down! Even e nuff can lead	Make a note about what best he	lped you stay on track in tricky situations.
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