

QUIT AND STAYING QUIT

Information and resources

When working with people who are actively attempting to quit smoking your goal is to provide them with as much assistance as they require while they are quitting and in the weeks and months following stopping smoking. Work with them to identify resources and supports that are most useful to them personally. These could include you, their family and friends, the No Smokes website or other supportive resources.

People who are in the action and maintenance stages are actively attempting to quit and to remain smoke-free. Supporting people in this stage could involve providing information or talking with them about their experiences. They may be experiencing difficulties in creating new routines and finding things to replace smoking and cigarettes. Encourage people who are quitting to contact you, the Quitline or a quit coach as often as they require. Work with them to establish a plan for when additional support may be required.



Assist people who are quitting by discussing:

- What is not going so well about giving up?
- What do you do instead of smoking?
- How do you avoid triggers?
- How do you deal with cravings?

Ask young people who are quitting:

The answers they provide may help you to support them in staying quit.

The following No Smokes resources can be used to support people who are preparing to quit smoking. You can access all of these resources via the hyperlinks or on <http://www.nosmokes.com.au>.

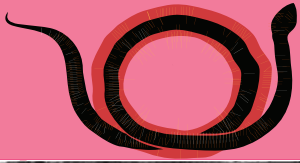
[The Tobacco Story flipchart](#) is available as a free downloadable [PDF](#) or [PowerPoint](#) on the No Smokes website. You can order a hardcopy version of the Tobacco Story Flipchart [here](#).

Individual sections of The Tobacco Story can also be used alone as [fact sheets](#).

For people who currently smoke and are planning to quit the following fact sheets may be particularly useful:

Recommended FACT SHEETS

- [Addiction](#)
- [Healthy brain](#)
- [Change your thinking](#)
- [Getting better after quitting](#)



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No Smokes website

People who are currently quitting may be interested in different sections of the website or the No Smokes social media sites. These sites are resources that can be accessed at any time. Young people may like to share their experiences of quitting on our [blog](#), [Twitter](#) or [Facebook](#) pages and get encouragement from others to keep going.

Your Health:

People who are in the process of quitting smoking can be shown the [Benefits of quitting](#) which graphically illustrates the effects of stopping smoking on different parts of the body. If a young person is finding quitting difficult this could help encourage them by showing them the positive effects their efforts are having.

Benefits of quitting

In 20 minutes
In 8 hours
In 5 days
In 1 week
In 1 month
In 3 months
In 9 months
In 1 year
Within 5 years



In 20 minutes
Your blood pressure and heart rate drop.

[factsheet](#)

[see health effects](#)

Quitting:

The [Tobacco Addiction Story animation](#) may assist people who are actively quitting to understand some of the symptoms they are experiencing and may give them ideas as to how to manage these symptoms without smoking. Discuss the importance of exercise and a healthy diet while they are quitting which will boost the brain's dopamine levels naturally.

In [Change Your Thinking](#) the video mash up may be used to support and motivate young people who are quitting smoking. It presents some of the psychological aspects of quitting and could help you discuss with them the ways they may need to change their thinking in order to keep off the smokes.



Stories:

There are several video stories in this section that may inspire young people who are actively quitting. They may feel inspired by Aboriginal Health Researcher [Kalinda Griffiths](#) who is a former smoker. In the [Ways to Quit](#) stories, [Jonathon's tips for quitting](#) and [Phoebe's tips for quitting](#) may be useful. Encourage people who are quitting smoking to also explore the other stories sections to find stories that they can relate to. If you are interested in sharing your experience and adding it to the No Smokes website, we'd love to hear from you! Contact us at info@nosmokes.com.au for more information.

Fun:

The [Ringtones](#) are a great way to give young people a regular reminder not to smoke, every time their phone rings! You can preview the ringtones and assist them to read the instructions and download them to their phone. One way of dealing with cravings that could appeal to a young person could be to distract themselves with some of the [Games](#). Each of these has a non-smoking message so they will also encourage them to keep off the smokes.