

Change your thinking

- If you want to quit, it is important to change the way you think.
- It is important to understand which **triggers** make you want to smoke. These might be:
 - Situations:**
 - spending time with family or friends who smoke
 - drinking tea, coffee or alcohol
 - talking on the phone
 - having a smoke break at work ('smoko')
 - when other people smoke
 - after eating
 - certain places where you hang out with friends.
 - Emotions:**
 - feeling stressed, bored, sad, angry, relaxed or tired.
- When these **triggers** happen, learn to ignore them and do something else instead of smoking. You could go for a walk, exercise or spend time with children or a non-smoker.
- When quitting, it may be best to avoid these **triggers** completely.
- It can take a long time to think like a non-smoker and be around these **triggers** and not feel like a smoke, but it will get easier over time.



Dealing with cravings

- It is important to deal with the **cravings** and get through the withdrawal, so the brain can learn to make its own dopamine and live without smoking again.
- When people get through these **cravings** they will feel good again. This will take awhile.
- There are some things that can help teach the brain to make its own dopamine and feel good again without smoking, like:
 - exercise and eating healthy food; and
 - using Nicotine Replacement Therapy (NRT) products like patches, lozenges and gum.
- Beating addiction is one of the most difficult things smokers will ever have to do. They will have to make hard choices every single day.
- This could mean choosing to stay away from places and situations that make them want to smoke — even staying away from family and friends.
- It can take a long time to give up unhealthy addictions but in the end the brain will be healthier and happier.
- Remember, everyone has the choice to beat addiction.

To quit, you must deal with the **cravings** and get through the withdrawal, so the brain can learn to make its own dopamine and live without smoking again. These things can help:



Doing exercise and eating healthy food.



Nicotine Replacement Therapy (NRT) products like patches, lozenges and gum.