

## Not sure if you want to Quit4Good?

Your decision to quit smoking is usually not one that happens overnight. Here are some ideas on how you can move towards deciding to quit.

### If you haven't really thought about quitting you might think or say:

- Smoking is not a problem for me
- I'm not at risk of getting ill
- I've smoked all my life; I'm fine
- I enjoy it
- It's the only pleasure I have
- It's only a bad habit



### How to get to thinking about quitting

- Ask yourself if you want to be lifelong smoker
- Ask yourself what smoking means to you.
- Is it important to you to continue smoking?
- Are you smoking because you enjoy it or is it because you don't want to go through withdrawal?
- Does smoking fit in with what you want to do, be and get out of life?

### If you would like to quit but don't know if you can, you might think or say:

- I'm not sure I can stop smoking
- I've mixed feelings about quitting
- I want to quit but never seem to get around to it
- I like to smoke but I need to quit
- How will I cope without my cigarettes?
- I don't want to put on weight
- If I don't quit now I will never quit

### How you can get to next stage and be ready to quit:

Asking yourself what you will gain from quitting will help you move on to quitting. Think about why you continue to smoke will also help you make a decision about what to do. Write down all your personal reasons for quitting (overleaf are lots of reasons to quit so this will help you start).

Continues overleaf...

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### Quitting 4 Good means you will:

#### Have more money in your pocket

Main brand cigarettes now cost around £8.00 for a packet of 20. Did you know smoking 20 cigarettes a day costs the average smoker approximately £56 per week—that's £2,920 a year? You could redecorate your house, go on holiday, enjoy days out with your family, buy a car, x box/ play station, sky subscription, season ticket for favorite football/rugby club, put a down payment for a rental home or indulge in a designer shopping trip. You could treat yourself on weekly or monthly basis with the money you save when you Quit4Good.

#### Look better

Better skin – avoid those premature wrinkles—stopping smoking has been found to slow facial ageing and delay the appearance of wrinkles. Have fresher breath, hair and clothes no more cigarettes smell around the house or in the car! And no need to decorate your house so often!

#### Feel better

Health will be improved you will recover and heal quicker from illnesses or operations. The risk of a heart attack drops by half one year after quitting. The risk of cancer continues to fall with every year of not smoking.

#### Have more fun

Improved fitness and easier breathing – be better at sports and getting up stairs, etc

#### More Time

Have more time to spend with your family and friends as you won't have to keep popping outside and missing all the gossip! Start a new or restart an old hobby you will have time to do all those things you have never found time for in the past!

#### Food taste better

Kicking the smoking habit gives your senses of smell and taste a boost.

Each cigarette contains 4,000 chemicals, over 50 of which are known to cause cancer—the best thing you can do for your health is to quit smoking.

**Don't join the 1 in 2 smokers who die before their time due to smoking.  
Join the thousands of smokers who quit smoking with us every year.**

