

# My Stop Smoking Journey



Barking &  
Dagenham



# Welcome to your Stop Smoking Journey!

Congratulations and welcome to the start of your journey to a new lifestyle, free of smoking!

To help you reach your goal and quit smoking, this diary will help with your 12 week quit programme which, with the help of your Stop Smoking Advisor, will help bring you steadily towards achieving your goal!

Facing your current smoking habit is where your journey begins...

## STEP 1

We will look at your current smoking behavior throughout the day, you'll discover and learn more about your personal routine, smoking triggers and obstacles

## STEP 2

Its time to get serious, set a quit date and walk the walk. Over the next 12 weeks we gently guide you throughout your jounrney and help you to:

- visualise your success,
- keep your focus, and
- stay motivated

We understand the challenges you face, and are here to offer you support throughout your journey!

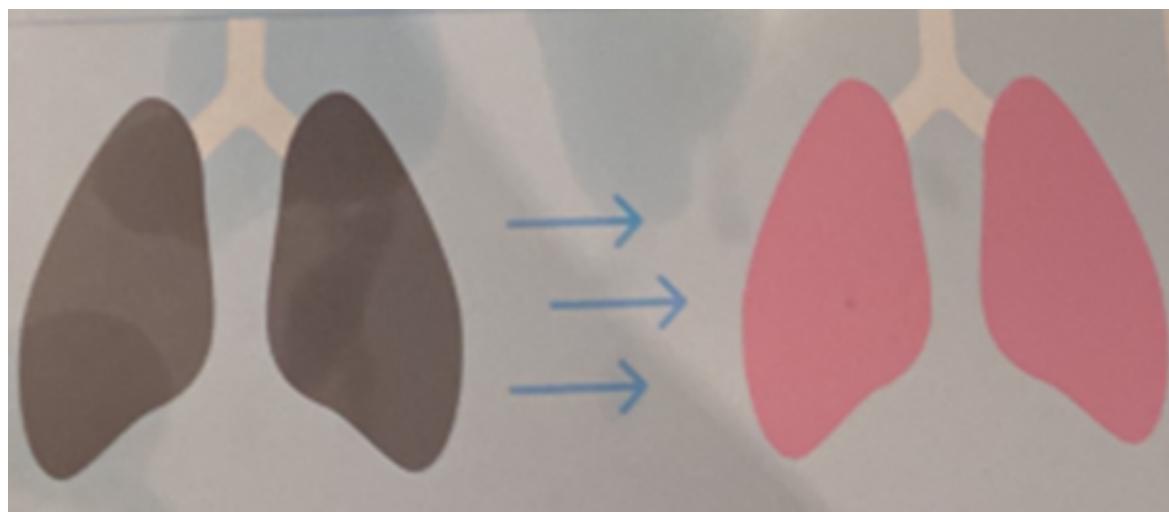
## STEP 3

Now is the time to celebrate what you've achieved!

# Welcome to your Journey into being a non-smoker!

# What happens when I stop smoking

Time Elapsed	Benefits
20 minutes	Blood pressure and pulse return to normal. Circulation improves, especially to hands and feet.
8 hours	Body Oxygen levels return to normal and the chance of you having a heart attack starts to fall.
24 hours	Carbon monoxide leaves body. The lungs start to clear out mucus and debris.
48 hours	You body is now nicotine free. Your senses of taste and smell begin to improve.
72 hours	Breathing is easier and your energy levels increase
2-12 weeks	Circulation improves throughout the body. Walking and exercise get easier
3-9 months	Breathing problems, coughing, shortness of breath and wheezing improve. Lung efficiency increases.
5 years	Risk of having heart attack fall to about half that of a smoker.
10 years	Risk of lung cancer falls to around half that of a smoker. Risk of heart attack falls to about the same as in someone who has never smoked



# STEP 1



## Monitor your smoking

Keeping a smoking diary for a few days plays an important part to help prepare yourself for quitting. Count how often you smoke, when you use cigarettes, what you do while smoking and how much you needed or enjoyed that particular cigarette.

**My  
Pre-Quit  
Diary**

Look for patterns. For example, do you smoke more in the morning or at night? Do you mostly smoke with meals or after? Do you smoke more with other people or when you are alone?

Becoming more aware of your smoking habit gives you more control of your behaviour and makes it easier to change it.

What are your main reasons for quitting?

Remind yourself throughout your journey why you are quitting.

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# Your Pre-Quit Diary

Note the time	7am			
Number of cigarettes	2			
What was I doing at the time?	<i>Waking up</i>			
How much did I need it?	<b>Scale 1 to 5:</b> 'I really need it' to 'I didn't need it'			
How much did I enjoy it?	1			
What could I do differently to avoid it?	<i>Brush my teeth first</i>			

## Create your personal quit strategy

Now that you can identify which situations trigger your smoking habit, you have the foundations you need to create your quit strategy!

### Develop an 'if-then' plan

Decide, in advance, what you will do if temptation strikes. Look at your diary, identify high-risk situations and come up with a plan. 'When walking to the train station I will whistle my favourite tune'

### Avoid places and things that you associate with smoking

This is about looking at what you associate with smoking and breaking the connection. For example, if you always smoke when you drink coffee, try switching to tea. If a night in the pub means a night of smoking, go for a meal with your friends instead.

# What are withdrawal symptoms?

Symptoms	Causes	Duration	Coping Strategies
Cravings	Withdrawal from Nicotine (addiction)	Last 3 minutes at a time for 2-4 weeks but can last longer than 4 weeks	Wait out the urge; Distract yourself; Exercise; Take deep breaths
Irritability	Body craving Nicotine	2-4 weeks	Walks; Hot baths; Relaxation exercises
Difficulty sleeping	Nicotine affects brain function	2-4 weeks	Relaxation exercises; Physical exercise; Avoid caffeine in the evening
Light-headedness	Brain receiving more oxygen	1 or 2 days	Take extra caution Try to avoid dangerous activities and drinking alcohol
Difficulty concentrating	Body needs time to adjust to the lack of stimulation	A few weeks	Plan workload; Avoid additional stress
Hunger	Craving for cigarettes may be confused with hunger pangs	Up to several weeks	Drink water or low calorie drinks; Have low calorie snacks at hand
Constipation; Gas; Stomach pain	Intestinal movement decreases for a brief period	1-2 weeks	Drink plenty of fluids; Add fibre to your diet (e.g. fruit, vegetables and cereals)

- You may not experience all of these symptoms
- Symptoms will decrease over time

# What medications are available?

Product	How it works
Nicotine Patches	<p>Nicotine patches work well for most regular smokers and can be worn either round the clock (24 hour patches) or just during the day (16 hour patches); they also come in different strengths. Patches release nicotine directly into the bloodstream.</p> 
Lozenge	<p>To release the nicotine, suck the lozenge slowly until you taste a peppery flavour and then 'park' it in the side of your mouth until it dissolves (this takes about 20 -30 minutes).</p> 
Mini Lozenge	<p>To release the nicotine, suck the mini lozenge slowly until you taste a peppery flavour and then 'park' it in the side of your mouth or under your tongue until it dissolves (this takes about 10 minutes).</p> 
Gum	<p>Chew the nicotine gum gently until you taste a peppery flavour and then 'park' it in the side of your mouth. The nicotine is then absorbed through the lining of your mouth</p> 
Oral Spray	<p>QuickMist delivers nicotine fast, relieving cravings within 60 seconds. For best results, do not swallow for a few seconds after spraying.</p> 
Nasal Spray	<p>The spray delivers a swift and effective dose of nicotine through the lining of your nose. Stinging, nose running and eyes watering are normal reactions and will subside after a few days.</p> 
Inhalator	<p>Inhalators look like a plastic cigarette. The inhalator releases nicotine vapour which is absorbed through your mouth and throat. If you miss the 'hand to mouth' aspect of smoking these may suit you.</p> 

# The Importance of Combination Therapy

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- Nicotine Replacement Therapy (NRT) is a medicine that provides you with a low level of nicotine, without the tar, carbon monoxide and other poisonous chemicals present in tobacco smoke.
- A combination of two different NRT products (eg patch and a **fast** acting format) has been shown to give clients an increased chance of success compared to using one product
- Combining products is very safe: there is no need to worry about overdosing on nicotine

## Session 1

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### Pre-Quit Assessment & Quit Date

During your first session you will:

1. Be informed about the treatment programme
2. A personalised assessment exploring current smoking habits, previous quit attempts and readiness to quit
3. Take a look at tobacco dependence and withdrawal symptoms, cravings and urges to smoke.
4. Identify new routines and behaviours
5. Stop smoking medication will be discussed and the expectations of the medication
6. We will confirm that you have a sufficient supply of medication
7. Set a quit date
8. The importance of abrupt cessation and the 'not a puff' rule will be explained
9. Carbon Monoxide (CO) monitoring will be explained and conducted
10. Any potential high-risk situations in the coming week will be addressed
11. Plans will be discussed and a summary provided

# **Sessions 2, 3 and 4**

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## **1, 2 and 3 Weeks Post Quit Date**

During these sessions you will:

1. Have your progress checked
2. Any withdrawal symptoms and cravings/urges (Page 6) to smoke experience will be discussed
3. See how you dealt with these cravings/ urges
4. Medication will be checked on and it will be checked if you have sufficient supply
5. Any difficult situations experienced will be discussed and the methods used to cope
6. Your CO will be measured
7. Any potential high-risk situations in the coming week will be addressed
8. A summary of the session will be given.

## **Follow up sessions**

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During these sessions you will:

1. Have your progress checked
2. Your CO will be measured
3. Be advised on the continued use of medication
4. Any cravings/urges to smoke will be discussed
5. Any difficult situations experienced will be discussed and the methods used to cope
6. A summary of the session will be given

# STEP 2

Now that you're on the brink of starting your non-smoking journey, strengthen your commitment and add your name and quit date below! Let your journey begin...

<b>Name</b>	
<b>Date</b>	

Lets introduce you to a great way to monitor your progress:

## Visualisation

### Visualising your smoke free-future:

Creating a personal vision board at the beginning of your journey can help you visualise the changes you want in your life. put simply, they are a collage of photos, images, words and quotes that represent what you would like to experience more of in your life.

#### 1. Quiet Time

Find a quiet place and reflect on your goals and dreams. What do you want from life?

No shoulds, oughts or musts - just your own inner desires. be as specific as you can

#### 2. Get Set

Gather your supplies. You'll need a large sheet of paper, magazines, newspapers, a really happy picture of yourself, scissors and some glue

#### 3. Dig into it

This is the fun part. Go through the magazines and newspapers and tear out any images or words that appeal to you.

#### 4. Choose Your Favourites

Keep only the ones you really like even if you don't know why you like them

#### 5. Put it together

Place your photo at the centre and arrange the images and inspiring words around it

#### 6. Remind Yourself

Place your vision board where you will see it everyday to remind you of what you are trying to achieve.



Date: .....

# Journal

Your choice of NRT of this week: .....	
Day	<i>How did you get on? What was good/bad?</i>
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**Congratulations!**  
You've made it through  
your first week.



# Benefits of Quitting after 1 week

## Tackling Withdrawals & Cravings

Withdrawal symptoms are positive signs that your body is recovering from the harmful effects of smoking. They will start to fade as your body, and mind, get used to quitting. Here are a few common symptoms and what you can do to overcome them.

### Cough

Developing a cough after quitting is a sign that your lungs are actually getting better. Drink plenty of water and use honey or suck cough drops to ease any throat irritation.

### Feeling irritable

This is a normal part of the quitting process. You don't need a reason to feel irritated, you just do. Don't bottle it up, or blow up. Say what's on your mind calmly and courteously. Breathe slowly and deeply. Go for a walk. Talk with someone that supports you.

### Craving

Smoking is highly addictive so cravings are common, especially in the first few days. Craving typically lasts for 5 to 10 minutes. They may be extremely uncomfortable, but try to wait them out and remind yourself that the feeling will pass. Start doing an activity, drink some water, brush your teeth.

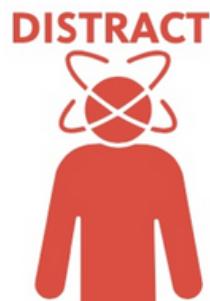
### Learn to deal with the 4D's



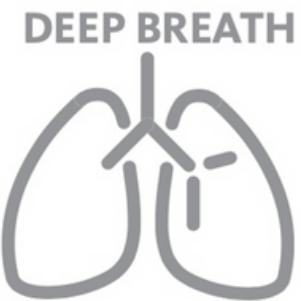
Delay at least 3 – 5 minutes and the urge will pass



Drink a glass of water or fruit juice



Distract yourself - move away from the situation



Deep breaths - breathe slowly and deeply

Date: .....

# Journal

Your choice of NRT of this week: .....	
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After 2 weeks of not smoking your lung function increases by as much as 30%



# Strengthen your Willpower

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Contrary to popular belief, willpower is not something we are born with. It is a complex mind-body response that can be compromised by stress, sleep deprivation and poor nutrition. Boost your willpower by following these practices:

## Get a good nights sleep

Lack of sleep (Less than 6 hours a night) causes the 'pre-frontal cortex' (the part of the brain involved in willpower decisions) to lose control over the part of the brain that creates cravings. Research shows that by catching up on sleep your ability to focus and use of self-control can be restored and therefore help resist cigarette craving.

## Eat healthy food

Eating a more plant-based, less processed diet makes more energy available to the brain, making it easier to stay in control.

When we don't eat well we tend to feel sluggish and this makes it harder to resist a cigarette.

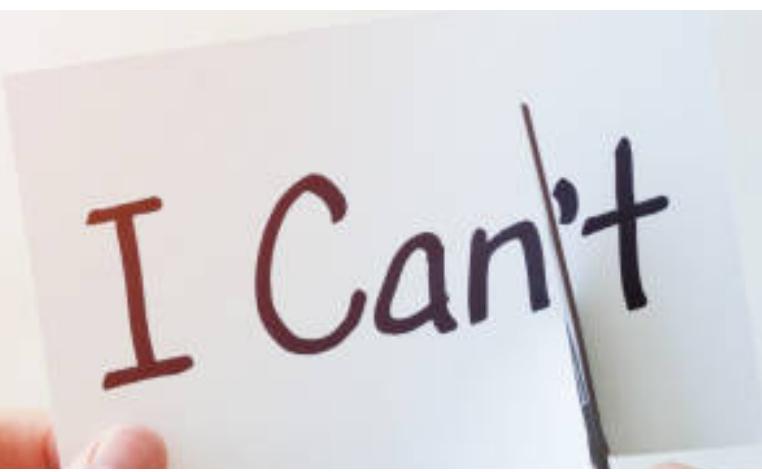
## Exercise regularly

Whether you choose walking, dancing, gym, work or yoga, regular physical exercise will make you more resilient to stress. You'll feel better too.

## Drink more water

While quitting, drinking water is:

- A good distraction! It will keep your hands and mouth busy.
- A great way to keep hydrated.
- A helpful way to reduce the feelings of hunger.

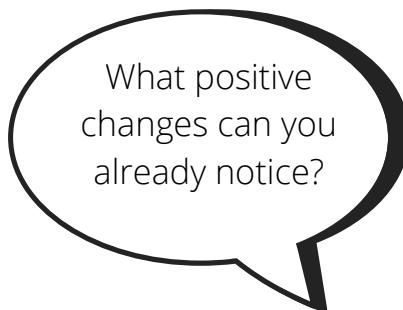


I Can't

Date: .....

# Journal

Your choice of NRT of this week: .....	
<b>Day</b>	<i>How did you get on? What was good/bad?</i>
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- .....
- .....
- .....

# Set Yourself Up For Success



The clearer you are about what you expect from yourself, the more likely you are to succeed in quitting. Think of 'if....then; scenarios to clarify how you will act in certain situations. For example, 'If feeling tense, I will practice deep breathing'.

And if you're at a loss at what to do with your hands use a stress ball or start knitting. Now that you're on your quitter journey it's worthwhile to switch things up for a while to avoid personal high-risk situations!

We also tend to believe what we say about ourselves. Practice saying "I don't want to smoke". In time you will believe it. Using "I don't" rather than "I can't" says you're in control of your actions and you're acting by choice. This makes it easier to follow through!



\*Every quitting journey is unique and may vary from individual to individual

Date: .....

# Journal

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You are four weeks into your quitter journey. **Hooray!**

Make sure to **celebrate this milestone** in style!



# Stumbling

**Have you picked your quit-buddy to support you on your journey?**



## What if I have a puff?

It can feel as if all your hard work has been wasted. Be assured, you're not alone! Most people stumble a few times before they quit for good. It's part of the process. Of course it would be better not to slip.

You have a choice now! You can use this slip as an excuse, or you can try to figure out why you slipped, what triggers made you light up? Once identified, make a plan to deal with it the next time.

## Focus on the intention

Why did you quit in the first place? Was it to give yourself the gift of good health, to look and feel better? You got derailed because you forgot your intention, or other priorities became more important. Keep your reasons for quitting in mind as you start again.

## Be kind to yourself!

You'd comfort a friend in pain, treat yourself with the same compassion! Kindness is a far better motivator than guilt

## Take the smallest step

Instead of telling yourself you'll never smoke again, you won't smoke for the next half hour. And mean it! Then focus on the next tiny step. You can do it!

## Remind yourself:

You haven't stopped quitting, you just slipped. Start afresh!

Date: .....

# Journal

Your choice of NRT of this week: .....	
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After one month of no smoking  
there will be many health changes.  
One of these is feeling a sense of  
heightened overall energy



# Learn to Manage Stress

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Some people think that smoking helps deal with stress when in fact, smoking causes stress. 20 minutes after you smoke the body starts to withdraw from nicotine and this causes you to go into fight or flight mode, your heart rate increases, your breathing is more shallow and you feel stressed, when you smoke you relieve withdrawal and the stress cycle pattern starts again.

Luckily there are plenty of things you can do to help deal with stress in a positive way.

## Try and develop a can-do' attitude

If you believe you can do it, you stand a much better chance of staying off cigarettes than if you tell yourself you can't.

## Focus on the here and now.

Sometimes we feel overwhelmed by all the things that need our attention. Take a deep breath, put aside the things that can wait and concentrate on what is in front of you.

## Do things you enjoy doing -

Listening to music, watching a film, playing with the dog. Not only will these activities distract you, they'll refresh your energy levels and strengthen your willpower.

## Get active and have fun!

Research shows that physical activity helps boost the brain chemicals associated with feelings of wellbeing. Pick an activity you really enjoy - one that doesn't feel like another item on your To Do list and try to do it regularly.

Date: .....

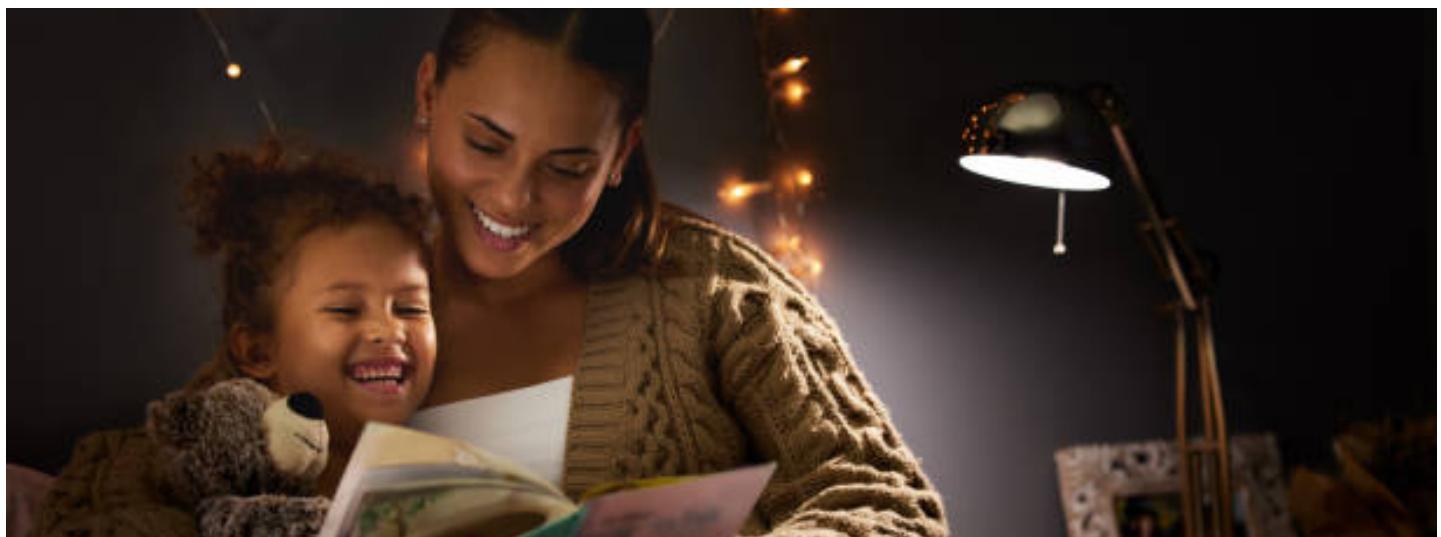
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You may now have noticed that many smoking-related symptoms have decreased, such as sinus congestion and shortness of breath with exercise

# Get a Good Night's Sleep



In the first few weeks after quitting, your sleep pattern may change. Cigarettes are a stimulant and withdrawal can leave you feeling drained, exhausted and sleeping more than usual. If this happens, allow yourself plenty of rest to help your body get through the withdrawal phase. On the other hand, you may find it harder to fall asleep or you may wake frequently during the night, causing you to be tired and irritable during the day. All these changes are normal. Go easy on yourself and give your body time to adjust to smoke free living

If you have trouble sleeping, go for walks during the day, listen to relaxing music in the evening or drink a glass of warm milk or herbal tea before bed.

## **Remember:**

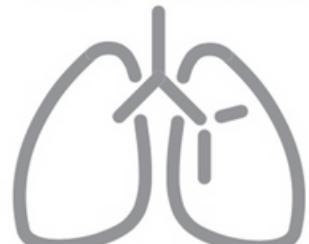
Research shows that by catching up on sleep your ability to focus and use of self-control can be restored and therefore help to resist a cigarette craving.

Date: .....

# Journal

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Fibres in the lungs that help to keep your lungs healthy are growing back from 1 month smoke free. These help reduce excess mucus build-up and protect against infections



# Share Your Goals

**What does your friends and family try to achieve?**

An incredible journey doesn't have to be exclusively about quitting. Other areas like 'eat healthier food', declutter your home' or 'exercise regularly' can also contribute to well-being and happiness.

Share your goals among family and friends, stick together and encourage each other. Throw in a little bit of humour to help buffer stress and see the benefits in each other lives.



## Surround yourself with people who support you.

What other people do, say and think affects us. Sometime, we even pick up their habits. So, when trying to quit, it's helpful to be around people who support your decision to quit.

Date: .....

# Journal

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You are 2 thirds of the way into your journey.  
**Well done!**

You are well on your way to live your life **free  
of cigarettes!**



# Appearance, Wellbeing & Health

Getting started is often the easy part. It's keeping it up that is difficult, no matter who you are. It's worth reminding yourself of some of the benefits of quitting.



## You will look better -

with clearer skin and fewer lines. Any yellowing of your teeth will begin to fade.

## You will smell better -

with fresher breath, hair and clothes. Your family, friends and co-workers will be delighted!

## You will feel better -

with more energy that you've had in a long time, because your circulation will improve which makes all physical activity easier.

## You will rediscover tastes and smells -

you'll be amazed at what you've been missing.

Do you already start to feel better? What benefits have you noticed?

## You will have more control over your life -

smoking won't dictate what you do each day

## You will start to reduce your risk of heart disease -

and most forms of cancer - it's not just your lungs that are affected by smoking.

If you are planning a family, it's worth knowing that quitting cigarettes will increase your chances of getting pregnant and having a healthy baby.

Date: .....

# Journal

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After 9 weeks of no smoking you will have saved £693 from not smoking\*

**... you're doing incredible!**

\*Based on 20 a day at £11 per packet

# Benefits of Quitting after 9 Weeks



after 4-12 weeks

- Your blood circulation will have returned to normal compared to a non-smoker
- Coughing and wheezing may start to reduce

Every quitting journey is unique and may vary from individual to individual

## Financial Reward

Being addicted to cigarettes is expensive so the savings can be significant. For instance, if you smoked a pack of cigarettes a day and you began your stop smoking journey just 10 weeks ago, you would have saved £728 by the end of that week\*\*. Think what the savings would be in a year.

Why not put the money you save in your bank account, or a jam jar and let it grow? Use it for small treats while you are quitting

Put the money where you can see it and watch it grow!

## Have you created your vision board yet?

A vision board is a collage of photos, images, words and quotes that represent what you would like to experience more of in life.



\*\* Calculation based on a pack of 20 cigarettes, average price per pack £10.36

Date: .....

# Journal

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Giving up smoking stops teeth  
becoming stained and gives you  
fresher breath



# Surf the Urge



Practice, and it will become easier! Just take your time and trust your breath.

If you catch yourself reaching for a cigarette, try 'surfing the urge'. An urge is another word for a craving. Urges are like waves, they rise in intensity, peak and then crash. Your job is to ride out the wave. You may even start to feel a sense of pride and accomplishment as you successfully deal with those cravings

## How to surf an urge:

### Stop for a moment and think about the urge.

Where in your body do you feel it? People trying to quit smoking often experience the urge in their hands or mouth.

### Notice what the sensation feels like.

It may be pressure, tingling, warmth, coolness or something else. Be as specific as you can.

### Now pay attention to your breath for the next couple of minutes

Don't try to change your breathing. You may find it helpful to say 'breathe in' as you inhale and 'breathe out' as you exhale.

### Gently shift your attention back to your body.

Notice if and how the sensations change.

### Imagine the sensations as a wave.

Watch the wave rise and fall as the intensity of the urge peaks and subsides. No matter how big the wave gets, you are a skillful surfer and you will use your breath to ride each wave.

**That's it! You've surfed your first urge!**

Date: .....

# Journal

Your choice of NRT of this week: .....	
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When you stop smoking your senses of smell and taste get a boost. This is as your nose and mouth recover from being dulled by the toxic chemicals found in cigarettes!



# Incredible!

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You may still get a craving for cigarettes (or you may not, we're all different). If you do, don't obsess about it. Distract yourself actively in a fun, absorbing and positive way.

Sing your favourite song, call a friend, go for a run, or play a game on your phone. Use the strategies you've learned along the way. Or simply tell yourself to wait 30 minutes and you'll think about it then. the craving will pass and one day they might be gone for good.

## Looking forward

Sit for a few minutes and enjoy this moment. Think about your journey and dwell on the fact you've done something incredible! Write yourself a little note and tell yourself how proud you are. Now that you know what you can achieve, reflect and think again: 'What's next?'. The stars are yours for the taking!



Date: .....

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You conquered all 12 weeks! **WooHoo!**

You've achieved something incredible  
for yourself!

**We're so proud of you!**



# Congratulations!

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You've done it! 12 weeks without smoking. Even if you had a slip along the way, you're here now and looking forward to a smoke-free future.

**Well done, for taking this incredible journey!**

**Sign here as someone who has successfully achieved their goal of being a non-smoker through this journey:**

Your name .....

Date of conquering your quit journey .....

## To family & friends:

Every now and then this diary might be taken out to reflect on this incredible journey. Why not ask your family and friends to write a note of encouragement and support as a reminder of what you've achieved..

We're proud of  
you because...

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# CERTIFICATE

## Of Achievement

This is to certify that

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Has been smoke free for 12 weeks

signed:

Date:

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SMOKEFREE



Barking &  
Dagenham



# STEP 3



## Well Done!

You've made some really positive changes in your life over these 12 weeks, changes that will benefit not just you but the people close to you. By now, you should be able to see that....

- your breathing is easier
- your energy levels are higher
- your sense of smell and taste are beginning to return to normal

Well done for getting this far, but don't worry if you haven't quit yet, 12 weeks might not be long enough for you.

And remember, should you be in need of any support in the future, please visit <https://www.lbbd.gov.uk/newme-healthy-lifestyle> or simply go and talk to your pharmacist!

**We're there to help!**

- **NHS Stop Smoking App**

App Store: <https://apps.apple.com/gb/app/nhs-smokefree/id687298065>

Google Play Store:

[https://play.google.com/store/apps/details?id=com.doh.smokefree&hl=en\\_GB&gl=US&pli=1](https://play.google.com/store/apps/details?id=com.doh.smokefree&hl=en_GB&gl=US&pli=1)

- **Smoking and Mental Health animation:**

<https://www.youtube.com/watch?v=iQn4MbWbiSU>

- **How to integrate smoking cessation treatment into CBT:**

<https://www.youtube.com/watch?v=HiYBGOQ-Plo&t=2s>

- **Today Is The Day | Ruth Sharrock**

<https://www.youtube.com/watch?v=v2spfMs314Y>

- **Stop smoking poem**

<https://youtu.be/HICGAaj9D1M>

- **Useful websites:**

- <https://stopsmokinglondon.com/>

- <https://stopsmokinglondon.com/calculator>

## CONTACT US

Website: <https://www.lbbd.gov.uk/adult-health-and-social-care/health-and-wellbeing/newme-healthy-lifestyle>

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Phone: 0208 724 8018



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