## Know your triggers

### Do you smoke:



Having coffee?



After food?

Watching TV?



With friends?



With alcohol?



When stressed or bored?

Quitline 137848 can help you manage your triggers to smoke

## **Manage cravings**

Cravings usually weaken after a few minutes.

Try overcoming them with the **4Ds**:



Delay going out for a smoke



Deep breathe - slowly in and out



Do something else like walking



Drink water from a water bottle using your smoking hand



What I can do to **stop smoking** 

# The best way to stop smoking

You'll have the best chance of success if you combine:

**1.** Effective stop-smoking products to reduce cravings, i.e. nicotine products (patches, gum, lozenge, inhalator, spray) or a prescription medication (e.g. Champix)

#### with

**2.** Coaching to help you manage your triggers to smoke. Coaching options include Quitline 13 7848, your doctor, or online/SMS support (see www.quit.org.au).

### Call Quitline on 137848.

Quit Specialists are friendly, non-judgemental and they can increase your chance of stopping smoking.

# My top reasons to stay off the smokes



For family



money

To pav

rent

To be

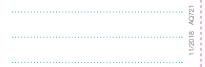
fitter



To feel

To be healthier

#### **Other reasons:**



## **Tips for success**



Request a free callback from a Quit Specialist: www.quit.org.au/callback



Talk to your doctor for advice and to see whether a prescription for cheaper nicotine patches or a stopsmoking medication is right for you.



Learn from others: www.facebook.com/quitvic



Quit's tools visit: www.quit.org.au



