

## 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](http://www.quit.org.au)).

**Call Quitline on 13 7848.**

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



To save money



To pay rent



To feel better



To be healthier



To be fitter

**Other reasons:**

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## Tips for success



Request a free callback from a Quit Specialist:  
[www.quit.org.au/callback](http://www.quit.org.au/callback)



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



Learn from others:  
[www.facebook.com/quitvic](http://www.facebook.com/quitvic)



Quit's tools visit:  
[www.quit.org.au](http://www.quit.org.au)

**Quitline**  
**137848**

**Quit**  
Victoria