

## Make a plan and start new routines that help

Smoking habits are often tied to certain activities, places or people. These are known as smoking triggers.

Knowing your triggers can help you figure out ways to change trigger situations.



**Having coffee**



**After eating**



**With alcohol**



**With friends**



**On the phone or tablet**



**First thing in the morning**



**Feeling angry**



**Feeling anxious or stressed**



**Feeling bored**



**Just before bed**

## What support is available to help you stop smoking?

Did you know that using stop smoking medications (such as nicotine replacement therapy), as well as behavioural support from Quitline, is the best way to quit and stay quit?

### Talk to your health professional

Ask them about accessing low cost nicotine replacement patches, gum or lozenges, or other stop smoking medications.

### Quitline

You can arrange for Quitline to call you for free. Visit [www.quit.org.au/callback](http://www.quit.org.au/callback). Our friendly Quitline counsellors have helped thousands of people kick the habit. And remember, you don't need to feel ready to quit to talk with Quitline.

### Visit QuitCoach ([www.quitcoach.org.au](http://www.quitcoach.org.au))

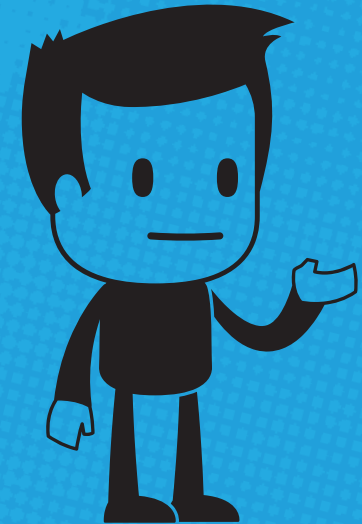
QuitCoach is a web-based program that asks you questions and helps you quit by giving free personal advice tailored to your needs.

### Register for QuitTxt

QuitTxt provides regular SMS messages to keep you on track throughout your quit attempt. To begin, all you need to do is register and complete a brief questionnaire at [www.quit.org.au/quittxt](http://www.quit.org.au/quittxt).

# My quit plan

Tips to quit and stay quit



**Quitline 13 7848**



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**Quit**

## What might work for me

My triggers:

I will try:

## My quit plan

My main reasons to quit smoking are:

I will save \$ \_\_\_\_\_ per week

My reward/goal is: \_\_\_\_\_

My health will improve in these areas:

My management plan to stay smokefree:

- Stop smoking medications (such as nicotine replacement therapy)
- Support from a health professional
- Other
- Visit [www.quit.org.au](http://www.quit.org.au)
- Call Quitline
- Support from family/friends

## Instead of smoking

## You could

First thing in the morning

- Have a shower
- Brush your teeth
- Go for a walk

With alcohol/coffee

- Drink tea instead
- Hold your drink in your smoking hand

With another smoker

- Chew gum or drink from a water bottle
- Stay inside or away from areas you used to smoke

After lunch/dinner

- Clean up straight away
- Go for a walk

Just before bed

- Have a hot drink
- Read a book

When anxious or stressed

- Talk to a mate
- Exercise
- Play a game on your phone

When feeling bored

- Call a friend
- Exercise or go to the gym
- Tidy the house

**Think of it as a five minute window to fill. You might need to try a few different things to find something that works for you.**