



My Quit Plan

Help to stop smoking and stay quit



quit.org.au

Make a plan and start new routines that help

Smoking habits are often tied to what you're doing, where you are or who you're with.

These are known as smoking triggers. Once you know your triggers, you can work out ways to respond to them.

When do you smoke?



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

Instead of smoking:

First thing in the morning

With alcohol/coffee

With a person who smokes

After lunch/dinner

Just before bed

When anxious or stressed

When feeling bored

You could:

- › Have a shower
 - › Have a hot drink
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- › Drink tea instead
 - › Hold your drink in your smoking hand
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- › Chew gum or drink from a water bottle
 - › Stay inside or away from areas you used to smoke
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- › Clean up straight away
 - › Go for a walk
 - › Brush your teeth
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- › Drink herbal tea
 - › Read a book
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- › Talk to a mate
 - › Walk in a park
 - › Listen to music
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- › Call a friend
- › Exercise
- › Play a game on your phone

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.



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 ways:

My plan to stay quit includes:

- Stop smoking medications (such as nicotine replacement therapy)
- Support from my doctor or health professional
- Contact Quitline
- Visit quit.org.au
- Support from family and friends
- Other:

What support can help me stop smoking?

Did you know that using stop smoking medications, together with talking with Quitline, is the best way to stop smoking and stay quit?

Your doctor or pharmacist can help you decide if you want to use stop smoking medications to help manage your cravings and feelings of withdrawal. Ask them how to get low-cost nicotine patches or other stop smoking medications.



Our friendly Quitline counsellors have helped thousands of people stop smoking.

To contact Quitline:

- › Call **13 7848**
- › Ask Quitline to **call you back** for **free** at **quit.org.au/callback**

There are more ways to contact Quitline including **webchat**, **WhatsApp** and **Messenger**. Scan the QR code or visit **quit.org.au/quitline**



Visit quit.org.au

Thanks to EACH, NorthWestern Mental Health, and Orygen Youth Health for helping to develop this resource.

A partnership between:

