

KEEP GOING...

Work plan for staying smoke free



You have made it through two weeks smoke free, how are you feeling?

As you go back to your normal routine you will face triggers that make you crave a cigarette.

What are you going to do?

What will I say when someone offers me a smoke?

Nah, I've quit mate!

How will I manage when a situation makes me want to smoke?

Head off for a quick walk

Don't let your guard down! Even one puff can lead back to full time smoking.

Make a note about what best helped you stay on track in tricky situations.

Finally, what are the things that make you feel good about being a non-smoker? Remember these if you are tempted to have a cigarette.
