

GET READY

Think about quitting...

Orange
take home
sheet

QUIT STEP: Smoking/vaping diary

Make a record over a couple of days each time you have a smoke or vape.

Date	Time of day	What was I feeling?	What was I doing?	Who was I with?
1/8	Lunch break	Bored, restless	Standing in the carpark	friend

QUIT STEP: What are your reasons?

Make a list to answer each of the questions below.

What makes you want to smoke/vape?	What makes you want to quit?



Save money
- more than
\$14,000 a year
if you smoke 20
cigarettes a day.



You are ready to start your quit plan.
It's time to get set.

GET SET

Planning to quit

A quitting plan will help you think about the way to quit that will work best for you.

Yellow
take home
sheet

What are
your main
reasons to
quit smoking/
vaping?



Who is
going to
support
you?

What are you
going to do
to manage
withdrawals?

How
are you
planning
to quit?

Cut down
first?

Cold
turkey?

Quitting
medications?

Name your quit methods here

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Withdrawal symptoms can include cravings, irritability and changes in sleeping patterns. It is important to remember that although they feel hard, they are a good sign as it means your body is getting used to being without nicotine. They will only last a few weeks.

Are you ready to set a quit date? Date:

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GO!

Quitting work plan

Your quit date is here...

Light green
take home
sheet



Be kind to yourself

Write down some of the things you do instead of smoking/vaping and how it makes you feel.

Things to do	How I feel
<i>Go for a walk at lunch</i>	<i>Fresh and in control</i>

QUIT STEP: Make a reward plan

What are you going to do to reward yourself for quitting?

How many days?	What am I going to do for myself?
<i>1 week</i>	<i>Treat myself to a nice meal</i>



Once you have made it through the first part of quitting, the next goal is to stay smoke/vape free.
Never give up giving up!

KEEP GOING...

Work plan for staying smoke/vape free

You have made it through two weeks smoke/vape free, how are you feeling? As you go back to your normal routine you may face triggers that make you crave a cigarette/vape.

Green
take home
sheet

What are
you going
to do?

What will I say when someone
offers me a smoke/vape?

Nah, I've quit mate!

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

Head off for a quick walk

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

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/non-vaper?
Remember these if you are tempted to have a cigarette/vape.

PLANNING AHEAD SHEET

Record your initial conversation with your client using this sheet.
Make two copies, one for yourself and one for the client to take home.



- How do you feel about your smoking/vaping?
- Have you thought about quitting?
- Have you tried to give up before?
- Are there any conditions we should be aware of? (e.g. pregnancy, mental ill- health etc.)



- What happened when you tried to give up before?
- How will you manage cravings?
- Let's develop a quit plan.



- Who can be your support person?
- Talk to your GP or pharmacist about quitting products.
- Call the Quitline 13 7848
- Explore quittas.org.au

