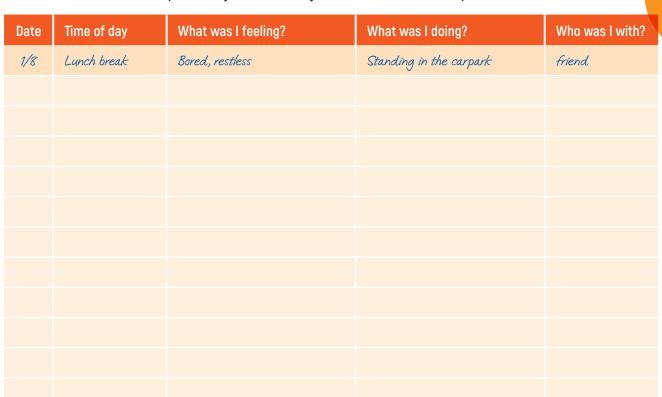
GET READY

Think about quitting...

QUIT STEP: Smoking/vaping diary

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



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?



she home

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.

What are your main reasons to quit smoking/vaping?

She home

Cut down first?

How are you planning to quit?

Cold turkey?

Quitting medications?

Name your quit methods here

Who is going to support you?

What are you going to do to manage withdrawals?

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:



You are ready to quit. Ready, set, go!

GO! Quitting work plan

Your quit date is here...





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	
Go for a walk at lunch	Fresh and in control	

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?
1 week	Treat myself to a nice meal



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...

take hone

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.

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 to full time smoking a non-smoker non-vaper? 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.	What will I say wher offers me a smok	n someone re/vape?	What are you going to do?	How will I manage when a situation makes me want to smoke/vape?
Make a note about what best helped you stay on track in tricky situation puff can lead back to full time smoking/vaping. Finally, what are the things that make you feel good about being a non-smoker/non-vaper?	Nah, I've quit i	mate!		Head off for a quick walk
Make a note about what best helped you stay on track in tricky situation puff can lead back to full time moking/vaping. inally, what are the things that make you feel good about being a non-smoker/non-vaper?				
inally, what are the things that make you feel good about being a non-smoker/non-vaper?		Make a not	e about what best he	elped you stay on track in tricky situatio
emember these if you are tempted to have a eight ette/ vape.	ne puff can lead back to full time			



Feel proud of yourself. You are doing well!

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.



- $\boldsymbol{\cdot}$ Who can be your support person?
- Talk to your GP or pharmacist about quitting products.
- · Call the Quitline 13 7848
- $\cdot \ \, \mathsf{Explore} \ \, \mathsf{quittas.org.au}$



