



HELP YOUR CLIENTS QUIT FOR GOOD

A Guide for Community Service Workers in Tasmania

 **Quitline**[®]
13 7848



Beating cravings

The first few weeks can be hard, and it is a good idea to be kind to yourself during that time.

Initially, it can be easier to:

- > avoid people, places or other situations that make you want to have a cigarette.
- > If you over-indulge in food a little, don't stress about it.
- > Plan a reward for yourself with some of the money you will save.

In the early stages you may get cravings and they can be quite intense. They usually weaken after a few minutes and grow further apart over time.

The 4Ds

Try this:

Delay

Deep breathe

Drink water

Do something else

Tips about quitting



- > Keep motivated by reminding yourself of your reasons to quit.
- > Stay occupied.
- > Remember a craving will usually fade away in a few minutes, so deal with each one as it comes.
- > Remember the first two weeks is the hardest. It will get easier.
- > Call the **Quitline on 13 7848** for help and use the **My QuitBuddy** app to help keep you focused.



FREE quit pack!

If you just want to read some information, text **READY** to **0408 264 664** with your name and address for a free quit pack.

Keep going!

Try the process again if your client relapses

Keep going...

Go!



PROVIDE YOUR CLIENT WITH SUPPORT SHEETS

Support worksheets are available as pdf downloads from: www.quittas.org.au



This resource is funded by the Australian Government through Tasmania Medicare Local

Further kits available from Quit Tasmania - 6242 8122

PLANNING AHEAD SHEET

Record your meeting with your client using this sheet. Make two copies, one for the community service worker, one for the client to take home.



How do you feel about your smoking?

Have you thought about quitting?

Have you tried to give up before?

Are there any other conditions we should record? (i.e. pregnancy, mental health)

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What happened when you tried to give up before?

How will you manage cravings?

Let's develop a quit plan.

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Who is going to support you?

Talk to your GP or pharmacist about quitting products.

Find tools to help with quitting smoking at www.quitas.org.au (including Quit Coach and Quit TXT)

Call the Quitline on 13 7848

- | | |
|--|---|
| <input type="checkbox"/> Found quit stage in booklet | <input type="checkbox"/> Provided advice for pregnant women |
| <input type="checkbox"/> Discussed next steps | <input type="checkbox"/> Set a quit date ____/____/____ |
| <input type="checkbox"/> Provided support sheets | <input type="checkbox"/> Agreed callback from Quitline |

GET SET

Planning to quit

Yellow
take home
sheet

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



Name your quit methods here

Who is going to support you?

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What are you going to do to manage withdrawals?

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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:

GET READY

Think about quitting...



Smoking diary

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

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



What are your reasons?

Make a list to answer each of the questions below.



Save money - more than \$500 a month if you smoke 20 cigarettes a day.

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

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.
