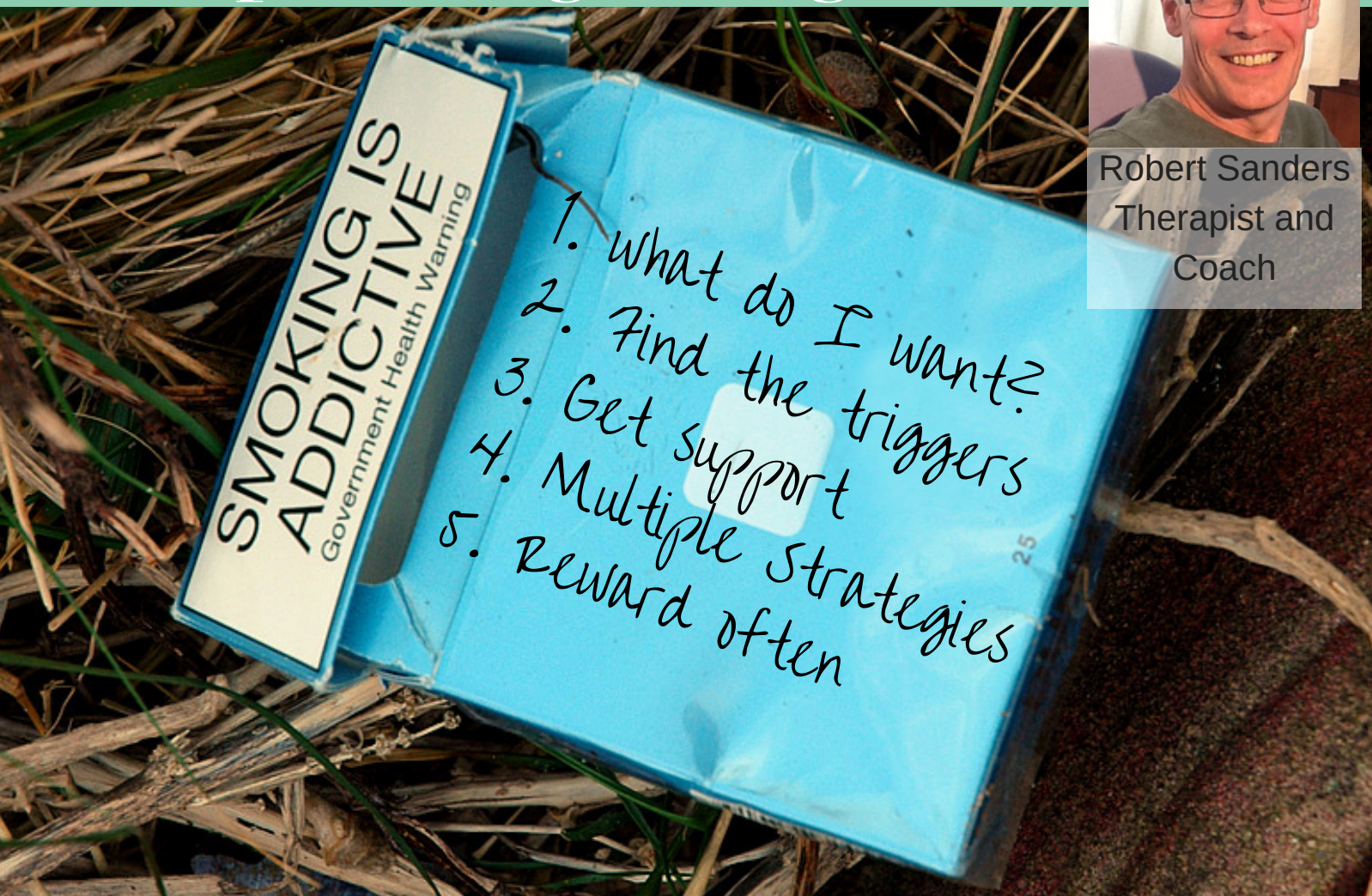
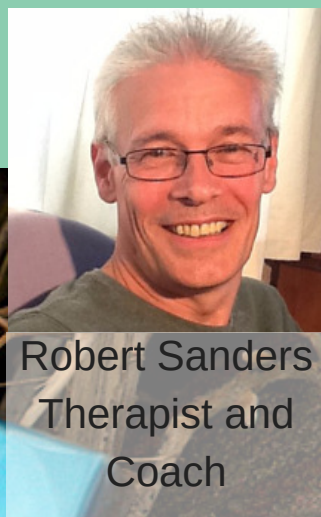


Five 'back of a packet' Stop Smoking Strategies



Sometimes stop smoking advice can be complicated and confusing. Don't get me wrong, much of it is very useful and there are so many ways of achieving the outcome. Different things work for different people. This infographic gives you a 'back of a packet' outline for you to get started without pinning you down to any one technique. Use these headings and suggestions to create your own personal plan of how you will stop, now.

It's easier to work toward a positive than a negative. So define what you DO want. What do you hope to gain from stopping smoking? A healthy lifestyle? Living a long life? Seeing your kids grow up? Saving for a luxury holiday? Write down your goal as vividly as possible.

What do I want?



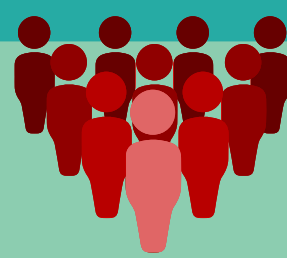
Think of all the situations that you find 'trigger' you to want to smoke a cigarette. Breaks at work? Spending time with certain people? Specific times of day? When you feel stressed? Write them all down and list a few things that you can do to avoid or deflect each one.

My triggers



Who among friends or family will support you? Who will be positive, believe in you, keep you on track? Tell them. Make a commitment to others as well as yourself. Advise them on what to say and how to help. Have one friend you will phone at the hardest times. Distraction is key so find someone who loves to talk!

Get Support



Different approaches work for different people. Don't feel you have to rely on only one approach. Patches aren't enough. Get support from a group, see a cognitive hypnotherapist, see a coach. Remember too that if this is not your first attempt, you are not alone and most successful non-smokers will have tried several times before they succeeded.

Multiple Strategies



Make sure that you reward yourself for every achievement. Financially you are going to save yourself thousands every year, so you can afford the odd treat of a day out, or a new outfit or even save for a dream holiday. Set some milestones and reward yourself when you achieve them.

Rewards



Find out more about how I can help you stop smoking.
10% off the normal package price if you call today on 07877074053
quoting code 'fp001'