

MY SUPPORT GUIDE.

Your 12-week support guide
to help you quit smoking.



Provided by *Johnson & Johnson*
FAMILY OF CONSUMER COMPANIES

Your healthcare professional does not endorse
any medicinal product or brand.

NRT FORMAT GUIDE

HOW IT WORKS

One puff of a cigarette sends a concentrated dose of nicotine to the brain, contributing to the addictive nature of smoking. Nicotine replacement therapy (NRT) however, delivers nicotine to the brain much slower than cigarettes making NRT considerably less addictive. **NRT can help to reduce the frequency and severity of nicotine withdrawal symptoms.**

MOUTHSPRAY



When spraying into your mouth, do not inhale while spraying to avoid getting spray down your throat. For best results, do not swallow for a few seconds after spraying.

GUM



The method of chewing NRT gum is not the same as for ordinary chewing gum. The gum should be chewed slowly until the taste becomes strong and then rested between your gums and cheek and not chewed continuously.

LOZENGE



NRT lozenge are to be sucked or allowed to be dissolved in the mouth depending on the type of NRT lozenge that you use. Do not chew or swallow the NRT lozenge.

PATCH



A NRT patch should be applied to a completely clean, dry area of hairless skin on the front or side of the chest, upper arm or hip. It is important that you do not apply the patches to the same area of skin on two consecutive days. This will help prevent irritation.

INHALATOR



To use the inhalator, take either deep or shallow puffs. Choose the way that suits you.

MICROTAB



The tablets must be dissolved slowly under the tongue to help release the nicotine, which you absorb through the lining of your mouth. Do not chew or swallow the NRT microtab.

NASAL SPRAY



Insert the tip of the spray into one nostril pointing the tip towards the back of your nose. Press down with your fingers firmly and quickly. Then insert the tip of the spray into your other nostril and repeat the process if required.

Always use NRT as described in the product information leaflet or as your doctor, nurse or pharmacist has told you.

Reporting of side effects If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>

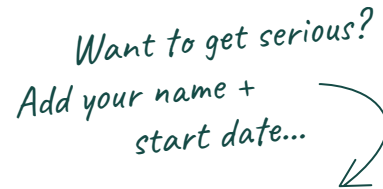
By reporting side effects, you can help provide more information on the safety of the medicine.

MY SUPPORT GUIDE

Congratulations for making the decision to stop smoking. This support guide will help you to:

- **visualise your success,**
- **keep your focus, and**
- **stay motivated.**

*Want to get serious?
Add your name +
start date...*



Your name:

.....

Date of starting your quit journey:

.....

Quit support contact:

.....

WELCOME

Welcome to the start of your incredible journey to smokefree living.

We understand that everyone is different. That's why we've created this 12-week My Support Guide to help you on your way.

Getting started is often the easy part. It's keeping it up that is difficult, no matter who you are. To help you get across the finishing line, we've put together a 12-week quit programme, a journey that will help bring you steadily towards achieving your goal.

Your healthcare professional is always there to support you throughout your quit journey.

[Let your journey begin...](#)



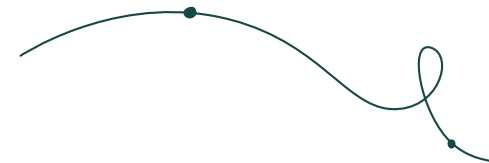
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→ **Welcome**
Introducing the 12-week My Quit Plan programme. Let the journey begin!

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→ **Strategies for your success**
How to master your first 12 weeks of smokefree living.

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→ **Looking forward**
... to the benefits of quitting.

21
→ **Walking the walk**
Monitor your progress with your personal tracker and 12-week diary.



LOOKING FORWARD

You've been thinking about quitting for a while now. You know that smoking is not doing you any good. But before you delve into your personalised strategies for success, it's worth reminding yourself of some of the benefits of quitting.

APPEARANCE AND WELLBEING

You can look better – with clearer skin and fewer lines. Any yellowing of your teeth can begin to fade.

You can smell better – with fresher breath, hair and clothes. Your family, friends and co-workers can be delighted!

You can feel better – you may have more energy than you've had in a long time.

You can rediscover tastes and smells – you can be amazed at what you've been missing.

You can have more control over your life – smoking won't dictate what you do each day.

FINANCES

You can have more money – a lot more – in your pocket. Smoking 20 cigarettes a day costs around £83.93 a week and £4,364.36 a year.*

Think of all you could do with that extra cash. And all you could do for your family!

Watch how your savings grow over time.



FAMILY AND HOME

Your family and friends can **breathe cleaner air** and can be at less risk of health problems from your second-hand smoke.

Your home can look and smell cleaner – with no dirty ashtrays to wash or to tempt you.

HEALTH

You can feel fitter because your circulation can improve physical activity.

You can start to reduce your risk of heart disease and most forms of cancer – it's not just your lungs that are affected by smoking.

If you are a woman and planning a family, you can **increase your chances of getting pregnant** and having a healthy baby. Smoking increases the risk of pregnancy complications, low birth weight babies, and your baby being born prematurely.

If you are a man and planning a family, it's worth knowing that smoking can affect your sperm, which can reduce fertility.

Love how you feel!

STRATEGIES FOR SUCCESS



Quitting is not easy. If it were, you'd probably have done it by now. Maybe you've tried. Most people try several times before they quit for good. Or maybe this is your first time and you're determined to make it work.

Quitting requires willpower, and that can be challenging at times! To boost your chances of success, we've put together some quit strategies and tactics. You don't have to use them all, but you may find many of them helpful in supporting your efforts to quit.

BE ACCOUNTABLE TO OTHERS

→ Publicly announce that you're going to quit.

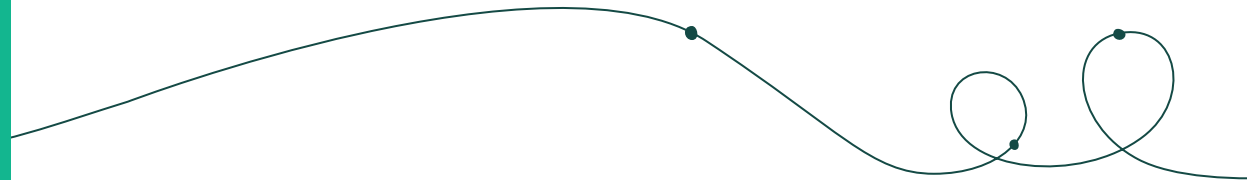
This can be a simple, but helpful strategy. People will keep asking how you are doing and reminding you of your commitment. This will help motivate you to keep going.

→ Team up with a quit buddy.

This is someone who will help you monitor your progress and support you through the tough moments. If you can, choose someone who's also trying to quit so you can support each other through the emotions, cravings and other challenges. It's easier together.

→ Choose a beneficiary.

Make someone else benefit from your success! If you succeed at your weekly challenge, then a friend gets to have something nice happen to them. This is really nice, because you'll be motivated to make someone else happy. In turn, they'll have a real interest in keeping you on track! Agree the rewards at the outset so you both know what's in store.



SPOT YOUR EXCUSES

We're all experts at coming up with excuses – it's human nature. Even when we're deeply committed to something, we look for reasons not to do it – just this once. With a little imagination we can find an excuse for every occasion.

→ Here are a few common excuses:

"I've been so good about quitting, I deserve a day off."

We allow ourselves to do something 'bad' because we've been so 'good'.
Who are we fooling?

"I'm starting tomorrow – so I might as well finish the pack of cigarettes tonight."

We convince ourselves that now doesn't matter, we can do it tomorrow. Some of us even fool ourselves into believing we can smoke more today because we're giving up tomorrow.

"With everything that's going on, I can't be expected to quit."

It's easy to convince ourselves we've no control over a situation. **In reality, we've a lot more control than we think.**

"I'll join you outside – I need a break from my desk."

Odd, isn't it? Instead of fleeing temptation, we make seemingly harmless decisions that almost **guarantee we'll give into temptation.**

"I'm on holidays."

Why do we try and convince ourselves that holidays, birthdays or other occasions don't 'count'? **Everything counts.**

In other words, smoking seems like a positive life choice – but we're deluding ourselves. Remember, the real aim in quitting is to make a healthier choice for the rest of lives, not just for the few minutes it takes to smoke a cigarette.

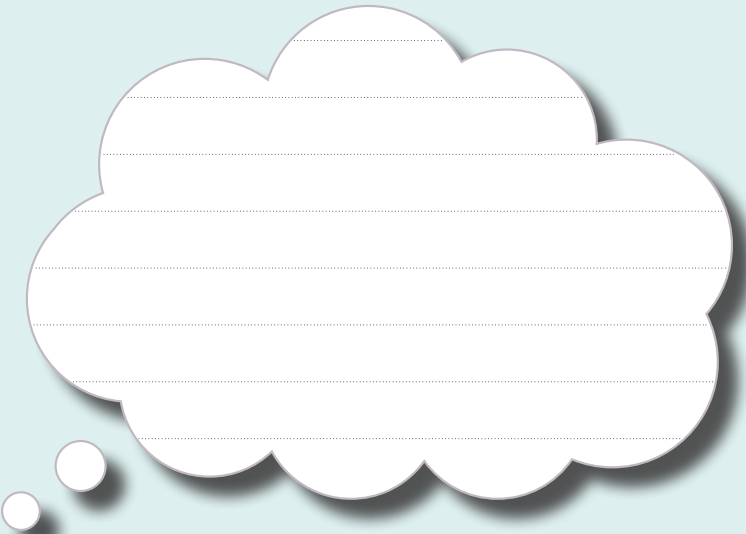
"I only live once."

"What's one cigarette?"

But it's never just one, is it?

The trick is to spot your excuse before you fall!

What are your excuses?



MONITOR YOUR SMOKING

→ **Keep a pre-quit-smoking diary** Keeping a smoking diary for a few days is a good way to prepare yourself for quitting. Count how many cigarettes you smoke, when you smoke, what you do while smoking, and how much you needed or enjoyed that particular cigarette.

Look for patterns. For instance, do you smoke more in the morning or at night? Do you mostly smoke with meals or after meals? Do you smoke more when you're with other people or when you're alone? Becoming more aware of your smoking habit gives you more control of your behaviour and makes it easier to change it. Keep your smoking diary where others can see it and encourage you.

Time	7am	8:15am	9am	11am
Number of cigarettes	2	1	1	2
What I was doing at the time	Waking up	Waiting on the bus	Before work	Morning break
How much did I need that cigarette	1	5		
Scale 1 "I really need it" to 5 "I didn't need it"				
How much did I enjoy the cigarette	1	3	4	
Scale 1 "I really enjoyed it" to 5 "I didn't enjoy it"				

Keep a diary before you quit

LEARN TO MANAGE STRESS

Some people think that smoking helps deal with stress. If you have not had a cigarette for a while, it is common to feel tense and irritable. These can be symptoms of nicotine withdrawal. A cigarette immediately relieves these unpleasant nicotine withdrawal feelings, but after a while they return, so you smoke another cigarette, and on it goes.

Nicotine causes a spike in your heart rate and blood pressure. A cigarette appears to relax you but all you are getting is a brief hit from a brainreward chemical called dopamine, then the up-and-down pattern starts again. Luckily, there are plenty of things you can do to help you deal with stress while you quit.

- **Try and develop a 'can-do' attitude.** If you believe you can do it, you stand a much better chance of staying off cigarettes than if you tell yourself you can't.
- **Focus on the here and now.** Sometimes we feel overwhelmed by all the things that need our attention. Take a deep breath, put aside the things that can wait and concentrate on what is in front of you.
- **Do things you enjoy doing** – listening to music, watching a film, playing with the dog. Not only will these activities distract you, they can refresh your energy levels and strengthen your willpower.
- **Get active and have fun.** Research shows that physical activity helps boost the brain chemicals associated with feelings of well-being. Pick an activity you really enjoy – one that doesn't feel like another item on your To Do list.

BUILD IN SAFEGUARDS

This is a way to protect yourself during your quitting journey. Instead of resisting temptation, look for ways to anticipate and minimise temptation.

→ Develop an 'if-then' plan.

This is a useful strategy. Decide in advance what you will do if temptation strikes. Here are some possibilities or, better yet, develop your own.

'If colleagues are going out for a smoke break, I'll make a cup of tea.'

'If offered a cigarette, I will say no.'

'If feeling tense, I will practice deep breathing.'

'If a family member starts to light up, I'll ask them to smoke outside.'

→ Get rid of the reminders.

Throw away ashtrays, cigarette lighters and anything else that might tempt you to smoke.

→ Surround yourself with people who support you.

What other people do, say and think affects us. Sometimes, we even pick up their habits. So, when trying to quit, it's helpful to be around people who support your decision to quit.

→ Avoid places and things that you associate with smoking.

This is about looking at what you associate with smoking and breaking the connection. For instance, if you always smoke when you drink coffee, try switching to tea. If a night in the pub means a night of smoking, go for a meal with your friends instead.

STRENGTHEN YOUR WILLPOWER

Contrary to popular belief, willpower is not something we're born with. Rather, it is a complex mind-body response that can be compromised by stress, sleep deprivation and poor nutrition. Boost your willpower by following these practices:

→ Get a good night's sleep or take a short nap.

Lack of sleep can affect you in many ways, making some people feel more anxious and emotional.

→ Avoid alcohol.

Alcohol consumption can sometimes make it harder to resist a cigarette.

→ Exercise regularly.

Whether you choose walking, dancing, gym work or yoga, regular physical exercise can make you more resilient to stress. You can feel better too.

→ Meditate daily.

Meditation can help relieve stress in some people. This can help you avoid having a cigarette.



STUMBLING

Oh dear, you've had a slip. One cigarette and it feels as if all your hard work has been wasted. You've let everyone down and you feel a complete failure. You're never going to be able to quit. **Stop right there.**

You're not alone. People can stumble a few times before they quit for good. Of course it would be better not to slip, but we're all human. It's not the end of the world.

You have a choice now. You can try to figure out why you slipped and learn from the experience. What was the trigger that made you light up? Once you've identified it, make a plan to deal with it the next time.

Focus on the intention. Why did you stop smoking in the first place? Was it to give yourself the gift of good health, to look and feel better? Keep your reasons for quitting in mind as you start again.

Be kind to yourself. You'd comfort a friend in pain – treat yourself with the same compassion! Kindness is a far better motivator than guilt.

Take the smallest step. Instead of telling yourself you'll never smoke again, say you won't smoke for the next half hour – and mean it. Then focus on the next tiny step. You can do it.

Remind yourself: You haven't stopped quitting – you just slipped. Start afresh.



KEEP GOING

VISUALISING YOUR SMOKE-FREE FUTURE

Creating a personal vision board can help you visualise the changes you want in your life. It simply is a collage of images and words that works as a reminder of what you are trying to achieve.

→ **How to create your own vision board:**

Step 1

Quiet time

Find a quiet place and reflect on your goals and dreams. What do you want from life? No shoulds, oughts or musts – just your own inner desires. Be as specific as you can.

Step 2

Get set

Gather your supplies. You'll need a large sheet of paper, magazines, newspapers, a really happy picture of yourself, scissors, and some glue.

Step 3

Dig into it

This is the fun part. Go through the magazines and newspapers and tear out any images or words that appeal to you. Trust your intuition.

Step 4

Choose your favourites

Keep only the ones you really like even if you don't know why you like them.

Step 5

Put it together

Place your photo at the centre and arrange the images and inspiring words around it.

Step 6

Remind yourself

Place your vision board where you will see it every day to remind you of what you are trying to achieve.

SUPPORTING YOUR NEW LIFESTYLE

Exercise is an excellent way to relieve stress. Regular exercise can make you feel – and look – better. You'll improve your stamina, increase your self-esteem and better yet, exercise will distract you and take your mind off smoking.

EXERCISE TIPS

Choose a form of exercise you enjoy. Walk with a friend, enrol in a dance class, cycle to work or join a sports team. Keep it fun and you'll keep it up.

Take it slowly. If you are out of shape, start with 10 minutes of activity three days a week. As you start to feel fitter you can build this up to 30 minutes a day.

Make it convenient. If it's easy, convenient and fun, you're much more likely to stick with your exercise plan than if it's time-consuming, boring and too much of an effort.

If you can, find a partner to exercise with. Maybe your quit buddy? You can encourage each other to keep going and you will be more likely to get out and exercise if someone is depending on you.

WALKING THE WALK

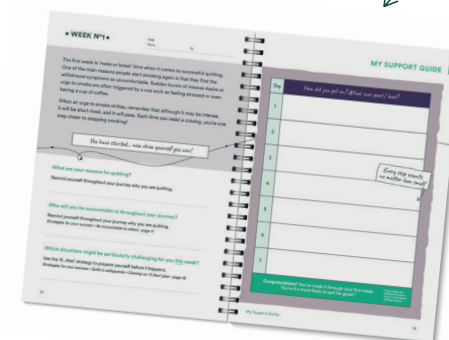
Now that you're on the brink of your incredible journey, let us introduce you to a great way to monitor your progress:

→ Your Weekly Diary

Filled with additional tips and strategies and lots of space for your own thoughts and experiences, your weekly diary plays an important part in staying on track.

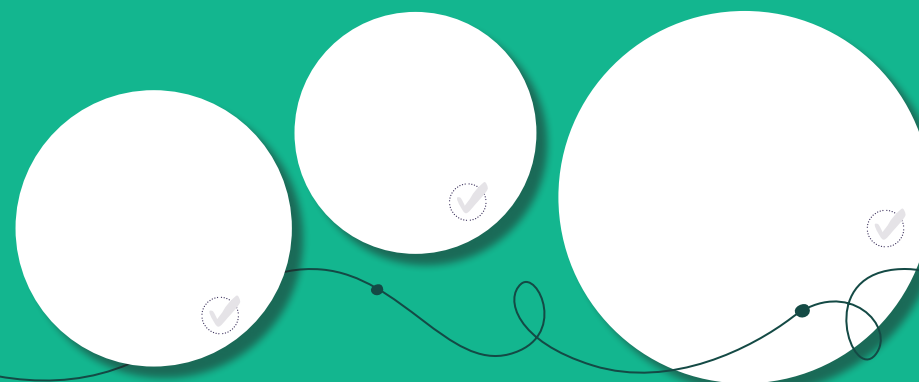
Find a nice, quiet place at the end of the day or week and spend 10-15 minutes reflecting on your journey. Be proud of the progress you have made so far!

Set aside a little time each week to reflect on and encourage yourself along this journey...



Dream big!

We've created a little space here to help you keep an eye on the things you'd like to accomplish. Simply write your intentions, i.e. 'socialise without smoking' inside the bubbles and tick them off as you go along!



• WEEK N°1 •

Date
From: To:

MY SUPPORT GUIDE

The first week is 'make or break' time when it comes to successful quitting. One of the main reasons people start smoking again is that they find the withdrawal symptoms so uncomfortable. Sudden bursts of intense desire or urge to smoke are often triggered by a cue such as feeling stressed or even having a cup of coffee.

When an urge to smoke strikes, remember that although it may be intense, it will be short-lived, and it will pass. Each time you resist a craving, you're one step closer to stopping smoking!

You have started... now show yourself you can!

What are your reasons for quitting?

Remind yourself throughout your journey why you are quitting.

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Who will you be accountable to throughout your journey?

Remind yourself throughout your journey why you are quitting.
Strategies for your success > Be accountable to others - page 11

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Which situations might be particularly challenging for you this week?

Use the 'if...then' strategy to prepare yourself before it happens.
Strategies for your success > Build in safeguards > Develop an 'if-then' plan - page 16

.....

Day	How did you get on? What was good / bad?
1	
2	
3	
4	
5	
6	
7	
<p>Congratulations! You've made it through your first week. You're 9 x more likely to quit for good.*</p> <p><small>* Versus those not abstinent at week 1 as part of an abrupt quitting attempt.</small></p>	

Every step counts, no matter how small!

• WEEK N°2 •

Date
From: To:

One of the keys to quitting is to acknowledge that smoking is an addiction. This is what makes it so hard to quit. But, with support, you can overcome the addiction and live a smoke-free life.

Which situations might be particularly challenging for you this week?

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HOW DID WEEK TWO GO?

Was it harder or easier than week one? What was different? Have you asked for support from others? How do you feel now?

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MY SUPPORT GUIDE

Day	<i>How did you get on? What was good / bad?</i>
1	
2	
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Describe your cravings and challenges...

• WEEK N°3 •

Date
From: To:

Get a good night's sleep, try to exercise regularly or even dedicate time in your day for meditation to help manage stress.

Which situations might be particularly challenging for you this week?

Don't make excuses to have a cigarette. Spot your excuses and prevent a fall.
Strategies for your success > Spot your excuses - page 12

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HOW DID WEEK THREE GO?

How do you feel?

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MY SUPPORT GUIDE

Day	How did you get on? What was good / bad?
1	
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4	
5	
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7	

Notice what is changing in your life

• WEEK N°4 •

Date
From: To:

MY SUPPORT GUIDE

Congratulations on hitting the one month mark! It is understandable that you may be experiencing some difficulties in your journey so far. A few simple tips can often make all the difference.

Which situations might be particularly challenging for you this week?

Help to increase your energy levels and strengthen your willpower through healthy eating and exercise.

Supporting your new lifestyle > Exercise tips - page 20

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HOW DID WEEK FOUR GO?

Which situations were most challenging? Talk to your quit buddy or healthcare professional.

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Day	How did you get on? What was good / bad?
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7	

*How was your day?
Did you get on ok?*

Date
From: To:

The clearer you are about what you expect from yourself, the more likely you are to succeed in quitting. Use the 'if...then' strategy to clarify how you will act in certain situations.

We also tend to believe what we say about ourselves. Practice saying "I don't smoke" or "I'm a non-smoker". In time, you will believe it. Using "I don't" rather than "I can't" says you're in control of your actions and you're acting by choice.

Being a non-smoker is the new You!

Which situations might be particularly challenging for you this week?

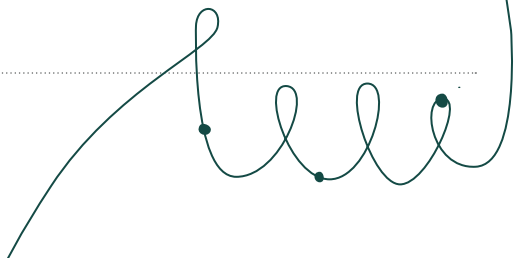
Which safeguards have you put in place to protect yourself during your quitting journey?
Strategies for your success > Build in safeguards - page 16

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HOW DID WEEK FIVE GO?

Are you getting used to the idea of being a non-smoker?

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Day	How did you get on? What was good / bad?
1	
2	
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4	
5	
6	
7	

Which strategy works best for you?

• WEEK N°6 •

Date _____
 From: _____ To: _____

MY SUPPORT GUIDE

Have you created your vision board yet?

Vision boards are a powerful tool for transformation, a creative way to express your dreams and a map to guide your journey to success. Put simply, they are a collage of photos, images, words and quotes that represent what you would like to experience more of in your life.



Visualise your future and you're on your way!

Which situations might be particularly challenging for you this week?

Remind yourself of all the benefits that come with smoke-free living!

Looking forward - page 8

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HOW DID WEEK SIX GO?

Keep an eye out for more images for your vision board.

Visualising your smoke-free future - page 19

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Day	How did you get on? What was good / bad?
1	
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*Half-way there!
Well done!*

A daily treat can be a great motivator in the early smoke-free days.

Treats help us to relieve the stresses of the day and prepare ourselves for the day ahead. And they needn't cost anything. Time alone with a good book, a walk on the beach, or an hour spent on a favourite hobby can work wonders. You can also save the money you would have spent on cigarettes and use it every so often for a special reward. A tangible reward bought with cigarette money is a powerful motivator!

Remember, though, that the real reward from quitting smoking is a healthier life!

Which situations might be particularly challenging for you this week?

Did you appoint a beneficiary? Are they helping you to stay on track?

Strategies for your success > Be accountable to others > Choose a beneficiary - page 11

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HOW DID WEEK SEVEN GO?

Are you treating yourself each day to some 'me time'? If you find it difficult to treat yourself, ask your beneficiary for support. It's in their interest, too!

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Day	How did you get on? What was good / bad?
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It's not easy but it's worth it!

• WEEK N°8 •

Date
From: To:

An incredible journey doesn't have to be exclusively about quitting.

Share your goals among family and friends, stick together and encourage each other. Throw in a little bit of humor to help buffer stress and see the benefits in each others lives.

Don't give up! Recruit others and stick together!

Which situations might be particularly challenging for you this week?

Look back at the benefits of quitting. What benefits are you seeing in your life at this stage? *Looking forward - page 8*

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HOW DID WEEK EIGHT GO?

Are you increasing your exercise? What changes have you noticed in your mood and behaviour? *Supporting your new lifestyle > Exercise tips - page 20*

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MY SUPPORT GUIDE

Day	How did you get on? What was good / bad?
1	
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You are eight weeks into your quitter journey. Hurray!	

Spending time in nature can soothe your soul.

Date
From: To:

Congratulations for passing the two month mark! This is a great challenge you are undertaking, so go easy in yourself and give your body time to adjust to smoke free living.

Go for walks during the day, listen to relaxing music in the evening or drink a glass of warm milk or some chamomile tea before bed.

Don't stop your journey - you're almost there.

Which situations might be particularly challenging for you this week?

Learn more about how sleep affects your willpower.

Strategies for your success > Strengthen your willpower > Get a good night's sleep - page 17

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HOW DID WEEK NINE GO?

Think about how you dealt with the challenges you experienced.

Strategies for your success > Monitor your smoking > Look for patterns - page 14

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Day	How did you get on? What was good / bad?
1	
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3	
4	
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Make sure to get some me-time during the day.

Date
From: To:

We know this is really hard, but you are doing so well. The important thing is learning how to deal with potential difficulties and challenges in a positive way.

Think positively to deal with challenges.

Which situations might be particularly challenging for you this week?

Make a note on how you're going to deal with it. Have you developed your own strategy?

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HOW DID WEEK TEN GO?

Are you feeling tense right now? Try breathing in slowly to a count of five, then breathing out slowly to a count of five. Deep, mindful breathing is a simple but effective way to calm both body and mind.

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Day	<i>How did you get on? What was good / bad?</i>
1	
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How do you deal with stress?



● WEEK N°11 ●

Date
From: To:

MY SUPPORT GUIDE

Smoking is expensive so the savings can be significant. For instance, if you smoked a pack of cigarettes a day when you started your quit smoking programme just 11 weeks ago, you may have saved £923.23* by the end of this week. Think what the savings would be in a year.

Why not put the money you save into your bank account - or a jam jar - and let it grow? Use it for small treats while you are quitting or let it build to buy something special.



Put the money where you can see it and watch it grow!

Which situations might be particularly challenging for you this week?

Your withdrawal symptoms should be easing by now, but don't let yourself get complacent. *Keep practicing your strategies.*

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HOW DID WEEK ELEVEN GO?

Is your new, smoke-free lifestyle starting to feel natural? Look at your vision board and think about where you are now.

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Day	<i>How did you get on? What was good / bad?</i>
1	
2	
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5	
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7	

*Excluding spending on nicotine replacement therapy. Money saving assumptions are based on cutting out all daily cigarette using an average price of £11.99 per 20 pack (ONS, Jan 2021).

• WEEK N°12 •

Date
From: To:

You may still get a craving for a cigarette (or you may not, we're all different). If you do, don't obsess about it. Distract yourself actively in a fun, absorbing and positive way.

Sing your favourite song, call a friend or go for a run. Use the strategies you've learned along the way.

Which situations might be particularly challenging for you this week?

Make a note on how you're going to deal with it. Have you developed your own strategy?

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HOW DID YOUR FINAL WEEK OF THE PROGRAMME GO?

Sit for a few minutes and enjoy this moment. Think about your journey and dwell on the fact you've done something incredible! Write yourself a little note and tell yourself how proud you are. We're proud of you too!

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Woohoo! Be proud of yourself!

MY SUPPORT GUIDE

Day	How did you get on? What was good / bad?
1	
2	
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It wasn't easy, but it's been worth it! Well done!

*Milestone day!
Let's celebrate!*

MY SUPPORT GUIDE

Congratulations You've done it!

You've made some really positive changes in your life over these 12 weeks, changes that will benefit not just you but the people close to you. By now, you may be able to see that...

- **your breathing is easier**
- **your energy levels are higher**
- **your sense of smell and taste are beginning to return to normal**

Well done, you, for taking this incredible journey!

And remember, should you be in need for any support in the near future, please talk to your healthcare professional.

To family & friends...

Every now and then this diary might be taken out to reflect on this incredible journey. Why not leave a note of encouragement and support as a reminder of how proud you are...

Thank you! 

