

## *Stay on Track*

Even after the strongest withdrawal symptoms are gone, staying smoke-free can be hard. Slipping and having a cigarette may happen, but that doesn't mean you have to start all over again. Part of smoking cessation involves modifying your lifestyle.

### **Understand Your Triggers**

Food, alcohol, coffee and stressful circumstances can trigger an urge to smoke. Knowing your triggers can help you be prepared and fight off cravings. Hence, you will be working with your doctor and counsellor on a programme to make some lifestyle adjustments so as to successfully quit smoking.

### **Get Active**

Physical activity can help you quit smoking. Exercise is a great way to distract yourself from cravings and it can help you deal with the symptoms of withdrawal. Being active even 10 minutes a day can help boost your energy and mood. Exercise can also help you reach health goals related to quitting smoking, such as lowering blood pressure and making your lungs stronger. Find activities that you enjoy and make exercise a part of your smoke-free journey.



*Look after your body and your mind will feel better.*

*Ask for help today!*

**Clinic B Pharmacy**  
Institute of Mental Health,  
10 Buangkok View, Singapore 539747

Tel: 6389 2077  
Mon: 8am–5.30pm  
Tues–Fri: 8am–6pm  
(Closed on Sat, Sun & Public Holidays)

[www.imh.com.sg](http://www.imh.com.sg)

**NAMS Clinic**  
Institute of Mental Health,  
10 Buangkok View, Block 9, Basement 1,  
Singapore 539747

All Addictions Helpline: 6732 6837  
Mon: 8am–5.30pm  
Tues–Fri: 8am–5pm  
(Closed on Sat, Sun & Public Holidays)

[www.nams.sg](http://www.nams.sg)

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## *Smoking Cessation*

**NATIONAL  
ADDICTIONS  
MANAGEMENT SERVICE**



## Did You Know?

Smoking harms nearly every organ of the body. Some of these harmful effects are immediate. Smoking not only affects you, but all of the people in your life. You are taking a positive step both for yourself and them by quitting smoking.



It is likely that you are addicted to Nicotine if you smoke your first cigarette within **half an hour** of waking up.



## Why Do You Want to Quit?

You are thinking of quitting smoking. Do you know the reasons you want to quit? Do you want to be healthier? Save money? Keep your family safe? Set a great example for your kids? Family planning? Once you know your reasons for quitting, remind yourself of them every day. It can inspire you to stop smoking for good.



## Strategies to Quit



<< Set a quit date

>> Anticipate challenges such as nicotine withdrawal symptoms, particularly during the critical first few weeks.



<< Talk to your healthcare provider about getting help to quit.

## Challenges When Quitting

- Managing withdrawal
- Managing cravings and triggers
- Stress management
- Mood management
- Dealing with weight gain

## Help is Available

Stopping smoking is hard. Your success depends largely on how dependent you are on nicotine. There is no one method of quitting smoking that is right for everyone. Often, individuals will require several methods and try to quit several times before they successfully stop smoking. We are here to help you break free from smoking by giving you the information and inspiration you need.

### Quit methods available for smoking cessation:

- Nicotine Replacement Therapy (NRT)
- Medications (Bupropion and Champix)
- Counselling



While medications can help you in the process, they won't do all the work. To give yourself the best chance for success, you can combine NRT or medication with counselling.