

## Ways to manage stress

- Take slow deep breaths when you feel annoyed or angry.
- Do some exercise. Walking helps you relax and clears the mind.
- Talk to other people about your worries or what makes you feel stressed.
- Give yourself a break and do something you enjoy.
- Keeping busy can help to take your mind off how you are feeling. Spend some time with friends who don't smoke. Or help look after a friend's baby or young children. They won't like seeing you smoke.

## Work out what you can save if you quit

1. Find the row with the number of cigarettes you smoke every day (on average).
2. Go along to the column with the closest cost per pack.
3. Smoking costs you about this much every month.

Cigs per day	What does each pack (of 25) cost?		
	\$37	\$38	\$41
10	\$444	\$456	\$492
20	\$888	\$912	\$984
30	\$1,332	\$1,368	\$1,476

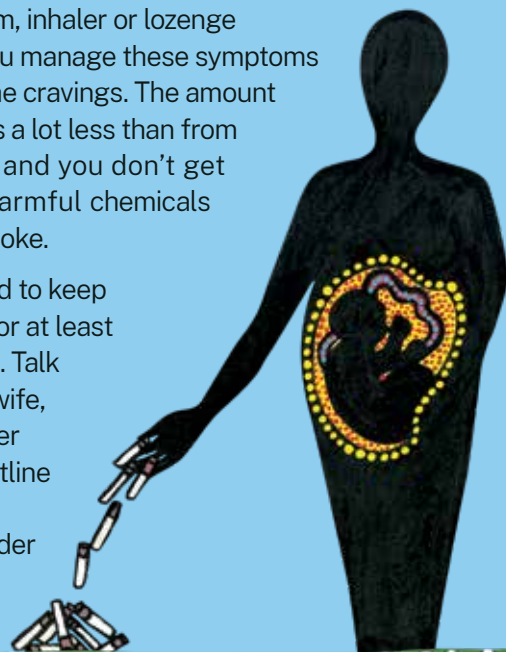
## Nicotine Replacement Therapy (NRT)

You may be addicted to nicotine (a drug that is in tobacco). When you stop smoking, in the first few weeks you may go through cravings and withdrawal symptoms. These are some of the signs that your body is recovering from the addiction:

- coughing
- poor concentration
- depressed mood
- restlessness
- feeling cranky
- increased appetite.

Nicotine gum, inhaler or lozenge may help you manage these symptoms as well as the cravings. The amount of nicotine is a lot less than from a cigarette and you don't get the other harmful chemicals from the smoke.

You will need to keep using NRT for at least eight weeks. Talk to your midwife, health worker or GP or Quitline if you would like to consider using NRT.



## Your baby needs you to quit

If you would like some help with quitting, talk to your health worker, midwife or doctor. For the cost of a local call you can also get information and support from Quitline.

Call 13 7848 (13 QUIT)  
or go to [icanquit.com.au](http://icanquit.com.au)



### NSW Ministry of Health

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NSW Health



# Quit for new life

Practical advice  
on how to  
quit smoking



## Reasons to quit

If you want your baby to be born strong and healthy, quitting smoking is one of the most important things you can do.

When you quit you will be protecting them from the risk of:

- miscarriage
- Sudden Infant Death Syndrome (SIDS)
- being born too early and sickly.

After they are born, they will be less likely to have:

- ear infections and hearing problems
- asthma, chest infections, coughs and colds
- problems with learning and behaviour.

If you have tried to quit before and gone back to smoking, don't let this put you off. Most people try to quit several times before they succeed.

You will have learnt something from your last go at quitting that will help you this time. This time you have your baby to think about.

## Smoking and stress

Many people think smoking is a way to cope with stress. But it's not. In fact, smoking causes stress.

Firstly, smoking increases your heart rate – this can make you feel anxious. When you are addicted, you get withdrawal symptoms only an hour or so after having a cigarette. Then you're hanging out for the next cigarette, which makes you feel stressed. And this happens many times throughout the day.

## Quit plan

Giving up smokes is easy for some people and hard for others. Most people need some help.

Having a plan helps you know what to expect. Then you can work out some ideas to get through your danger times.

Here are the key steps for your quit plan:

- Write yourself a note with your main reasons for quitting. Keep this note to look at if you need reminding.
- Set a date within the next two weeks.
- Plan some rewards for yourself.
- Tell family, friends and people you work with that you are going to quit. Ask them to help you.
- Think about when you normally smoke and work out ways to get through these times.
- Before quitting, avoid smoking in places where you regularly smoke.
- Talk to your midwife, health worker, GP or Quitline about whether trying NRT may be worthwhile and which types might suit you.

My main reason for quitting is:

My quit date is: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Work out when you usually smoke, then think of something else to do at this danger time.

Tick the danger times when you are used to smoking and write down ideas to get through this time.

Danger times:

- Waking up .....
- Drinking coffee, tea or alcohol .....
- After a meal .....
- Having a yarn with friends .....
- Having a break from the kids .....
- On a break at work .....
- Feeling tired .....
- Feeling worried, stressed or upset .....
- Feeling annoyed or angry .....

