My quit plan

My reasons for quitting:

Each week I will save: $

My reward/goal is:

My health will improve these ways:

My plan to quit includes:

- [ ] Quitting medicines (such as nicotine replacement therapy)
- [ ] Support from my doctor or health professional
- [ ] Contact Quitline 13 7848 or quit.org.au/quitline
- [ ] Visit quit.org.au
- [ ] Support from friends and family
- [ ] Other:

What support can help me to quit?

The best help to stop smoking is to use quitting medicines such as nicotine replacement therapy

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talk with Quitline (13 7848) for practical support that suits you.

Quitline counsellors can help build your motivation and skills to help you break free from smoking, vaping or using other nicotine products. Quitline is free and confidential.

Your doctor or pharmacist can also talk to you about which quitting medicines would suit you best.

If I want help quitting, I can:

Call: Quitline 13 7848

Request a free callback: quit.org.au/callback

Go to: quit.org.au/quitline for webchat, SMS, WhatsApp or Messenger

Talk to a health professional: my doctor, pharmacist or other health provider

Visit: quit.org.au for tips, tools and resources on quitting

Quitline 13 7848 | **quit.org.au**

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This information is for general use only: please consult your health professional for further advice.

A partnership between:

VicHealth | Cancer Council Victoria | Victoria State Government

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My Quit Plan

Help to stop smoking and stay quit

Quitline 13 7848 | **quit.org.au**

Make a plan and start new routines that help

To help you plan to quit, think about when, where and why you smoke.

Being in some situations after you have quit can trigger cravings. Once you know your triggers to smoke, you can work out ways to respond to them.

When do you smoke?

- Having coffee
- After eating
- With alcohol
- With friends
- On the phone or tablet
- First thing in the morning
- Feeling angry
- Feeling anxious or stressed
- Feeling bored
- Just before bed

Instead of smoking:	You could:
First thing in the morning	– Have a shower – Have a hot drink
With alcohol/coffee	– Drink tea instead – Hold your drink in your smoking hand
With a person who smokes	– Chew gum or drink from a water bottle – Stay inside or away from areas you used to smoke
After lunch/dinner	– Clean up straight away – Go for a walk – Brush your teeth
Just before bed	– Drink herbal tea – Read a book
When anxious or stressed	– Talk to a mate – Walk in a park – Listen to music
When feeling bored	– Call a friend – Exercise – Play a game on your phone

Think of it as a five minute window to fill. You might need to try a few different things to find something that works for you.

5 MINS

What might work for me

My triggers:	I will try: