

Our coaches will work with you on a one-to-one basis; offering either face to face or virtual sessions, to help you achieve and maintain your smoke-free journey.

Your specialist coach will be in touch in a few days time but until then, take a look at these top tips to help you stay smoke-free.



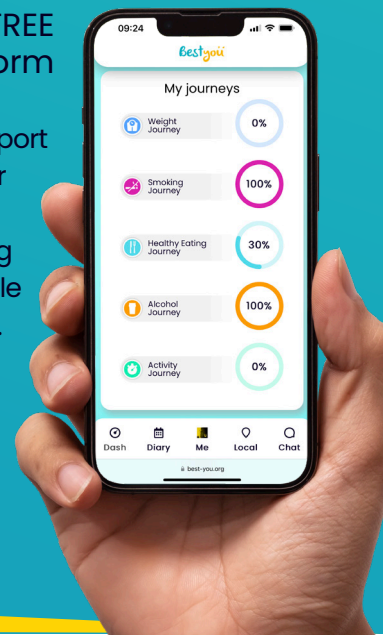
It's easy to get started and we will be with you every step of the way.

**Stop
For
Life**
DEVON

0800 122 3866

Stopforlife.devon@nhs.net

Check out our FREE wellbeing platform **Best-You.org** It's designed to support you to improve your health & wellbeing by setting & tracking your own goals, while sharing tips & tricks.



ice
icecreates.com

Top Tips For Stopping Smoking

As you are now transferring from the Hospital team to Stop Smoking Devon; specialist smoking cessation services, **we would like to reassure you that our coaches are on hand to offer support.**

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Stopping smoking is one of the best decisions you will ever make, **there's no better time than now to stop!**

There are many health and financial benefits to quitting and with our FREE one-to-one support, it's easy to get started. Your specialist health coach will be there throughout your journey to help you stop smoking for good.



Here are our top ten tips to support you to QUIT:



1 Get help from our service, it is FREE and we will help you on your journey. With one-to-one support that can either be in person or virtual, we have options to suit everyone.



2 Tell people you're quitting - they can support you and you are more likely to stick with your quit.



3 Set a date to quit when you can focus on yourself and you won't have temptation. Remember to add your quit date to your calendar.



4 Use stop smoking aids - We can offer either nicotine replacement therapy or vapes to help support you on your smoke free journey.



5 Encourage other people you live with or your friends and family to quit with you, it is a great way to motivate each other.



6 Have a plan of what to do if you are tempted to smoke, write down different ways you can fight cravings.



7 List all your triggers to smoke and avoid them, this may mean you change your daily routine or you stop doing things that are linked to you smoking



8 Keep cravings at bay by keeping busy and using your Nicotine Replacement Therapy or vape.



9 Exercise or just getting out walking is a great way to manage cravings and keep fit at the same time.



10 Speak to your coach and to other people who are on the same journey as you.