

SMALL CHANGES



STOPPING SMOKING

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BETTER HEALTH

Stopping smoking starts with one small step

For adults who smoke. You can start preparing today, even if you are not ready to stop yet.

Stopping smoking protects your health and saves money. It is worthwhile at any age, even if you have smoked for many years.

Choose your reason

What matters most to you?

- Looking after your health.
- Having more money for everyday needs.
- Protecting family from tobacco smoke.
- Feeling more comfortable being active.

Write down your reason. Keep it somewhere you will see it.

Prepare for your quit day

- Choose a date to stop.
- Tell someone who can encourage you.
- Remove cigarettes, lighters and ashtrays.
- Arrange any stop smoking treatment before your quit date.
- Plan how you will manage cravings.



The aim is to stop smoking completely. If you need to cut down first, ask an adviser to help you work towards a quit date.

Make a plan that works at home

- You do not need to travel to start preparing.
- Try a phone call, music, a hobby or gentle indoor movement instead of a smoking break.

If you enjoy walking, choose a safe local route when the weather allows. On wet or windy coastal days, choose an indoor activity.



My first small step

My reason for stopping:

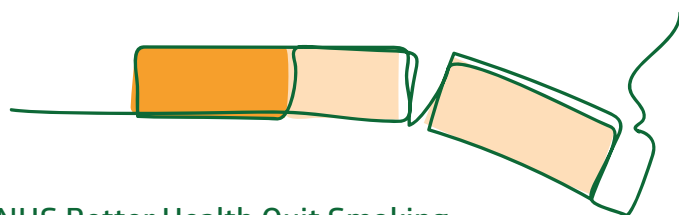
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This week I will:

.....

My planned quit date:

Trusted advice



NHS Better Health Quit Smoking
<https://www.nhs.uk/better-health/quit-smoking/>



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Manage cravings one step at a time

A craving is a strong urge to smoke. It usually passes within a few minutes. Having a plan can help you get through it.

Try something different

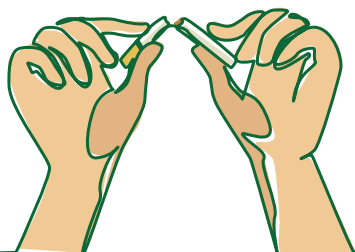
- Pause and take a few slow breaths.
- Sip water.
- Keep your hands busy with a hobby or a simple task.
- Call someone who supports you.
- Change activity or move to another room.

You can do these things at home. If the weather is safe, try a short walk or a few minutes in the garden. On wet or windy days, choose gentle indoor movement.

Plan for difficult moments

If you usually smoke after a meal, try brushing your teeth or changing rooms. If other people smoke, ask them not to offer you cigarettes.

Use your stop smoking treatment as directed. If cravings remain difficult, ask your adviser or pharmacist to review it.



Trusted advice

NHS Better Health Quit Smoking
www.nhs.uk/better-health/quit-smoking/



If you smoke a cigarette

Do not give up. Notice what led to it, ask for support and return to your plan. You do not have to wait for a new week to try again.

Use the support that suits you

The free NHS Quit Smoking app and Personal Quit Plan offer encouragement and practical ideas. A notebook and a regular phone call can help if internet access is difficult.



My next small step

I will ask about

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Someone I can contact



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Choose help that works for you

Stop smoking products help with cravings. Combining suitable treatment with support gives you a better chance of stopping.

Nicotine replacement therapy

Patches, gum and lozenges give you nicotine without harmful tobacco smoke. A patch with a faster-acting product can work better than one product alone. Ask your adviser or pharmacist about suitable products and how to use them.

Prescription medicines are another option. Ask your adviser, pharmacist or GP what is suitable for you.

What should I know about vaping?

For adults who smoke, nicotine vaping can help with quitting. It is much less harmful than smoking, but it is not harmless.

Vaping has not been used for long enough to know all the risks of using it for many years. Some long-term harm may not yet be known. This uncertainty does not mean that vaping is as harmful as smoking.

Vapes contain an aerosol, not just water vapour. Nicotine is addictive. Vaping can cause coughing, throat irritation and headaches.

The aim is to replace cigarettes completely. Once you feel confident you will not return to smoking, ask for help to stop vaping too. Non-smokers and young people under 18 should not start vaping.

Use products safely

- Follow product instructions.
- Keep nicotine products and vaping liquids away from children and pets.
- Use the correct charger. Do not charge a vape unattended or overnight.

If you are pregnant or breastfeeding, ask your midwife, GP, pharmacist or adviser about suitable treatment. Nicotine replacement therapy is the recommended option in pregnancy when treatment is needed.



My next small step

I will ask about::

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Trusted advice

NHS treatment and vaping advice through Better Health
www.nhs.uk/better-health/quit-smoking/
NHS stopping smoking in pregnancy
www.nhs.uk/pregnancy/keeping-well/stop-smoking/



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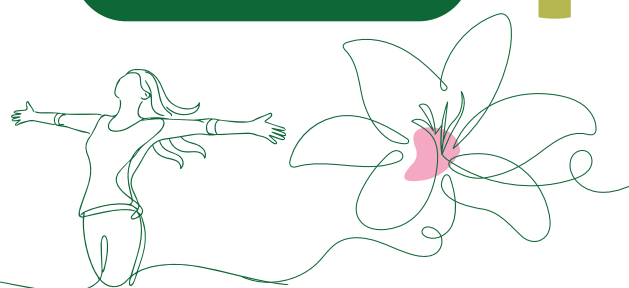
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Local support without a long journey

You do not have to manage quitting alone. Free local support can help you prepare, manage cravings and keep going.

One You Lincolnshire Be Smoke Free

The service offers a 12-week programme with individual support and free nicotine replacement therapy.

Telephone contact, flexible appointments and nicotine replacement products posted to your address can help when travel is difficult.

You can contact the service yourself if you smoke tobacco and live, work or are registered with a GP in Lincolnshire.

Tell the team if transport, work, caring responsibilities or phone access make appointments difficult.

Telephone: 01522 705 162

Other ways to get help

Ask your practice team or pharmacist for advice. For free national telephone support, call the National Smokefree Helpline on 0300 123 1044.



NHS medicines guidance for healthcare teams
<https://sps.nhs.uk/articles/managing-specific-interactions-with-smoking/>

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If you take regular medicines

Tell your GP or pharmacist before stopping or substantially reducing smoking, including switching completely to vaping. Some medicines may need monitoring or a dose change. Do not change doses yourself.

If you take clozapine or theophylline, contact your prescribing team promptly before changing your smoking. Tell them too if you have already stopped or reduced smoking, or start smoking again.

When to ask for professional help

Ask your adviser, pharmacist or GP for help if cravings, side effects, low mood or anxiety are difficult to manage. New or worsening breathlessness needs medical advice; do not assume it is a normal part of quitting.

My next small step



I will contact:

When:

For help without internet access, contact the practice team. September 2026

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