

# 5 tips to quit smoking: Proven methods for a smoke-free life



# Facing your smoking habit and quitting for good



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By Health Shield's Wellbeing Team

**Are you ready to quit smoking and take control of your health? If so, this tipsheet is the perfect place to start.**

Learn about all the practical steps you can take to kick the habit for good, and the resources that can help you make it happen. So don't wait another day - use these proven methods to quit smoking today.

## Quitting smoking has many benefits

The decision to quit smoking is one of the most positive changes you can make for your overall health. Here are some of the biggest benefits you'll experience when you kick the habit:

### Health benefits:

1. Reduced risk of cancer and coronary heart disease: When smokers quit, their risk of developing these diseases significantly drops.
2. Improved cardiovascular health: Over time, the risk of stroke and heart attack decreases.
3. Enhanced respiratory health: Quitting smoking can improve your lung function and reduce the risk of respiratory problems.
4. Better blood pressure and circulation: Giving up smoking can have a positive impact on your overall cardiovascular system.
5. Lower risk of type-2 diabetes: Quitting smoking can also help reduce the risk of developing this condition.

These benefits have a long-lasting impact on your physical wellbeing, ensuring a healthier future for years to come.

### Social benefits:

When you quit smoking, it not only benefits your health but also has a positive impact on your social life. Your loved ones will feel proud of you for taking this significant step, and it may even lead to forming connections with others who have also quit smoking. Additionally, creating a smoke-free environment at home ensures the well-being of everyone in your household by protecting them from second-hand smoke.

## Financial benefits

Quitting smoking can lead to financial savings and improved health. Follow these steps to make the transition easier:

### Calculate your monthly smoking expenses:

- Determine how much you currently spend on cigarettes each month.

### Adjust your budget:

- Allocate the money previously spent on smoking towards other goals or treats.

### Set aside the difference:

- Save the amount of money you would have spent on cigarettes in a separate account.

### Reward yourself:

- Treat yourself to something special, like a holiday or a gym membership, using the money saved from not buying cigarettes.

Quitting smoking not only benefits your overall wellbeing, but also your wallet. If you spend £11 on a pack of cigarettes and smoke 20 in a day, quitting will save you:

In the first week: **£77.00**

In the first month: **£330.00**

In six months: **£2,013.00**

In the first year: **£4,015.00**

In five years: **£20,086.00**

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## 5 tips to quit smoking:

### 1 Plan ahead:

- Get rid of all cigarettes and ashtrays in your home.
- Avoid areas where people smoke.
- Stock up on healthier alternatives like fruit, mints, or gum.

### 2 Set a quit date:

- Choose a date within the next two weeks and stick to it.
- Write it down and commit to quitting on that day.
- Share your plan with friends and family for support.

### 3 Create a support system:

- Inform your loved ones about your decision.
- Join an online quit smoking community.
- Consider registering for free stop smoking services.

### 4 Find substitute habits:

- Adopt healthier behaviours like going for a walk, doing yoga, or picking up a new hobby.
- Keep your hands occupied to distract from smoking cravings.

### 5 Don't give up:

- Understand that quitting may take multiple attempts.
- If you slip up, identify triggers and learn from the experience.
- Remind yourself of the reasons behind quitting and the benefits it will bring.
- Start again and stay determined.

Remember, quitting smoking is a journey, and with the right strategies and support, you can succeed. All of these tips will really help, but going cold-turkey can be tough, so getting extra help can be one of the most effective ways to quit and stay quit. Using Nicotine-replacement therapy, GP-prescribed medication and expert help will double your chances of quitting for good. Help is at hand, see below...

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## Further support for quitting smoking

At Health Shield, we understand that quitting smoking is a challenging journey, and every journey becomes easier with the right support and resources. This is why we offer a variety of services and resources to help you in your quest for a smoke-free life.

- **NHS Smokefree:** This service provides personalised advice, motivation, and support to quit smoking. Contact them through their helpline at 0300 123 1044 or [visit their website here](#).
- **Quit with Help:** A support tool offered by Pfizer providing a wealth of resources from expert advice to personalised quit plans. [Access their services here](#).
- **Nicotine Anonymous UK:** A support group that uses a 12-step program similar to Alcoholics Anonymous. [Find their resources and online meetings here](#).
- **British Lung Foundation:** Offers tips and advice on how to stop smoking. [Visit their website here](#).
- **Roy Castle Lung Cancer Foundation:** This foundation offers a comprehensive "Stop Smoking" program, providing you with all the necessary tools, advice and support to help you quit. [Visit their website here](#).

Remember, every journey begins with a single step. Your road to a smoke-free life might be challenging, but it's a journey worth undertaking for your health, your loved ones, and your future. So take that first step today - believe in your strength, harness the power of determination, and embrace the support and the resources outlined in this guide. You have the power to quit smoking and transform your life.

**Start your smoke-free journey today, and unlock a healthier, happier tomorrow.**

# Make the most of your *my*wellness benefits

Don't miss out on the range of wellbeing services included in your health cash plan - access them easily online to support your health.

**Discover your benefits**

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**Got a question about your cash plan?**  
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