



let's feel good  
together<sup>+</sup>

# Stop For Good Service

Let's support you every step of the way  
Stop For Good Plan



# Stop For Good Plan

You've already started your journey to being free of smoking and it won't be long before you start feeling the benefits. You've done a lot of work to prepare to stop and you should feel very proud of this. You're now ready to make your Stop For Good Plan.

In this leaflet, we've put together some advice and ideas to help support the time you spend with your Advisor and finalise your plan.

## What can I learn from past experiences?

Before you start to prepare your plan, it's important to learn from previous quit attempts. If you've tried to stop before think about what worked, what didn't work and what you found useful.

### What did I find helpful the last time I tried to stop smoking?

Make sure that you remember this when you make your plan this time.

### What was difficult?

You need to think about how you will deal with these issues when you make your plan this time.

**Why did I start smoking again, what was the trigger?**

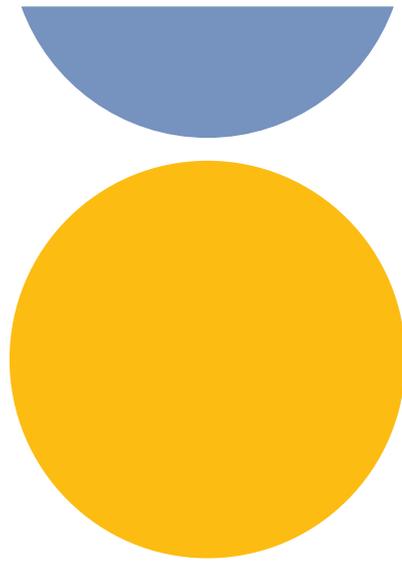
You'll need to make sure that the same thing doesn't happen again this time.

**How can I deal with a similar situation this time?**

**Write down past experiences in your plan to help you stick to it**

# Congratulations!

You're now ready to start creating your plan. Fill in each section and remember to keep your plan somewhere that you can see it every day. Good luck!



## My personal plan

I want to give up smoking because...

My quit date is...

**To help me stop smoking I will...**

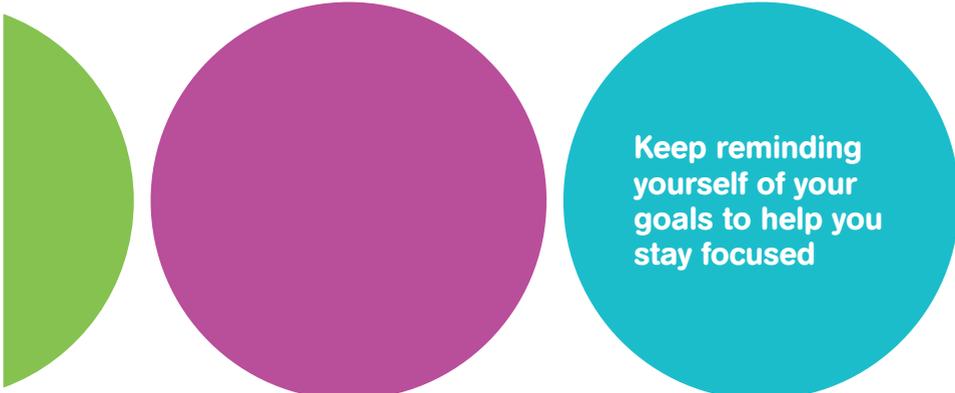
**I will avoid temptation by...**

**The people who will help  
me are...**

**I will reward myself along the way by...**

**Signed...**

You're all set to go and soon you'll be living smoke free. Use the support and advice here to get you off to a great start.



**Keep reminding  
yourself of your  
goals to help you  
stay focused**

# Hints and tips to help you stick to your plan

There are lots of ways to stay on track. Being prepared for cravings and withdrawal symptoms will help you feel more in control and you'll be much more likely to handle them well.

And tell friends, family and colleagues about your plan – the more people who know, the more support and encouragement you'll be given. Remember you can always make an appointment to see your Advisor if you're finding things difficult.



You'll be in contact with your Stop For Good Advisor regularly over the next three months for more support and advice

## Keep active

Being busy is a great way to distract yourself from smoking. Exercise will help you feel great, manage stress and prevent weight gain. Talk to your Advisor about how you can build more exercise into your life.

## How can I deal with cravings?

**The four Ds** below are great for handling cravings. Practise using them and remember that each craving you beat makes you one step closer to being smoke free.

**Distract yourself** by focusing on something else

**Delay until the urge passes** – usually within three to five minutes

**Deep breaths** – breathe in and out 20 times

**Drink** a glass of cold water or juice

## How can I deal with withdrawal?

Not everyone has withdrawal symptoms, but if you do experience them try to remember that they can be a positive sign that your body is recovering from the harmful effects of smoking and they do fade in time. Talk to your Stop for Good Advisor if you think you need further help and support.

## Get support

Make sure you get the support of family and friends when stopping. Talk to your Advisor about what's available in your local area.

Get online support at [www.quit.ie](http://www.quit.ie)

or call the National Smokers' Quitline on 1850 201 203

## Avoid temptation

Don't put yourself in a situation that makes you want to smoke. Be aware of the things that are likely to tempt you. For the first few weeks, try to avoid these situations. Get rid of anything that reminds you of smoking, including lighters, cigarettes and ashtrays.

Try to go to places where you won't be tempted to smoke eg. cinema, swimming, the gym etc.

## Use reminders

Use reminders to help you stick to your plan. For example, pin up a list of your reasons for stopping in a place where you'll see it every day. Or ask a friend to call you daily to ask how you're doing.

## Be willing to make sacrifices

Remember this is a priority in your life. You'll feel great when you succeed. Be prepared to make sacrifices in the short term.

## Eat well

Tucking into a healthy diet will help you avoid gaining weight. Your Advisor can tell you more about this.

## Find a new way to relax

You might think that a cigarette helps you cope with stress. But it actually does the opposite because it raises your blood pressure and increases your heart rate. If you would normally reach for a cigarette when you feel stressed talk to your Advisor about how you'll cope with this.

Find other ways to relax. Take a walk, run a bubble bath, call a friend – there are lots of other things you can do to relax. Talk to your Advisor for support on coping with stress.

## Talk to people

You'll have people who will help you along the way – your friends, family and Stop For Good Advisor. Talk to them and let them know how you're getting on. Don't be afraid to ask them to help keep you on track.

## **Don't make excuses**

Don't think 'one cigarette won't hurt'. If you find yourself smoking, don't make excuses. Talk to your Advisor about common excuses to smoke so you can avoid them.

If you do smoke, think about what happened and how you can prevent it happening again.

## **Be honest**

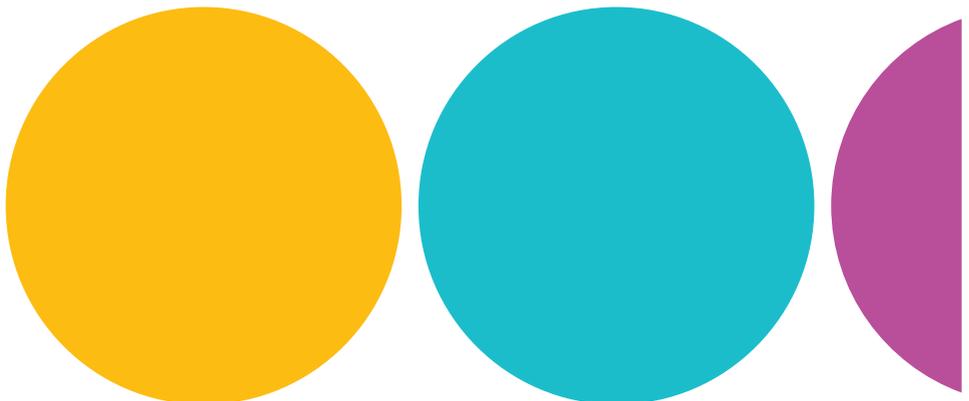
Try not to put on a front. Talk to someone if you're finding things tough and be honest with your Advisor so they can keep you on track.

## **Reward yourself**

Make sure you feel great about giving up with regular treats.

## **You can do this!**

Keep reminding yourself that you can do it. You just have to be patient and keep working at it. Even if you find yourself smoking a cigarette again, don't get disheartened. One weak moment doesn't mean that you have failed. You can see this setback as a learning experience. Talk to your Stop For Good Advisor if you find yourself falling into old habits. They will help you to review your plan and start again.



# Keep motivated

When you visit your Stop For Good Advisor they will monitor your progress. One way of doing this is to measure the amount of carbon monoxide (CO) in your lungs.

Carbon monoxide (CO) is a chemical that's inhaled into the lungs in tobacco smoke. The more CO that's in your body, the more harm it's likely to cause. As you stop smoking, the level of CO in your body will fall. The CO test allows you to monitor your progress.

**Keep a record of these levels and appointments in the table below:**

Consultation	Date	Carbon monoxide (CO) levels
Stop For Good Plan (1st appointment)		
Week 2		
Week 4		
Week 8		
Week 12		

## Track your progress

Use this calendar to keep track of your progress. Tick off every smoke free day. You can also keep track of how much money you've saved. Remember... every day is an achievement.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Money saved
Week 1								
Week 2								
Remember to keep in contact with your Boots Stop For Good Advisor during Week 2								
Week 3								
Week 4								
Remember to visit your Boots Stop For Good Advisor during Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Remember to keep in contact with your Boots Stop For Good Advisor during Week 8								
Week 9								
Week 10								
Week 11								
Remember to visit your Boots Stop For Good Advisor during Week 12								
Week 12								

## What next?

You've already come a long way on your journey to giving up smoking, so remember to keep up the good work and make the most of all the support we can give you. If you feel you need another meeting to stay on track, just ask our Pharmacy team who will be happy to arrange one for you.

**My Stop For Good Advisor is:**

**Tel:**

## Your opinion is important to us

We're always keen to know what you think of our service. If you have any comments, please tell our Pharmacy team. Alternatively you can call our Customer Care Helpline on **1890 708 091** (local rates, calls may be recorded for training purposes) between the hours of 8am and 6pm Monday to Friday and 9am to 4pm on Saturday.

## You and Boots. Let's feel good together.

Our fully trained team are on hand in store to give you advice and help.

Some products may only be available in selected larger stores, and are subject to stock availability.

All details are correct at time of going to print  
November 2013

Boots Retail Ireland  
Unit 2f, Block 71a  
Parkwest Business Park  
Nangor Road  
Dublin 12  
Ireland

For advice and information  
visit [boots.ie](http://boots.ie)

 **recycle** 1000054575

