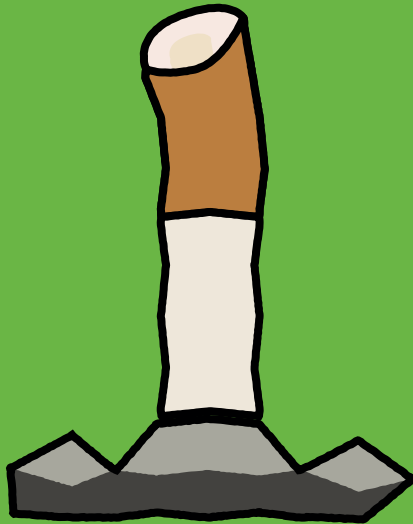


**Total
Wellbeing**

Luton

Stop Smoking

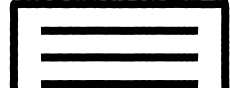
Tips to help you quit!



**You are THREE times more likely to quit
with expert help and advice.**

**We have put together some simple tips
to help you on your journey to quit for good!**

- Make a list of all the things you will gain once you quit and take one day at a time.



- Set a quit date and stick to it!

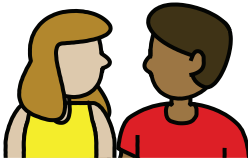


- See your local Stop Smoking advisor



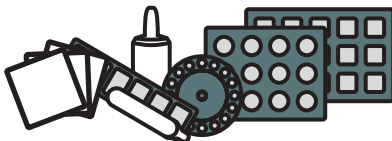
- Identify your smoking triggers and plan ahead

- Go for walks, have a swim or join a gym - keeping active will keep you occupied



- Ask your family and friends for support

- Raise money for your favourite charity



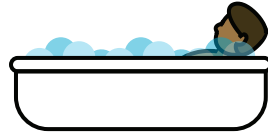
- Use Nicotine Replacement Therapy (NRT) or medication to reduce cravings

- Save the money you would have spent on tobacco and reward yourself!

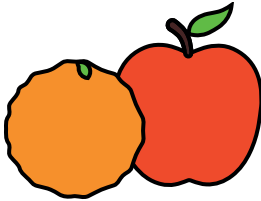




- Relax in a bath

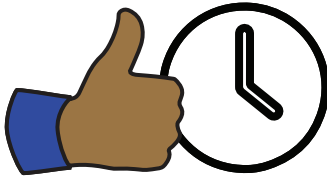


- Take deep breaths



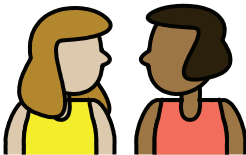
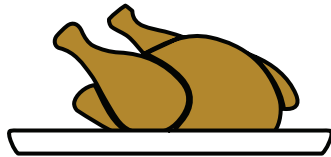
- Choose healthy snacks

- Cut a straw into a cigarette size and inhale fresh air



- Cravings only last for 6 minutes... so hang on in there!

- Cook something special and savour the tastes



- Buddy with a friend who also wants to quit smoking

- Avoid situations where you may be tempted



- Store old cigarette butts in a jar and sniff them if you get an urge. This can help take the edge off!

- Make your home and car smoke free zones

Stop Smoking Clinic Locations

Luton and Dunstable University Hospital

Lewsey Road, Luton, LU4 0DZ

Luton Walk-in-centre

14-16 Chapel Street, Luton, LU1 2SE

Inspire: Luton Sports Village

Butterfield Green Road, Luton, LU2 8DD

Lea Manor Recreation Centre

Northwell Drive, Luton, LU3 3TL

Lewsey Sports Park

Pastures Way, Luton, LU4 0PF

Hightown Community Sports & Arts Centre

Concorde Street, Luton, LU2 0JD

River Bank Primary School

Bath Road, Luton, LU3 1ES

Beech Hill Community Primary School

Dunstable Road, Luton, LU4 8BW

Larkside Practice

322 Crawley Green Rd, Luton, LU2 9SB

Book now at your local stop smoking clinic.

We're ready when you are:

Tel 0300 555 4152

Text 'TWL' to 60066

Email info@totalwellbeingluton.org

Web www.totalwellbeingluton.org

Supporting your physical and emotional health