

~~rauch~~ frei!

BZgA

Bundeszentrale
für
gesundheitliche
Aufklärung

Englisch

I'm ready to
quit smoking!

The 10 best tips to help
me stop smoking



1. Think of good reasons to stop smoking!

- I want to quit so that I find it easier to breathe.
- I want to quit so that I feel healthy.
- I want to quit so that I feel free again.
- I want to quit so that I can be a good role model for my children.
- I want to quit so that I have more money.
- I want to prove that I can quit.
- I want to quit so that I do not smell of smoke any more.

Those are just a few examples. There are many more reasons.

Make a list of your own reasons:

2. Make a plan

Write down all of the cigarettes you smoke in a day, along with the time and place.

Find out:

When do you smoke?

Think about:

How you can replace cigarettes in situations where you used to smoke. For example, you can plan to drink a glass of water instead.

Do not go to places where people smoke. Plan other activities, such as exercising.



3. Set a date to stop smoking!

You decide when you want to quit. The best days are ones where you are not under too much stress.

My first day as a non-smoker is:

Prepare for the first day:

Get rid of all your cigarettes, ashtrays and lighters. Hiding them is not enough.



Proper preparation protects you. If you do not have any more cigarettes, you cannot smoke.

4. Ask for help

Let the people around you know when you are going to quit. Ask your family and friends for support.

Maybe one of them wants to quit with you? That will help you both succeed.

Do things where people do not smoke. Do things with other non-smokers.



5. Go to a pharmacy

There are products that can help you stop smoking, especially if you crave a cigarette first thing in the morning or used to be a heavy smoker.

Visit a pharmacy to buy them and get helpful advice. The products provide your body with nicotine for a short time. That makes it easier to quit.

Tip

There are many different products, such as nicotine patches and gum. Ask your pharmacist!

6. Create a smoke-free environment!

You do not smoke any more. Now ask the people you know to support you. Ask them to stop smoking around you – not in your home, and not in your car. That will help you to avoid temptation.

7. Get professional support

You can get personal support free of charge by calling the Federal Centre for Health Education (BZgA). See the last page of this brochure for more information.

Stopping smoking is easier when you have support.

8. How to fight cravings

It is perfectly normal to keep thinking about smoking or to want to start smoking again sometimes. Do not give in to those cravings.

The desire to smoke is normal. But it will pass.

The moments when you want to smoke will get fewer with time. Products from the pharmacy can help you if the cravings are very strong.



9. Dealing with setbacks

So you started smoking again? Do not get discouraged! Keep trying. You have already come so far. It was just a mistake. If you fall down, get back up. It is going to be all right: you can still quit. Pick yourself up, dust yourself off, and start all over again.

Get more help here

Do you want to quit smoking? We are happy to help.

Smoking cessation hotline

The BZgA smoking cessation hotline is there to help you personally, free of charge, with advice and support.

Simply call **0800 8 31 31 31**. The call is free.

Monday to Thursday: 10am to 10pm

Friday to Sunday: 10am to 6pm

Online help at www.rauchfrei-info.de

For information and help online, visit www.rauchfrei-info.de to hear from people who have quit smoking.

Order materials online

Visit www.rauchfrei-info.de/informieren to order or download additional materials.

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