



~~rauch~~frei!

BZgA

Bundeszentrale
für
gesundheitliche
Aufklärung

Plain
language

I'm ready to quit
smoking!

A practical guide to help you stop
smoking



The free BZgA smoking cessation hotline

We are the Federal Centre for Health Education, or BZgA for short. That is the abbreviation of our German name, which we use in English as well.

We are here to give you information and tips about your health.

You can call us if you want to quit smoking.

We are here to help! **The call is free.**

Our phone number:

0 800 8 31 31 31

You can reach us:

Monday to Thursday: 10am to 10pm

Friday to Sunday: 10am to 6pm

How can we help you quit:

- We support you when you want to stop smoking. We listen to you and offer advice.
- We can call you back if you want.
- We help you if you have a setback.
- We give you information on smoking and how to quit.
- We send you free information by post.

Send us an email and let us know what you need. Our address is bestellung@bzga.de.

Please note:

When we say "smoker" or "smokers", we mean people of all genders.

Welcome

Thank you for picking up our brochure!
We are here to help you quit smoking.

As you know, smoking is bad for you. Are you worried about getting sick? Then it is time to quit smoking and stop worrying. There are also a lot of places where you are not allowed to smoke. Always thinking about where you can and cannot smoke can be annoying.

There are a lot of reasons to quit smoking:

- Do you no longer like the way smoking tastes?
- Is it too expensive for you?
- Are you worried about your health?
- Do you feel bad about smoking?
- Have other people told you that you should quit?

Every reason is important.

You are not alone. We are here to help you stop smoking! In this brochure, we will tell you,

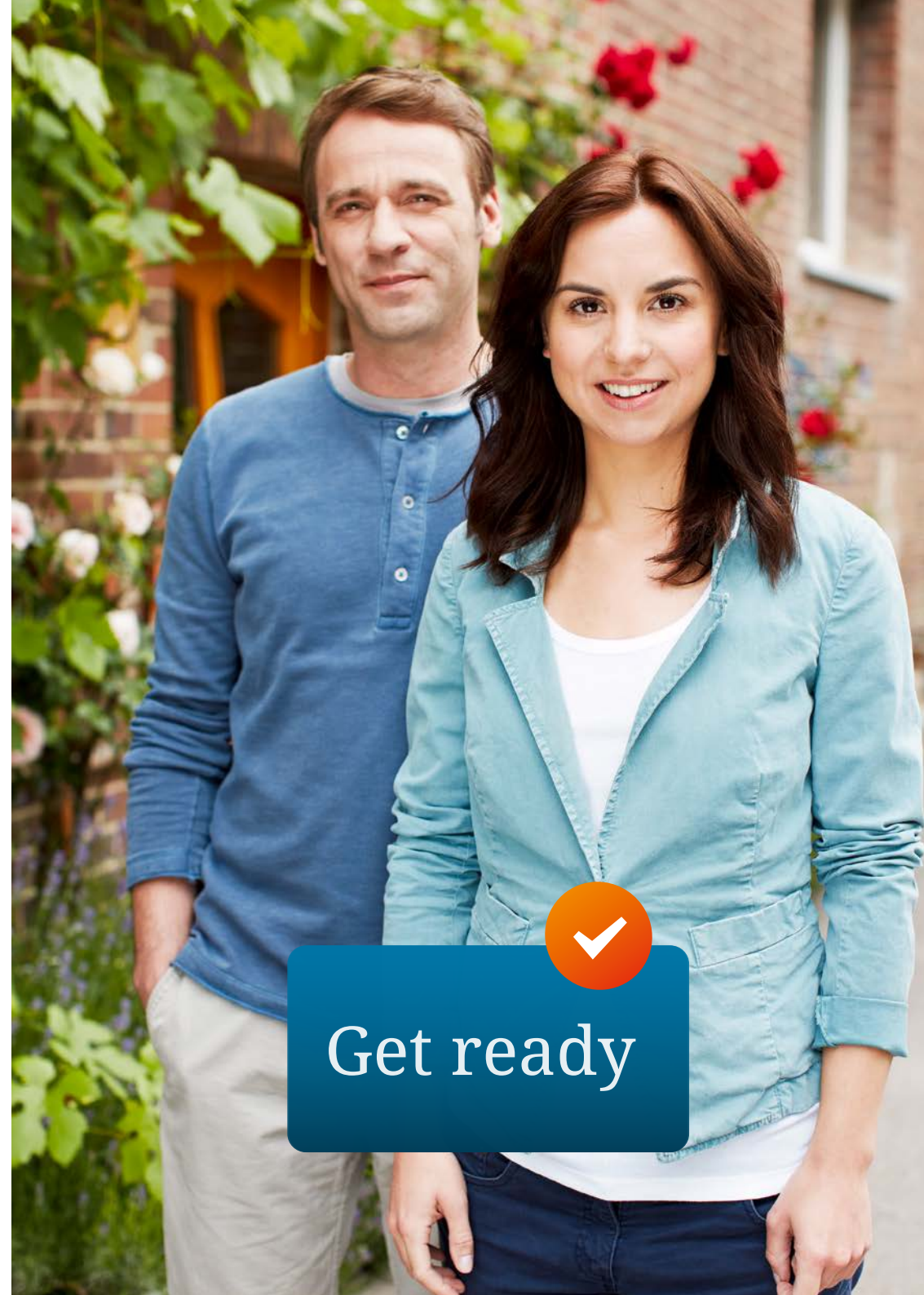
- where to get help.
- what will happen to your body once you quit.
- what you can do if you find it hard to stop smoking.

You have decided to quit smoking. And now you are ready to take the next step. Great!
You are already on the right track.

Use the tips and pointers in this brochure. You may find some of them more useful than others. That is okay. The right ones for you are also there.

We wish you the best of luck!

Yours, the Federal Centre for Health Education



Think:

What are the benefits of quitting smoking?

It is important to encourage yourself.

You may find it helpful to remind yourself of the following:

"I do not have to quit smoking. I want to quit smoking!"

A life without cigarettes has many benefits for me.

I want to be smoke-free because it is important to me!"

There are different reasons why people want to quit smoking. We have put together a few benefits for you. You can enjoy them too if you quit smoking.

Read each of the benefits on the right out loud.
Then decide which ones are important for you.

Tip

It is easier to quit when you know why you are doing it and have a plan.

- ▶ You can mark the benefits here with a tick. Write any additional ones on the lines below. Look at this page a few times a day. That way you will always be reminded of them.

What is important to you?

- I want to quit so that I find it easier to breathe.
- I want to quit so that I feel free again.
- I want to quit so that I can be a good role model.
- I want to quit so that I do not smell of smoke any more.
- I want to quit so that I have more money.
- I want to quit so that I do not have to worry so much.
- I want to quit to live healthier.
- I want to quit to avoid arguments about smoking.
- I want to quit because I do not like the taste any more.
- I want to quit because I really want to.
- I want to prove that I can quit.

Additional benefits:



Smoking: Addictive for mind and body

Body

&

mind

Smoking is a habit. It has become normal for you. Often you pick up a cigarette without thinking about it. You can also become addicted to the nicotine in cigarettes. Because nicotine is addictive, your body starts to crave it.

You absorb nicotine through your lungs. It travels to your brain, where your cells are waiting for it. Because they crave nicotine, your body sends you a signal telling you to smoke. That is called physical dependency.

Do you need a cigarette first thing in the morning? Or do you feel unwell if you cannot smoke for a long time? Do you feel better once you are able to smoke? Then you are probably addicted to nicotine. Each cigarette satisfies your craving.

Your body will find it hard at first when you quit smoking. It is addicted to nicotine and will miss it. This process is called withdrawal. You might feel nervous or irritated at first, especially in the first few days after you stop smoking.

Cigarettes can also cause psychological dependency. This means that you feel the need to smoke. You have a strong craving for it, as if you need it urgently. It may feel like smoking has control over you and is telling you what to do.

Tip

How addicted are you? Take our test on the next page to find out!

Are you addicted to cigarettes?

Test

- Here are a few questions. Mark the answers that apply to you. After the test, add up the numbers beside the answers you have selected. That will let you know how addicted to tobacco you are.

How soon after waking up do you smoke your first cigarette?

<i>In the first 5 minutes</i>	3
<i>In the first 6 to 30 minutes</i>	2
<i>In the first 31 to 60 minutes</i>	1
<i>After 60 minutes or more</i>	0

How many cigarettes a day do you normally smoke?

<i>0 to 10</i>	0
<i>11 to 20</i>	1
<i>21 to 30</i>	2
<i>31 or more</i>	3

Total points:

Add up the points beside your answers.

0 points, 1 point or 2 points:

You are **not addicted** to tobacco, or you are **only slightly addicted**.

3 points or 4 points:

You are **mildly addicted** to tobacco.

5 points or 6 points:

You are **strongly addicted** to tobacco.



What is it like to quit?

Nobody can say how things will go for you. Everybody has a different experience when they quit smoking! Usually it is easier if you are less strongly addicted.

Here are two examples for you:

1. Max smokes 12 cigarettes a day. He scored 2 points on the test. He is only slightly addicted to tobacco.
2. Paul smokes 25 cigarettes a day. He scored 5 points on the test. He is strongly addicted to tobacco.

You might think that Paul will find it harder to quit smoking because he is more addicted than Max. But Paul does not find withdrawal so bad after he stops smoking. Instead Max finds it much worse. He is nervous and easily irritated. Paul, however, has few problems. He is calm and does not miss smoking.

Quitting smoking can even be different every time you try.

Another example:

Maria smokes 15 cigarettes a day. She scored 3 points on the test. She is mildly addicted to tobacco. She tried to quit smoking 2 years ago. When she did, she had many problems and severe withdrawal symptoms. She thought: "Oh no, it is going to be just as bad next time!" But it was not – she barely had any problems. It was much easier the next time she tried.

As you can see, quitting smoking is different for everyone every time. What will it be like for you? You will not know until you try!





Write: Your stop-smoking journal

Quitting is easier when you have a plan. Keeping a journal can help you a lot! That means writing down when you smoke. You should also write down where you are and what you are doing when you smoke.

Keeping a journal will help you keep track of things. It will let you know when and where you smoke. That will make it easier for you to understand the situations when you tend to smoke.

Here's how!

Every time you smoke, write it down in your journal. Do it before you light a cigarette. Also write down the situation or where you are when you smoke. You do not have to write a lot. One or two words is enough.

Also write down:

- How important is this cigarette?
- What kind of mood are you in?

Give each of those things a score between 1 and 5:

- 1 means "not important at all" or "very bad mood".
- 5 means "very important" or "very good mood".

Remember: For now, you can keep smoking just like you always do. You do not have to make a special effort. Please do not try to smoke less for the journal. It should reflect your normal behaviour and habits.



Your stop-smoking journal

- ▶ You can start keeping your journal right away! Write down when you smoke. Also write down the situation or where you are when you smoke. You can use our examples to guide you.

0 = not important at all
1 = not important
2 = not really important
3 = somewhat important
4 = important
5 = very important

1 = *very good*
2 = *good*
3 = *somewhat good*
4 = *rather bad*
5 = *bad*
6 = *very bad*

Time	Place	How important is this cigarette?	Mood
7:05	At home	4	3
7:40	On the way to work	5	4
9:10	Break	2	2

My entries

[illegible]

Good job! You have been keeping your journal. Now you know exactly when and where you smoke. You have also thought about how important each cigarette is to you. And you know what mood you are in when you smoke.

You have taken another step! The next thing is to decide when you want to quit and set a date!



Make a
plan to stop
smoking





My quitting date

Any day can be the day you quit smoking. It is up to you.

Now is the right time!

▶ Enter the date when you will quit smoking:

I will quit smoking on:

This is your quitting date.

Do not let anything stop you!

This is your first day as a non-smoker!

Get ready:

- Check your home the evening before you quit.
Are there still cigarettes anywhere?
- If you find cigarettes, throw them away. Do not hide them somewhere like the cellar or the boot of your car.
- Do not hide any cigarettes for an "emergency". Experience shows that hiding cigarettes causes emergencies rather than protecting you from them!

Proper preparation protects you. If you do not have any more cigarettes at home or at work, you cannot smoke.

Time for new habits: Your first day smoke-free

Today is the day you quit smoking!

From the minute you wake up, you are a non-smoker.
You have got rid of all your cigarettes to protect yourself.

To make sure everything goes well, check around you again the day you quit smoking:

- Have you thrown away all your cigarettes?
- Have you put away the ashtrays?
- Do your friends and family know that you are quitting?
If not, they might offer you a cigarette.

Think about:

- Have you already quit smoking before?
- How did you do it?
- What helped you?
- Could you do it that way again?

Tip

*We have also made a few suggestions for your first few days as a non-smoker. That way, you have a plan to replace cigarettes that does you good.
The plan protects you from falling back into old habits.*



What's part of your plan?

If you have a craving and want to smoke a cigarette, you can do these things instead.

Things to do early in the morning:

- Stay in bed longer.
- Take a long shower.
- Have a nice breakfast.
- Sit somewhere else.
- Exercise.

Things to do after meals:

- Eat a strong peppermint or chew gum.
- Brush your teeth.
- Clear the table right away.
- Take a walk around the block.

Things to do in between:

- Talk to non-smokers.
- Chew on carrot sticks.
- Play with your phone.
- Do a crossword puzzle.
- Memorise something.
- Look at your list of benefits (see page 5).
- Do 10 squats.
- Have a cup of tea.



▶ You can write down more ideas to help you here.

My own ideas to help me with cravings:

Cravings for cigarettes and how to deal with them

You have already come so far. You quit on the date you set and have not smoked in a while. But you still might want a cigarette now and then. You still have cravings for nicotine.

You might be asking:

“Why is that? I have already quit!

And I really want it!”

Let us explain.

Think:

- Before you quit smoking, what did you do when you wanted a cigarette? That’s right: You smoked. It used to get rid of your craving immediately.
- What do you do now? That’s right: You do not smoke any more. The craving does not go away immediately.

The craving for cigarettes is still there. It does not go away that easily. But you do not have to give in. You do not have to smoke because of it.

The craving will go away! Remember the promise you made to yourself.

You may sometimes think:

“It would be so nice to smoke right now.”

When you have thoughts like that, the cravings will need a long time to go away.

▶ **Those thoughts will go away faster if you do this:**

- Think about the benefits of being a non-smoker.
- Do something else.
- Take a moment and relax.
- Drink something (non-alcoholic).
- Talk to somebody.
- Exercise, go for a walk or a run.

You might have other ideas of things you can do!

My own ideas of things I can do:

We know:

You are stronger than the urge to smoke. You can resist your cravings! It is a good thing that you threw away all your cigarettes! Thinking about cigarettes and craving them are normal. Many people have been through what you are going through right now. You can do it!

Where to get help for a smoke-free life

Help on the phone: the BZgA stop-smoking hotline

The Federal Centre for Health Education offers free advice on the phone. You can call when you find it hard to stop smoking or if you need advice.

You can reach us every day, even at the weekend. Our experts on the phone are trained to answer your questions. They will take the time to talk to you.

The advice is free of charge.

You can also order other brochures and pamphlets on the phone.

Our phone number:

0 800 8 31 31 31

You can reach us:

Monday to Thursday: 10am to 10pm

Friday to Sunday: 10am to 6pm

Many people call the hotline. Almost all of them are satisfied with the help and advice. One in two are very satisfied! Try it yourself.



Help online: the BZgA Rauchfrei-Info site

You can also visit the BZgA's stop-smoking website, Rauchfrei-Info. The website offers many options, including the chance to connect with other people who also want to quit smoking.

You can also sign up for emails from the BZgA. They offer tips that make it easier for you to quit. **This service is free of charge.**

You can also order other brochures and pamphlets on the website.

Simply go to:

www.rauchfrei-info.de

Get help on your phone

There are smartphone apps that can help you. The apps give you practical tips for quitting smoking.

One of them is the free Rauchfrei Telefon app from Austria. The app offers many tips. You may already know some of them from this brochure. You can download the app directly to your smartphone. Use your phone's camera to scan the QR code below.



Rauchfrei app

Download the app here:



The BZgA's hotline and the Rauchfrei Telefon programme from Austria are partners.

Ask your health insurance company

Many health insurance companies also help their members stop smoking. Check your health insurance provider's website!

Many health insurance companies offer group classes. Those classes are led by a health educator and usually meet over a period of several weeks.

Sound interesting?

Do you think it would be easier for you to quit with other people?

Then ask your health insurance company if they have any classes right now.

Sometimes you have to pay a small fee. Ask your health insurance company.

Go to a pharmacy

Some people need additional help. Do any of the following apply to you?

- You scored high on the test on page 8.
- You are physically dependent on tobacco.
- You are afraid to start living a smoke-free life.

Then visit a pharmacy to get advice. There are products that can help you stop smoking, such as patches or gum. They give you nicotine without cigarettes! If you use them at the very start, they can make withdrawal less severe and help you quit.

Pharmacies offer:

- nicotine gum
- nicotine patches
- nicotine lozenges
- nicotine tablets (chewable)
- nicotine inhalers
- nicotine mouth spray

All of these products work equally as well. Some are available in different strengths.



These products may have side effects. Ask your pharmacist. You should only use these products for a few weeks at a time. You have to pay for them yourself.

There are other medications that your doctor can prescribe. You have to pay for them yourself too.

!
Some people think that products to help them stop smoking are too expensive. It is true that they are not cheap. But remember: Smoking was expensive too. You are still saving money!

Can electronic cigarettes help you stop smoking

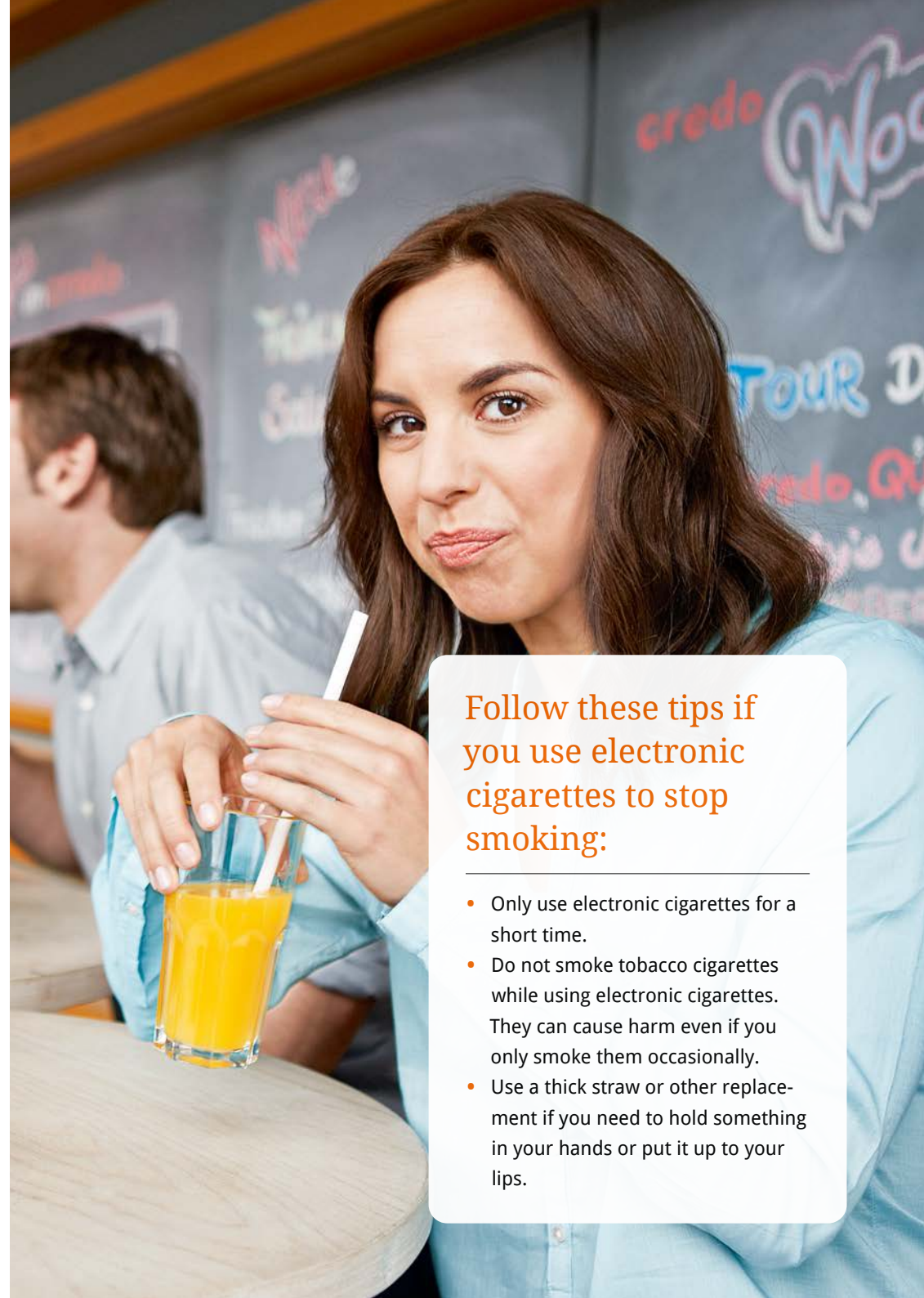
You probably already know about electronic cigarettes. You may even have one yourself. There are many types of electronic cigarettes. They use liquid and do not contain any tobacco.

Experts still do not know how harmful electronic cigarettes are. In particular, it is still unclear whether they damage organs such as the lungs or the heart when used over a long period of time.

Electronic cigarettes are probably also unhealthy.

Some people try to stop smoking with electronic cigarettes. But there are better ways.

Try the tips in this brochure instead.



Follow these tips if you use electronic cigarettes to stop smoking:

- Only use electronic cigarettes for a short time.
- Do not smoke tobacco cigarettes while using electronic cigarettes. They can cause harm even if you only smoke them occasionally.
- Use a thick straw or other replacement if you need to hold something in your hands or put it up to your lips.



After you
quit



What would it be like to smoke a cigarette again?

You have been smoke-free for a while now. You have every right to be proud! The benefits are clear: You feel better. Other people praise you for your success. And you are happy that you are saving money.

But then you think: "What would it be like to smoke a cigarette again? What would it taste like to me now?" You cannot get the idea out of your head. So you buy some cigarettes.

What happens next?

Probably:

- You light up a cigarette and inhale.
- It does not taste good at all! It makes your throat itch and makes you cough. It is not like you remember. It is much worse than you thought.
- Then you start to feel guilty. You are disappointed – in the cigarette and in yourself.

One cigarette can be dangerous! That one cigarette quickly becomes another one, and then another one. Soon you start smoking regularly again. That is how setbacks happen. And you do not want that, right?

Whenever you think, "What would it be like to smoke a cigarette again?" remind yourself: "Is it really worth it?"



Remember: Having a cigarette may sound good in your mind, but it is not in reality! It is not worth a try.

What is in tobacco smoke?

Have you ever thought about what you breathe in when you smoke? Smoking exposes your lungs to a lot of different things!

Tobacco smoke contains more than 5,000 substances. At least 250 of them are toxic, and 90 of them can even cause cancer. Some of those substances are also found in rat poison, car exhaust fumes or batteries. Others are found in pesticides. Cigarette smoke is even more dangerous because it combines these substances!

The smoke from water pipes, or hookahs, also contains toxins. The water only cools the smoke. It still contains the hazardous substances. Cigars and cigarillos are just as full of toxins.

All those toxic substances make people sick! Every year 85,000 people in Germany develop cancer due to smoking. And many people develop other diseases and die earlier because of smoking. Every day some 350 people in Germany die as a result of smoking. You can read about it in the German Cancer Research Center's 2020 Tobacco Atlas.*



Info

Tobacco smoke does not just harm you. It also hurts other people, even if they do not smoke. People around you can still get sick and die from breathing in smoke from your cigarettes. By not smoking, you are acting responsibly and helping other people live healthier lives.

* Source: Tabakatlas 2020, published by the German Cancer Research Center

How much does smoking damage your health?

In its 2020 Tobacco Atlas, the German Cancer Research Center cites research from around the world. The Tobacco Atlas describes how dangerous smoking is to people's health.

The picture on the right shows the human body. You can see examples of organs and parts of the body that are damaged by smoking.

As you can see, smoking is dangerous for the entire body! It damages the brain, the lungs, the eyes and much more. Smoking also causes cancer or makes cancer worse. And since it affects your fertility, it may even prevent you from starting a family.

Quitting smoking improves your health immediately, no matter how old you are.

Quitting smoking is good for people of all genders. It can even help if smoking has already made you sick.

!
Quitting smoking keeps you healthy longer, no matter what.
Do something good for your body!

Cancer

- Larynx, throat and oesophagus
- Stomach and intestines
- Lung

Brain

- Stroke

Eyes

- Blindness

Mouth and teeth

- Inflammation

Reproduction

- Damage to the unborn and long-term illness
- Infertility
- Impotence

Respiratory

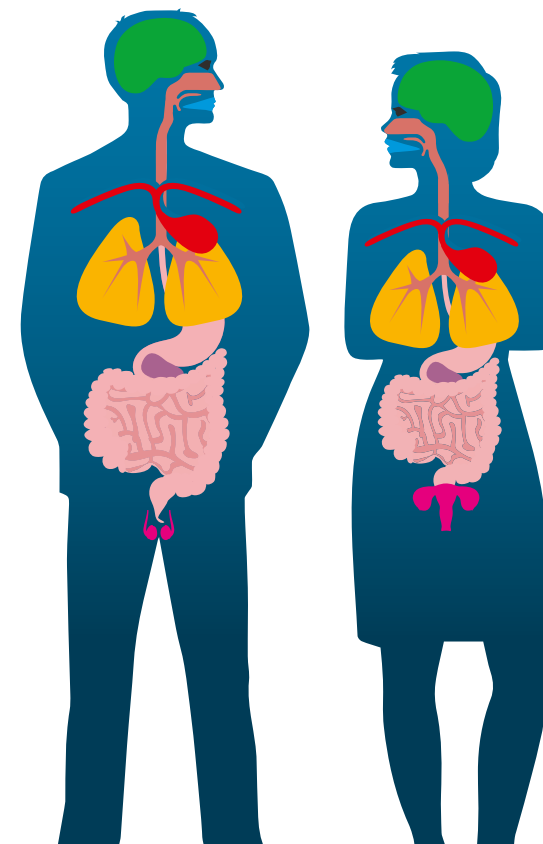
- Lung cancer
- COPD

Cardiovascular

- Heart attack
- Arteriosclerosis

Metabolism

- Type 2 diabetes



How quickly does your body recover?

Just put out your last cigarette?

Good for you! Your health is about to improve immediately.

Let us look at when and how your body recovers from tobacco consumption.

How your body changes after you stop smoking

20 minutes after your last cigarette:

Your pulse and blood pressure return to normal.

12 hours after your last cigarette:

Your organs get more oxygen.

Your body can perform better.

2 weeks to 3 months after your last cigarette:

Your circulation is more stable.

Your lungs work better.

1 to 9 months after your last cigarette:

You cough less and are not short of breath as much. You can breathe more normally.

You are less frequently ill and have fewer colds, for example.

1 year after your last cigarette:

Your risk of heart disease is half what it used to be.

5 years after your last cigarette:

Your risk of certain types of cancer is half what it used to be.

You are less likely to have a stroke.

Your risk is the same as a person who never smoked.

10 years after your last cigarette:

Your risk of lung cancer is half what it used to be.

15 years after your last cigarette:

You are a lot less likely to suffer from cardiovascular disease.

Your risk is the same as a person who never smoked.

Good to know

The good news: No matter how old you are when you stop smoking, the risk of premature death declines just a short time after you smoke your last cigarette!

How smoking affects your weight and digestion

When you smoke, you burn more calories. You also feel less hungry. When you stop smoking, you burn fewer calories.

As a result, you may gain a little weight. But not smoking is still better for your health – even if you gain a few pounds! Not everyone gains weight when they stop smoking. And if they do, they only gain weight at first. You will not gain more every year.

You may be asking yourself why many people gain weight when they stop smoking. That is because food tastes better. You can taste more. Some people eat when they have a craving for a cigarette. Eating a lot of sweet things or things high in calories, like chocolate or crisps, will make you gain weight. It is better to eat something with less fat and sugar, such as sliced raw vegetables.

Gaining a little weight is okay!

It is healthier than smoking.

Smoking also affects your digestion. It keeps your digestive system working. When you quit, you may develop constipation. Constipation is unpleasant, but it is not serious. When you stop smoking, it takes your digestion about four weeks to return to normal.



What you can do ...

... to avoid gaining weight

- Exercise helps you burn more calories.
- You can eat more fruit or vegetables.
- Take the stairs instead of the lift or escalator.
- Run errands on foot or by bicycle.

Tip Exercise can also help you when you have a craving for a cigarette. Take a brisk walk for 10 minutes. Or tense up your muscles for 20 seconds and release, starting with your thighs. After that take a break, and then continue with your arms.

... to avoid constipation

- Do not eat things that could cause constipation, such as white bread or chocolate.
- Whole grains, such as the kind found in whole wheat bread, help your digestion.
- Fruit and vegetables help prevent constipation.
- Eat slowly, and chew for a long time before you swallow. That fills you up faster.
- Do not forget to drink enough liquids. Have a glass of water every once in a while, or enjoy a glass of apple juice or grape juice with sparkling water.
- Exercise keeps your digestion working properly. Climbing stairs or walking swiftly keeps you from gaining weight and helps your digestion work properly.

Please see your doctor if you have severe symptoms or if your constipation lasts longer than 4 weeks.

Why exercise is important for relaxation and energy

Do you remember how relaxed smoking used to make you feel? How it sometimes gave you more energy?

Exercise does the same thing. It relaxes you and gives you energy! It can do even more, like reduce stress. It also helps you control your cravings for cigarettes.

What kind of exercise do you enjoy?

- Long walks?
- Dancing?
- Swimming?
- Cycling?
- Yoga?
- Aerobics?
- Weight training?
- Press-ups or squats?
- Something else?

Do what you enjoy!

Here are some exercises you can do:

- Hold both your hands up in front of your chest. Then place the palms of your hands together and press them firmly against each other. Keep your lower arms and elbows straight, like you might if you were praying. Hold for 10 seconds, then release.
- Tense your buttocks while you sit. Hold for 20 seconds, then release.
- Lie down on your stomach. Slowly lift your legs a little off the ground. Hold for 10 seconds, then lower them back down.
- Think of a part of your body. Then tense your muscles there. Hold the tension without moving that part of your body, then release.

You do not have to go to the gym. Incorporating exercise into your everyday life is good too. For example, you could take the stairs or walk briskly for 10 minutes when you go shopping or stroll around the block. Cleaning, vacuuming or working in the garden also count.

Remember playing with modelling clay as a child? That is also exercise. You can press and pound the clay and use it to make things. While doing that, you move your fingers and hands.

Maybe only a few of these ideas interest you.

That is okay!

It is fine if you like only one or two of them.

The main thing is to get moving!

Try your favourite exercise now.



Ask for help

Life as a non-smoker can be hard at first. But you do not have to do it on your own! You can look for support.

It is okay to ask other people for help. Your friends and family want you to quit smoking! It is easier if you are not alone.

Tell other people:

*"I am going to quit smoking!" or
"I have quit smoking!"
Please do not smoke any more
when you come to visit.
Otherwise it is too hard for me."*



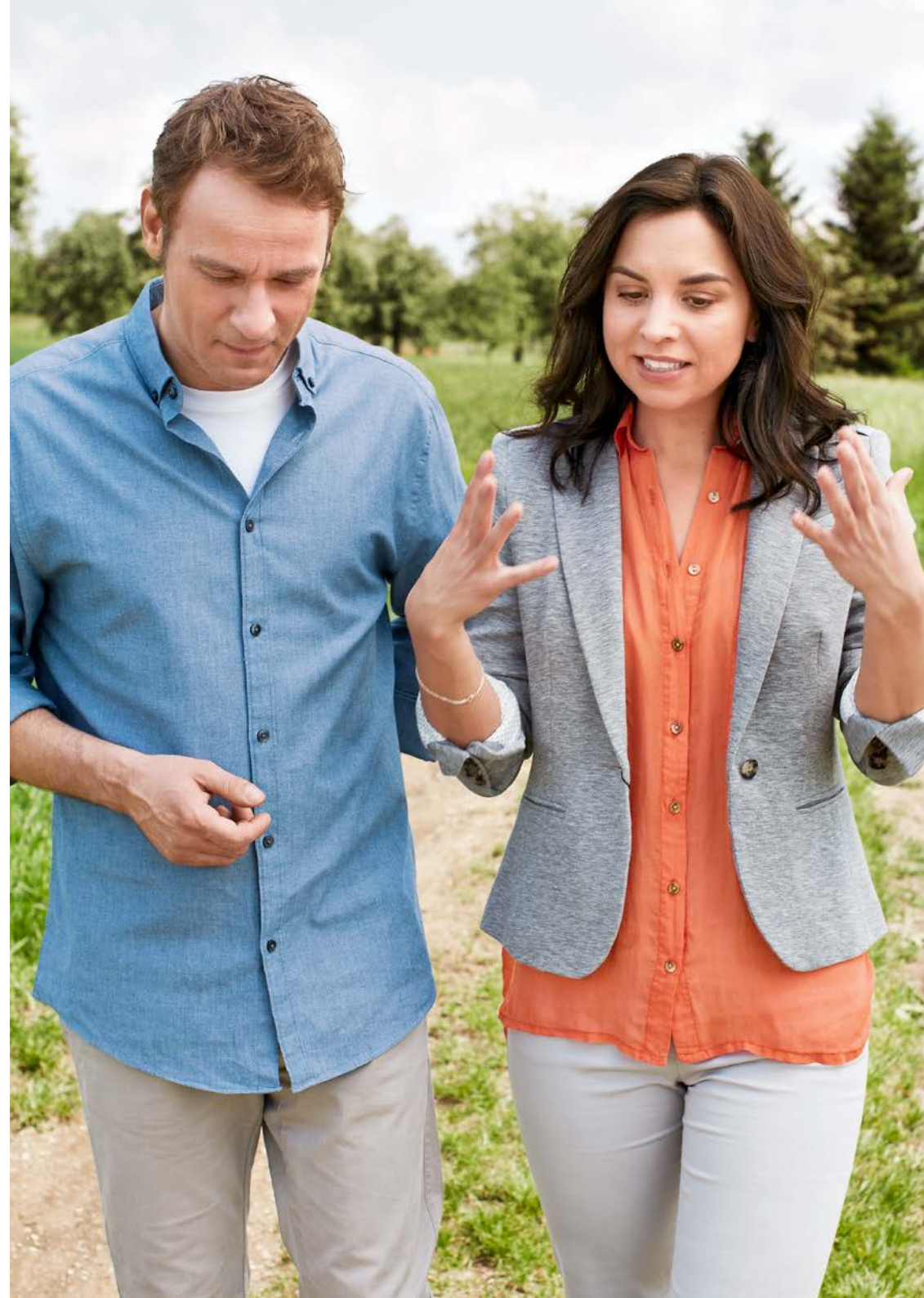
You can also ask for something specific.

For example:

- "Congratulate me for quitting."
- "Praise me once I have made it through the first few days."
- "Please don't be upset if I'm in a bad mood."
- "Don't offer me any cigarettes."
- "Can we do something together to keep my mind off smoking?"
- "Would you quit smoking with me?"

It is important for everyone to know.

That way, the people you care about are bound to support you!



How does being a non-smoker do you good?

Quitting smoking can be very hard at first. You may not feel the benefits yet. You may find it a struggle. And you may have problems living a smoke-free life.

All of those things might be on your mind at first. You cannot stop thinking about them. It can be hard. But it will get better! Stick to it, and you will feel the rewards and all of the benefits.

We have made a list for you. It can help you think about the following questions:

How does being a non-smoker do me good?

How has my decision made my life better?

▶ Mark each of the things that have changed in your life!

Yes, that's true!

What has changed:

- 1) I feel free again.
- 2) I feel more physically fit.
- 3) I am less worried about my health.
- 4) I am a good role model.
- 5) I get into fewer arguments.
- 6) I find it easier to breathe.
- 7) I feel better.
- 8) Food tastes better.
- 9) I have more money.
- 10) I am proud of myself.
- 11) I have proved that I can quit smoking.
- 12) My skin looks better.
- 13) People praise me for sticking to it.

Can you think of anything else? Then write it down here.



Do you really like the way smoking tastes?

You want to quit. But sometimes you think:

“I like the way it tastes.”

There is no way to measure taste. For example, some people like the way cauliflower tastes. Others do not. But all of them are right when they say: “**I** like the way cauliflower tastes!” Or when they say: “**I** do not like the way cauliflower tastes!” Everybody has different tastes.

Do you remember what your first cigarette tasted like to you? Most people did not like the taste. They felt sick when they took their first puff. And they had to cough. What was it like for you?

At some point, it probably stopped making you feel sick. You no longer had to cough. You had become used to the taste.

Smoking is also an addiction. When you do not smoke for a long time, you start to feel unwell. Then you smoke a cigarette and start to feel better. And then you think: “Cigarettes taste good! They make me feel good.”

Cigarettes do not have the same effect once you quit smoking. You might wonder what it would be like to smoke again. The truth is, you will not like the way it tastes. It will make your throat itch. It will feel bad. Trying a cigarette once you have quit is not worth it!

Info

*Smokers feel that smoking tastes good.
That is because it satisfies the addiction for tobacco.
It is about the effect. Not the taste.*

Dealing with setbacks

So you started smoking again? A lot of people do when they want to quit smoking. Don't worry! Keep at it. It was just a mistake. If you fall down, get back up – and keep going.

*It is going to be all right: You have made your decision!
You still want to quit. And you still can. Pick yourself up,
dust yourself off, and start all over again.*

Do not punish yourself. It is not your fault you started smoking again. You can see people smoking everywhere you go. And there are cigarette machines in many places.

There are many traps for people who no longer want to smoke. You know them now. They cannot get you any more.

*Keep
going*

*It is going to be all right. You still want
to live smoke-free. Quitting smoking has
so many benefits.
Everything is fine now. You can do it!*





Stay
smoke-free

Who wants to be a non-smoker?

Quiz

You have probably seen it on TV: the show where the guests can win 1 million euros if they answer questions correctly.

There are always four possible answers. Only one of them is right.

That is how this quiz works too.

Can you answer these 4 questions?

▶ Choose your answer:

When is the right time to quit smoking?

When you turn 50
Once smoking has made you sick
When cigarettes become too expensive
As soon as possible

What do you need to quit?

A strong will
A moment of realisation
The feeling that quitting is important to you
Ein Geheimrezept

What tools work?

Hypnosis and therapeutic touch
A cigarette holder
Help from a hotline
An anti-smoking shot

How long does it take for your health to improve after you quit?

7 years
A few hours
At least 6 months
About 4 weeks

Turn the page to see the correct answers!

Answer to the “Who wants to be a non-smoker?”

On page 57, you answered four questions.
Here are the right answers.

When is the right time to quit smoking?

- When you turn 50* ☐
- Once smoking has made you sick* ☐
- When cigarettes become too expensive* ☐
- As soon as possible* ☒

A lot of people say they are going to quit smoking tomorrow. They have been saying that for years. It is better to quit right away. Quitting as soon as possible has many benefits.

What do you need to quit?

- A strong will* ☐
- A moment of realisation* ☐
- The feeling that quitting is important to you* ☒
- A secret recipe* ☐

It is enough that you care about quitting smoking.
There is no secret recipe. And there may not be a moment of realisation.

What tools work?

- Hypnosis and therapeutic touch* ☐
- A cigarette holder* ☐
- Help from a hotline* ☒
- An anti-smoking shot* ☐

There are many methods that experts have tested. That is how we know whether they work. Our hotline has been tested. It is a tool that works!

How long does it take for your health to improve after you quit?

- 7 years* ☐
- A few hours* ☒
- At least 6 months* ☐
- About 4 weeks* ☐

You do not have to wait for long. Your health will improve very quickly.
That is why it is worth quitting smoking right away.



Six

steps

quitting
smoking

The path to becoming a non-smoker is long.

But you can do it!

Here are the steps along the way.

Step 1: The decision

The first step is deciding to quit smoking.

Step 2: The plan

The next step is setting a date to quit smoking. Remember it. Mark it in your calendar. This is the first day of your smoke-free life!

Step 3: The first 10 days without smoking

You have gone 10 days without a cigarette. They were the hardest. Changing habits can be a challenge.

Step 4: Week 2 without smoking

The worst is behind you! After that, it usually gets much easier. You do not want cigarettes as much. Your cravings start to go away. You feel much better. Your body starts to recover. You notice that you are on the right track!

Step 5: No longer thinking about smoking

You have reached the next step. You used to smoke, but it is not always on your mind. You no longer think about smoking.

Step 6: Non-smoker, through and through!

A few weeks after you quit, you might suddenly wake up in the middle of the night. In your mind, a nightmare: you started smoking again. Good thing it was only a dream! You are a non-smoker in real life and do not need cigarettes any more. You feel much better now.

How you can help other smokers

Do you know other people who smoke? Then talk to them! Tell them that you have quit. Some might not care. Talk to them about something else then. Others might want to quit too. Tell them how you did it!

You can tell them:

- how you quit
- what worked
- what tools you used
- whether you called the hotline
- whether you went to a pharmacy
- whether friends helped you

You can give them your best tips:

- what you do when you want a cigarette
- what has improved since you stopped smoking
- how much money you have already saved

Help others stop smoking!

We encourage you to show other people this brochure. It can give them a lot of additional tips. Anyone can order our brochure by calling the hotline.

The number is:

0 800 8 31 31 31

The call and the brochure are free of charge.



Encourage other people!

Tell them: “I did it! You can do it too. There are lots of ways to quit smoking. And there is also a way that is right for you!”

Publishing information

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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.

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.

Smoking cessation classes

You can also take a class to help you quit smoking. Visit www.anbieter-raucherberatung.de to find a provider.