



Coventry and
Warwickshire
Integrated Care Board

My quit smoking journal

Your quit journal is here
to help you through your
journey to stop smoking.
Start today to achieve a
healthier and happier you.

Name

Date of Assessment

Start Date

Believe you can,
and you are halfway there.



What is the Stop Smoking Plan?

Your Stop Smoking self-management plan is a step-by-step guide to help and support you while you stop smoking. By setting individual goals and recording your nicotine replacement therapy you can work towards your end goal to QUIT smoking.



Why am I quitting?



Affecting
my Health



Family



My doctor
recommended



Save Money



Better
Future



Baby on
the way



Look and
smell better



Take back
control

You can use your plan to:

- Keep track of your Nicotine replacement therapy
- Make a note of your cravings should they be getting worse or becoming less
- Set some personal goals and monitor your progress against them
- Identify what your triggers are to smoking and have a strategy to help you stay in control
- Note down what to do if your cravings get worse and who to seek for help
- Write down the date of your next follow up

Mental Health Benefits of quitting

Quitting smoking improves your physical health, but it is also proven to boost your mental health and wellbeing.

Most smokers say they want to stop, but some continue because smoking seems to relieve stress and anxiety.

It's a common belief that smoking helps you relax. But smoking actually increases anxiety and tension.

Smokers are also more likely than non-smokers to develop depression over time.

- The dosage of some medicines can be reduced, by as much as 50%. This is because smokers with mental health problems need higher doses of some antipsychotic medicines and antidepressants because smoking interferes with the way these medicines work.
- Anxiety, depression and stress levels improve. Stopping smoking can be as effective as antidepressants.
- Quality of life and positive mood improve. When smokers haven't had a cigarette for a while, the craving for another one makes them feel irritable and anxious. These feelings can be temporarily relieved when they light up a cigarette. So smokers associate the improved mood with smoking. In fact, it's the effects of smoking itself that's likely to have caused the anxiety in the first place.

Set yourself up for success.
Make positive changes!



What are your triggers?

Nicotine Withdrawal

- ☐ Feeling irritable if I have not smoked in a while
- ☐ Feeling restless, anxious or obsessive
- ☐ Feeling strong cravings to smoke
- ☐ Having a hard time concentrating
- ☐ Waking up in the morning

Social Situations

- ☐ Being offered a cigarette
- ☐ Drinking alcohol or going to a bar
- ☐ Going to a party or other social events
- ☐ Being around others who smoke or use another tobacco product
- ☐ Seeing someone else smoke
- ☐ Smelling cigarette smoke

Everyday Situations

- ☐ When you wake up
- ☐ Being on my phone
- ☐ Down time or in between activities
- ☐ Drinking coffee or tea
- ☐ Finishing a meal
- ☐ Seeing cigarettes on TV or in movies
- ☐ Waiting for the bus or transport
- ☐ Walking or driving
- ☐ Watching TV or playing video games
- ☐ Working or studying

My Emotions

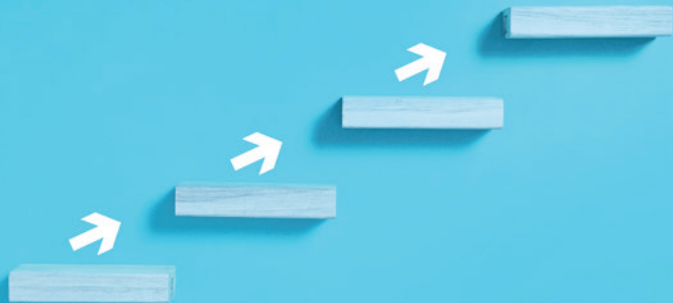
- ☐ Anxious, worried, or nervous
- ☐ Bored
- ☐ Frustrated or upset after an argument
- ☐ Happy or excited
- ☐ Lonely
- ☐ Sad, down, or depressed
- ☐ Stressed or overwhelmed

Strategies and tools to help you quit

Now you have stopped smoking, set yourself up for success by thinking about who in your life, you will reach out to for support.

How you will get expert help and how you will positively distract yourself when you have the urge to smoke?

This will keep you on track and boost your chances of quitting for good.



Quit for Good

This is how I will reach out for support:

- ☐ Share my plans to quit with people important to me
- ☐ Find a quit buddy
- ☐ Ask for advice or support from someone who has successfully quit
- ☐ Join a social media community with other people who are trying to quit
- ☐ Reach out to someone else close to me not listed here



My treatment plan

NRT Patch

Strength _____

Date _____

Strength _____

Date _____

Strength _____

Date _____

Additional information

My Stop Smoking Goals?

E.g. Make a positive change or distraction ideas

Week 1	Patch	Secondary	How do I feel?
<i>e.g.</i>	<i>21g</i>	<i>26 puffs</i>	<i>great</i>
Mon			
Tues			
Wed			
Thur			
Fri			
Sat			
Sun			

Week 2	Patch	Secondary	How do I feel?
Mon			
Tues			
Wed			
Thur			
Fri			
Sat			
Sun			

When cravings hit I will distract myself by:

- Drinking a glass of water
- Eating something crunchy like carrots, apples, or sunflower seeds
- Taking 10 deep breaths
- Getting some exercise
- Playing a game on my phone or listening to a podcast or audiobook
- Texting or talking with someone who supports me
- Going to a place where smoking isn't allowed



*I will find other ways
to distract myself.*

Who is there to support me?

Name _____

Contact Details _____

1-2 Weeks After Discharge

Date _____

Notes _____

4 Weeks after Discharge

Date _____

Notes _____

6-8 Weeks after Discharge

Date _____

Notes _____

Use the QR codes below to access the free support in your local area.



Funded by
Warwickshire County Council

Fitter Futures Warwickshire

0333 005 0092

[fitterfutures.everyonehealth.co.uk/
stop-smoking-service/](https://fitterfutures.everyonehealth.co.uk/stop-smoking-service/)



Healthy Lifestyles Coventry

0800 122 3780 (freephone)

[hlsc Coventry.org/our-services/
stop-smoking](https://hlsc Coventry.org/our-services/stop-smoking)



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At Coventry and Warwickshire Integrated Care Board we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

- You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.
- You have a responsibility to treat other service users, patients and our staff with dignity and respect.

Our information for patients can also be made available in other languages, Braille, audio format or in large print.
Please contact PALS.

Coventry and Warwickshire Partnership NHS Trust
Wayside House
Wilsons Lane
Coventry
CV6 6NY

Telephone: 0800 212 445 (Freephone)

Email: PALS.Complaints@covwarkpt.nhs.uk



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