

# NO SMOKING DAY

Wednesday 13 March



## SUPPORT FOR SMOKERS

Smoker's Diary

### Contents - Smoker's diary

#### Introduction

Most smokers have 'triggers' for lighting up. These could be meeting up with friends, after a meal, a pint in the pub, coffee break at work, making a phone call...

Keeping a 'smoking diary' for a couple of weeks before your quit date, to record when and why you smoke, can help you understand your smoking behaviour and plan for how you'll get over those triggers while you are quitting. Once you have stopped you might use the diary to help you stay stopped, cope with cravings, and make notes about how you're feeling and the benefits you're enjoying.

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## Plan to Quit and Stay Stopped!

### Try out our 'smoker's diary' technique

Why not start off by putting down some facts about your smoking and why you've decided to stop – this might encourage you if you look back on it after you've quit!

Name

I've been smoking since

At the moment I smoke  cigarettes a day

I spend  £ a week on cigarettes

(Use the money calculator on [wequit.co.uk](http://wequit.co.uk) to work out how much you'll save!)

My reasons for quitting are:

### Pre-quit diary

For a couple of weeks leading up to your quit date, keep track of when and why you smoke. You can use our format on the following page or devise your own. Here's an example of how you might record your smoking habits using our table:

Monday	When did I smoke?	Why did I smoke?
<input type="checkbox"/>	With breakfast (1 cigarette)	Woke up really craving a smoke
<input type="checkbox"/>	With colleagues at work	Wanted to be sociable, was a chance to take a break from stressful project
<input type="checkbox"/>	after lunch (1 cig)	
<input type="checkbox"/>	In the pub with friends after work (5 cigs)	Was a bit drunk so decided to light up
	<b>How I was feeling today?</b>	Generally good although a bit stressed due to a deadline at work. Coughing a lot in the morning.

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<b>Monday</b> DD MM YY <i>No. of cigarettes today:</i> <input type="text"/>	<b>When did I smoke?</b>	<b>Why did I smoke?</b>
<b>How I was feeling today?</b>		

<b>Tuesday</b> DD MM YY <i>No. of cigarettes today:</i> <input type="text"/>	<b>When did I smoke?</b>	<b>Why did I smoke?</b>
<b>How I was feeling today?</b>		

<b>Wednesday</b> DD MM YY <i>No. of cigarettes today:</i> <input type="text"/>	<b>When did I smoke?</b>	<b>Why did I smoke?</b>
<b>How I was feeling today?</b>		

<b>Thursday</b> DD MM YY <i>No. of cigarettes today:</i> <input type="text"/>	<b>When did I smoke?</b>	<b>Why did I smoke?</b>
<b>How I was feeling today?</b>		

<b>Friday</b> DD MM YY <i>No. of cigarettes today:</i> <input type="text"/>	<b>When did I smoke?</b>	<b>Why did I smoke?</b>
<b>How I was feeling today?</b>		

<b>Saturday</b> DD MM YY <i>No. of cigarettes today:</i> <input type="text"/>	<b>When did I smoke?</b>	<b>Why did I smoke?</b>
<b>How I was feeling today?</b>		

<b>Sunday</b> DD MM YY <i>No. of cigarettes today:</i> <input type="text"/>	<b>When did I smoke?</b>	<b>Why did I smoke?</b>
<b>How I was feeling today?</b>		

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## Continue using your diary when you begin your quit journey

As you approach your quit date try creating a diary to plan for the weeks ahead. You might want to include some of the following:

- ☒ What you'll be doing (work outside home, work at home, social activities, study)
- ☒ Who you'll spend time with (have I told them I'm quitting? Will they be supportive?)
- ☒ Possible smoking triggers (look back at your pre-quitting diary to notice patterns)
- ☒ How you'll cope with them
- ☒ Rewards (set yourself goals and reward yourself if you achieve them)
- ☒ Make notes on how each day went and how you felt

Use the diary to make notes about your quit plan – think in advance of how you might cope with smoking trigger points and cravings. Perhaps you'll want to plan some treats to reward yourself for your first smoke-free day, weekend or week, and you may need to rearrange your social life at first to avoid being with people who smoke. You might also want to arrange a fun way to spend your free time on the first few days with someone who will really support you with your quit attempt!

### What if you do have a cigarette?

OK, you've slipped up – it's not the end of the world and no reason to abandon your quit attempt. If you got a cigarette from someone else, tell them you wish you hadn't had it and ask them to help you stay stopped in the future. If you've bought cigarettes, throw them away.

Think about why you had that cigarette and how you could have avoided smoking, note it in your diary, then keep on with your quit plan. Perhaps you need more help that you haven't yet taken up – nicotine replacement, your local stop smoking service, a helpline...

Even several months or years after quitting, you may still have times when you think about smoking. Don't get complacent and think you're no longer addicted so it's safe to have one or two cigarettes – after all the effort you've put into quitting, don't risk starting again!

### Finally...

Get as much help and support as you can to help you stay stopped – friends, family, work mates, your GP, practice nurse or pharmacist, local stop smoking service, quitting buddy. Try out our stop smoking forum – a supportive online community for quitters just like you – at [WeQuit.co.uk](http://WeQuit.co.uk) where you will also find lots of help and advice on quitting smoking.

### Good luck!

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Try using our smokefree diary template or use a conventional diary to create your own. See our filled in example below:

Today's Date DD MM YY  No. of days smokefree:  Money saved so far: £	<b>Planning ahead</b>	<b>Smoking risks</b>	<b>Plans to overcome risks</b>
	<b>How I was feeling today?</b> Write about how you have dealt with tricky situations, how you are coping with cravings and how you are feeling generally.		

Today's Date 20 03 13  No. of days smokefree: 7  Money saved so far: £ 45.50	<b>Planning ahead</b> 08 10 10.30-11.30am Meeting at head office 12 14 afternoon off work 16 18 20 eve Gemma's birthday party	<b>Smoking risks</b> n/a  Nothing planned in the afternoon - might get bored and start thinking about smoking.  Will be with smoker friends in bar	<b>Plans to overcome risks</b> n/a  I'll try to keep busy - the house needs cleaning anyway! I'll suck mints as a substitute for smoking  Avoid joining friends outside. Stay with Mandy - my quit buddy!
	<b>How I was feeling today?</b> <i>Today was a great day. I thought Gemma's party would be really tough for me as it's the first pub night since I quit - but I also didn't want to miss it. Having my quit buddy, Mandy, with me was a real help and we supported each other throughout the night. I also made everyone know we are quitting so they didn't offer us cigarettes. I think it would have been much more difficult without the indoor smoking bar.</i>  <i>I have noticed that my breathing has got better - I went for a jog in the afternoon and it was much easier than before.</i>  <i>Did still have big craving with my morning coffee though...</i>		