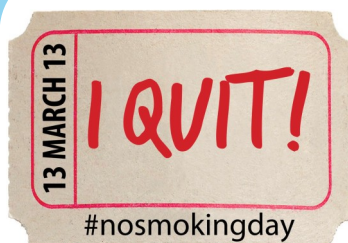


Health Matters Assistance Programme

Employee Support Bulletin March 2013



NO SMOKING DAY

Wednesday 13 March



Each year, No Smoking Day sees more and more people successfully kicking the habit. Once you've made the decision to quit smoking, it's time to decide on your strategy. That means getting the right support for your lifestyle and smoking habits. Today there's a huge range of support available - so how do you choose the method that suits you best? First of all, get **expert help**: contact one of the many [helplines](#) out there to get tailored support and advice. Your **GP and pharmacist** can also help.

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.

[\(Smokers Diary Introduction + Template\)](#)

Want to know how much you could save by quitting? Visit <http://game.wequit.co.uk/> and see how you could treat yourself.

Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !



NO SMOKING DAY
13 March 2013



Want to quit?
Set the date
Get prepared

Call a stop **smoking helpline** or visit your **GP** or **pharmacist** for help. Join thousands of quitters on the **WeQuit forum** for extra support.

You may also find information on the HMAP Secure Website:

www.hmap-hub.co.uk