

**Just some of the  
Issues Covered:**

- Stress and anxiety
- Bullying & harassment
- Performance at work
- Managing Pressure
- Debt management
- Financial matters
- Family life
- Relationships
- Health & Well-being
- Child care & parenting
- Work-life balance
- Legal matters
- Bereavement
- Traumatic incidents
- and much more besides



# Health Matters Monthly Newsletter

Issue Four

Monthly Newsletter

## Want Help To Stop Smoking ?

### Smoking

Smoking is the single largest cause of preventable cancer deaths in the UK. Smoking can kill you and those around you. Each year it causes 32,000 deaths from lung cancer and 11,000 deaths from other cancers. Smokers die prematurely since they lose one day of life each week. Every 5 minutes a smoker dies from a smoking related disease.

### How to quit

Set a date to quit  
Make a plan listing the pros and cons of smoking.  
Get support from friends, family or your GP.  
Plan how to cope with cravings and withdrawal symptoms - get a new hobby, find something to occupy your mind, try patches, gum or tablets.  
Plan to keep your hands busy  
Avoid temptation - if you smoke after a meal, distract yourself. If you always smoke

down the pub, go somewhere else to meet up.  
Reward yourself - imagine the money saved from kicking the habit, set a goal or treat each week.

### Benefits of quitting

Food will taste better.  
Breathing becomes easier.  
No smell of smoke in your hair or clothes.  
After stopping smoking for a year, the risk of a heart attack is half that of a smoker.  
Financial rewards - think of what you can spend the money on, a new car or a holiday.  
If you smoke a packet a day, assuming it costs £5, a year's supply of cigarettes will cost you £1,825 and if you have been smoking for 40 years, cigarettes will have cost you £73,000. If other members of your family smoke, then calculate the cost.



**Want help to stop  
Smoking ?**

**Call us on  
freephone**

**0800 169 9952**

**Anytime**

## Free and Confidential

For Free & Confidential advice, information or personal support speak to your Employee Assistance Programme (EAP), provided by PPC Worldwide, on 0800 169 9952.

(ROI 1800 409476).

Whatever your concerns, call PPC any time, day or night, for informative, impartial discussion with one of their advisers.

Your EAP is here to help 24 hours a day, 7 days a week - confidential and free.

Minicom: 0800 0854739.

**Helping you solve life's  
challenges....**

