



TIPS TO STOP SMOKING

Here are some ways to boost your chances of stopping smoking for good.

DELAY having any nicotine, even 60 seconds helps

DRINK water. Cravings are worse when you are dehydrated

DISTRACT keep hands and mind busy

DEEP BREATHE take the time to stop and take a minute for yourself

DISCUSS how you are feeling with others, text or call someone or use the Quit With Bella app for support



You are 3x more likely to quit with free specialist support and medication.



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STOPPING SMOKING FOR YOUR MENTAL HEALTH

We all know that quitting smoking improves physical health but it's also proven to boost your mental health and wellbeing.



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THE MENTAL HEALTH BENEFITS OF QUITTING SMOKING

When people stop smoking, studies show

- Anxiety, depression and stress levels lower
- Quality of life and positive mood improve
- The dosage of some medicines used to treat mental health problems can be reduced
- Stopping smoking increases personal finance and will help reduce financial stress

DID YOU KNOW?

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

Evidence suggests the beneficial effect of stopping smoking on symptoms of anxiety and depression can equal that of taking antidepressants.

SMOKERS WITH MENTAL HEALTH ISSUES:

- Are much more likely to smoke than the general population
- Tend to smoke more heavily
- Die on average 10 to 20 years earlier than those who don't experience mental health problems – smoking plays a major role in this difference in life expectancy
- Need higher doses of some antipsychotic medicines and antidepressants because smoking interferes with the way these medicines work
- Are likely to feel much calmer and more positive, and have a better quality of life, after giving up smoking.

SMOKING, ANXIETY AND MOOD

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.



WHY IT FEELS LIKE SMOKING HELPS US RELAX

Smoking cigarettes interferes with certain chemicals in the brain. 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.

