

Reasons for Quitting Smoking



Do you ever think about why you started smoking? There may be many reasons why you did, but the reason you keep smoking is because you've become dependent on nicotine.

This addiction doesn't make it impossible to quit, but it can make it difficult. What are your top 5 reasons for quitting?

1.

2.

3.

4.

5.

Here are some of the top reasons smokers from Southampton give for quitting. If any of these relate to you, here's a reminder of why these reasons matter, and how you can use them to keep going.

1 Better Health

The pandemic may have you thinking more about your health and this might be playing on your mind. The good news is that within minutes of smoking your last cigarette, your body begins to recover. Stopping smoking will lower your risk of developing illness over time including heart disease and cancer. It also lowers your risk of diabetes, and helps your blood vessels, heart, and lungs to work better. Stopping at any age can give you back years of life that will be healthier and happier than if you continue to smoke. And it's not just your physical health that will benefit, your mental health will too.

Some people believe that smoking helps to relieve stress and anxiety. It doesn't! Smoking only relieves nicotine withdrawal symptoms like irritability and low mood, tricking you into believing it helps with stress. The relief from having each cigarette is short-lived. As nicotine levels drop, withdrawal starts to creep back in, making you reach for another cigarette. When you break up with smoking you break this cycle. As you quit, a good tip that has worked for some ex-smokers is to use meditation and deep breathing exercise to reduce any anxiety and stress you feel along the way.

After people have stopped smoking, they have less anxiety, depression and stress, plus better mood than those who continue to smoke.

Reasons for Quitting Smoking (cont)



2 To Save Money

Across the country the pandemic has seen people losing their job, becoming furloughed or experiencing a change in hours or earnings.

Smoking is expensive and it isn't going to get cheaper. A pack of cigarettes can cost £13 or more. If you smoke twenty cigarettes a day this adds up to over £4,745 each year. Even if you get your cigarettes cheaper than this, stopping smoking will be good for your finances!

To get motivated to quit for financial reasons, add up your savings over the coming months and years.

Cost per day:	£	a day
What you spend on smoking per week:	£	a week
Multiply by 52 for a cost per year:	£	a year

Think ahead. If you don't quit now:

In another 3 years you would spend:	£
In 5 years:	£
In 10 years:	£

Some smokers told us that seeing their saving every day in a glass jar helped them to stay on track.

How will you treat yourself with the money you save?

Reasons for Quitting Smoking (cont)



3 For my loved ones

Both you and the people in your life will breathe easier when you quit.

Every cigarette contains over 4,000 chemicals and harms everyone who inhales it, not just the smoker. More than 80% of second-hand smoke is invisible and odourless, so no matter how careful you think you're being your friends and family still breathe in harmful poisons. This puts them at risk of illnesses such as cancer, heart disease and lung disease. By quitting and not exposing them to second-hand smoke you will protect the health of those around you.

Many ex-smokers tell us they quit for their children. This is powerful because it means you're insuring yourself to be around for them for longer. Children of smokers are more likely to smoke themselves later in life and so quitting will reduce the risk of your children following in your footsteps.

Can you think of any other reasons that haven't been mentioned above, and are important to you?