



I QUIT



**28** DAY  
COUNTDOWN

**STAY SMOKE-FREE  
FOR 28 DAYS  
AND YOU'RE  
5 TIMES MORE  
LIKELY TO QUIT**

Are you ready to begin your quit journey?





**CONGRATULATIONS**

**28**

**DAYS TO GO!**

**TIPS TO QUIT SMOKING**



Believe in yourself. Think about some of the most difficult things you have done in your life and realise that you have the determination to quit smoking.

The first few days are often the hardest, and providing a listening ear is one of the best things you can do.



**HOW YOU CAN SUPPORT YOUR FRIEND**

**BE SMOKE-FREE!**

**CONGRATULATIONS**

**27**

**DAYS TO GO!**

**TIPS TO QUIT SMOKING**



Try introducing changes in your routine. Take another path to work or try another hot beverage in the morning. This will break the associations that you have formed with smoking.

Be on hand to help! They may need extra help when faced with a tough situation, such as during a coffee break or after a meal.



**HOW YOU CAN SUPPORT YOUR FRIEND**

**BE SMOKE-FREE!**



# CONGRATULATIONS

# 26

## DAYS TO GO!

### TIPS TO QUIT SMOKING



Remind yourself daily of the reasons why you have chosen to quit. Write them down and place them on a highly visible place so you can read them daily.

Nagging, scolding or preaching does not work. Instead, let them know how much you respect them for starting their quit journey.



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!

# CONGRATULATIONS

# 25

## DAYS TO GO!

### TIPS TO QUIT SMOKING



Make it known to everybody that you are quitting smoking. Tell your loved ones, friends and colleagues. Making your quit journey known to everyone will prevent you from failing.

Smokers may have doubts about quitting, as cigarettes have been their close companions for a long time. You can help by assuring them you understand their doubts.



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!





**CONGRATULATIONS**

**24**

**DAYS TO GO!**

**TIPS TO  
QUIT  
SMOKING**



Call a friend, family member or **QuitLine** at **1800-438 2000** when you need extra help or support.

Offer to give them regular calls or messages to find out how they are, and not just to check if they have stayed smoke-free.



**HOW YOU CAN  
SUPPORT  
YOUR FRIEND**

**BE SMOKE-FREE!**

**CONGRATULATIONS**

**23**

**DAYS TO GO!**

**TIPS TO  
QUIT  
SMOKING**



If you haven't already, throw away all your lighters, ashtrays and cigarette packs! **ALL** of them, including the ones you've hidden for 'emergency' purposes.

Make sure that your home is smoke-free. Any lighters or ashtrays lying around might remind them of lighting up.



**HOW YOU CAN  
SUPPORT  
YOUR FRIEND**

**BE SMOKE-FREE!**

**CONGRATULATIONS**

**22**

**DAYS TO GO!**

**TIPS TO QUIT SMOKING**



Get active! Engaging in physical activity releases endorphins in your body, giving you a natural feeling of well-being. Start with some simple exercises such as climbing the stairs or brisk walking to the train station.

Shower them with lots of praise, treat them to a good meal, a gift or a relaxing massage to motivate them for getting through the day.



**HOW YOU CAN SUPPORT YOUR FRIEND**

**BE SMOKE-FREE!**

**CONGRATULATIONS**

**21**

**DAYS TO GO!**

**TIPS TO QUIT SMOKING**



Deep breathing exercises can help relieve your urge to smoke. Take a deep breath, hold it for a second, and then release it very slowly. Remember: the urge to smoke is only temporary; it will pass.

Help to distract them with a joke or a short walk if they are tensed up. They are less likely to smoke when they are feeling relaxed.



**HOW YOU CAN SUPPORT YOUR FRIEND**

**BE SMOKE-FREE!**



# CONGRATULATIONS

# 20

## DAYS TO GO!

### TIPS TO QUIT SMOKING



Prepare a "Rescue Kit" to distract you from cravings. Some items you can put in your kit include sugar-free mints, an MP3 player or a handheld game to keep your mind distracted.

Don't take the quitter's grumpiness personally. Remind them that withdrawal symptoms won't last for long, and they will normally feel and act better in 1 - 2 weeks.



### HOW YOU CAN SUPPORT YOUR FRIEND

# CONGRATULATIONS

# 19

## DAYS TO GO!

### TIPS TO QUIT SMOKING



If you miss the feeling of having a cigarette in your hand, try holding a pen, paper clip or a drinking straw.

Some smokers find it hard not to light up after a meal. Help distract them with small activities such as going for a walk.



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!

## BE SMOKE-FREE!



**CONGRATULATIONS**

**18**

**DAYS TO GO!**



**TIPS TO QUIT SMOKING**

For the first few weeks, spend your free time in places where smoking isn't allowed, such as libraries, shopping malls, movie theatres etc.

Plan activities to do together while avoiding people or places where there is the temptation to smoke.



**HOW YOU CAN SUPPORT YOUR FRIEND**

**BE SMOKE-FREE!**

**CONGRATULATIONS**

**17**

**DAYS TO GO!**



**TIPS TO QUIT SMOKING**

Try to avoid alcohol, coffee and other beverages that you associate with cigarette smoking.

Be prepared for mood swings and unfriendly behaviour as they are going through a tough time. Remind yourself to be more understanding during this period.



**HOW YOU CAN SUPPORT YOUR FRIEND**

**BE SMOKE-FREE!**



CONGRATULATIONS

16

DAYS TO GO!

TIPS TO QUIT SMOKING



If you normally smoke after a meal, eat some fruits or brush your teeth instead!

Even a smoker can help by not smoking around them. This is also a good time to think about quitting as ex-smokers are more likely to relapse if their close friends smoke.



HOW YOU CAN SUPPORT YOUR FRIEND

BE SMOKE-FREE!

CONGRATULATIONS

15

DAYS TO GO!

TIPS TO QUIT SMOKING



Put up post-it notes or no-smoking stickers in visible areas to remind yourself of your decision to quit. Constant visual reminders are powerful and can encourage you.

Prepare low-calorie snacks such as fruits and raisins for them to munch on when there is an urge to smoke.



HOW YOU CAN SUPPORT YOUR FRIEND

BE SMOKE-FREE!





# CONGRATULATIONS

# 14

## DAYS TO GO!

### TIPS TO QUIT SMOKING



Drink plenty of water! This helps flush away the toxins and assists in the recovery of your body.

Smokers may feel tingling sensations in their hands and feet when their circulation and oxygen intake improve. Use the Tangle toy provided to help them relieve these sensations.



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!

# CONGRATULATIONS

# 13

## DAYS TO GO!

### TIPS TO QUIT SMOKING



Learn what triggers your desire for a cigarette. It can be stress, the end of a meal, arrival at work, entering a bar, etc. Avoid these triggers or if that's impossible, plan alternative ways to deal with the triggers.

Remind them of all the good that quitting will do for them and their loved ones.



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!



# CONGRATULATIONS

# 12

## DAYS TO GO!

### TIPS TO QUIT SMOKING



If you miss the feeling of having a cigarette in your mouth, try biting drinking straws, toothpicks or even chewing on sugarless sweets.

Send a card or an email to show support. Even a small gesture can help someone on their quit journey.



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!

# CONGRATULATIONS

# 11

## DAYS TO GO!

### TIPS TO QUIT SMOKING



When you wake up each morning, make the promise that you won't smoke a cigarette that day. Keeping the promise a day at a time makes this quit journey more manageable.

Congratulate them each time they cope with a situation without smoking. It builds their confidence so that they know they don't need cigarettes to cope.



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!

CONGRATULATIONS

10

DAYS TO GO!

TIPS TO QUIT SMOKING



Keep a picture of your family or loved ones with you at all times. Write on the back, "I'm quitting for myself and for you (or "them")". Whenever you have the urge to smoke, look at the picture and read the message.

Don't make them feel guilty or ashamed if they slip or relapse. Quitting can be very tough, so encourage them to keep trying.



HOW YOU CAN SUPPORT YOUR FRIEND

BE SMOKE-FREE!

CONGRATULATIONS

9

DAYS TO GO!

TIPS TO QUIT SMOKING



Keep yourself distracted. Always wanted to pick up a new language or hobby? Now's the time to do so.

Be supportive of the changes they have made to their lifestyle. Remind them the benefits of their new healthy lifestyle.



HOW YOU CAN SUPPORT YOUR FRIEND

BE SMOKE-FREE!

**CONGRATULATIONS**

**8**

**DAYS TO GO!**

**TIPS TO QUIT SMOKING**



Find someone who is trying to quit just as you are doing. Help each other as you move along by lending an ear or advice. Join the I Quit community at [www.iquitclub.sg](http://www.iquitclub.sg)

It is said that laughter is the best medicine. Watching a funny show or sharing a joke may help them feel better and distract them from the urge to smoke.



**HOW YOU CAN SUPPORT YOUR FRIEND**

**BE SMOKE-FREE!**

**CONGRATULATIONS**

**7**

**DAYS TO GO!**

**TIPS TO QUIT SMOKING**



Keep a diary of how much you have been saving by not buying cigarettes. Keep in mind what you are going to do with the money saved.

Don't doubt the smoker's ability to quit. Your faith in them reminds them that they can do it.



**HOW YOU CAN SUPPORT YOUR FRIEND**

**BE SMOKE-FREE!**



# CONGRATULATIONS

# 6

## DAYS TO GO!

### TIPS TO QUIT SMOKING



Relaxation exercises like yoga, meditation and deep breathing really help to calm the mind. If you've got time, catch a feel-good movie or comedy.

They may have tried to quit before and failed as it takes many tries to succeed. However, your support and encouragement can help them this time.



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!

# CONGRATULATIONS

# 5

## DAYS TO GO!

### TIPS TO QUIT SMOKING



When you're tired, cravings to smoke will seem stronger. Be sure to get enough sleep every night.

Inspire them with stories from ex-smokers and those on their journey to quit smoking. You can find stories from the I Quit community at [www.iquitclub.sg](http://www.iquitclub.sg)



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!



# CONGRATULATIONS

# 4

## DAYS TO GO!

### TIPS TO QUIT SMOKING



Never allow yourself to think that "One cigarette won't hurt", because it definitely will!

One cigarette will get an ex-smoker hooked again! Do encourage them to be strong and recount the hurdles they have passed to get to this stage.



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!

# CONGRATULATIONS

# 3

## DAYS TO GO!

### TIPS TO QUIT SMOKING



Most cravings last 3 - 5 minutes. Think of them as signs that your body is healing, because that is just what they are.

Get an ex-smoker you know to share their success story with other smokers who are trying to quit as well. This helps reinforce their decision to quit smoking.



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!





# CONGRATULATIONS

# 2

## DAYS TO GO!

### TIPS TO QUIT SMOKING



Choose to think that quitting is a gift to you and your loved ones, not a sacrifice. Don't feel sorry that you can't smoke, but instead rejoice that you are free of this addiction!

Offer to do activities together where smoking does not fit in, such as swimming, jogging, brisk walking or shopping.



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!

# CONGRATULATIONS

# 1

## DAY TO GO!

### TIPS TO QUIT SMOKING



Well done! You've managed to stay smoke-free for 28 days, which means you're 5 times more likely to quit for good. Share your successful quit story with others so that they may be inspired to quit too!

Celebrate their achievement in staying smoke-free. Continue to encourage them, as all it takes is one cigarette for them to relapse!



### HOW YOU CAN SUPPORT YOUR FRIEND

## BE SMOKE-FREE!

