

# TOBACCO-FREE



## ADVICE WHEN YOU WANT TO QUIT

Only **you** can decide whether to quit smoking or taking snuff, and only **you** can succeed. Making a carefully considered decision can be vital to the outcome. Start by considering what your own thoughts are about smoking/taking snuff, and whether you are ready to make a decision. It is a good idea to draw up a list of the benefits and drawbacks for you personally, and to weigh them up against each other. If you decide to try – find out more about preparing to quit.

## AVOID RELAPSES

Most relapses occur in the first three months. If you get through those, there is a good chance of remaining tobacco-free! Change your routines so as to avoid situations that you associate with smoking or taking snuff.

Consider your strategy. What do you do when those treacherous thoughts arise? 'I need to test it to see what it tastes like', 'just one pinch', 'I'll just smoke at parties', 'I deserve a cigarette now'. Be particularly aware when you are surrounded by others who are smoking or taking snuff, and not least when you drink alcohol – because that is when it is easy for your resolve to fade.

Keep repeating to yourself your reasons for quitting. It will also help you to respond to arguments from colleagues who 'want you in the gang' again.

And, if you do relapse, do not give up! It is never too late to start over again. Decide on a new date for quitting (within a few days).

## MEDICATION CAN HELP

Nicotine medication can increase your chances of success in quitting tobacco. Nicotine medication alleviates the abstinence symptoms that often arise when quitting smoking.

Tell the healthcare staff if you are using any nicotine preparation.

There is a very wide range of nicotine medication nowadays. You can always ask your pharmacist for advice.

A number of medicines containing nicotine are also available on prescription. Speak to your doctor if these may be of interest to you. Remember, though – no medication can replace your motivation, your determination to quit and your preparations!

## GET PREPARED

Good preparation is important if you are to succeed in quitting tobacco. Of course, how you go about it is entirely up to you. You are the one who knows best what suits you and how you react in various situations. However, here is some advice for the road that might help.

- Consider why you wish to quit.
- Decide on a date to quit.
- Make a note of when and where you smoke or take snuff. It helps to review the routines that you need to change.
- Clear away everything relating to tobacco. Consider the situations where you think it will be most difficult to restrain yourself from smoking and taking snuff. For example, with your morning cup of coffee or after your evening meal. Consider how you may prepare to do something else instead.
- Get some nicotine medication by all means – but remember that this is not a replacement for your willpower or your determination!



No medication  
can replace your motivation

# TOBACCO CESSATION COUNSELLORS

Tobacco cessation counsellors to help you to become free of tobacco are available at the county's medical centres. If you would like to know who the tobacco cessation counsellor is at your medical centre, call the centre or go to [www.1177.se](http://www.1177.se) and search under 'rökning och snusning'.

<b>Achima Care, Vislanda</b> 0472-65 09 00	<b>Ingelstad</b> 0470-58 94 00	<b>Strandbjörket, Växjö</b> 0470-58 97 50
<b>Achima Care, Älmhult</b> 0476-67 23 00	<b>Kungshögen, Ljungby</b> 0372-58 55 80	<b>Strömsnäsbruk</b> 0433-56 48 10
<b>Alvesta</b> 0472-38 92 00	<b>Lagan</b> 0372-58 49 70	<b>Teleborg, Växjö</b> 0470-58 67 70
<b>Birka, Växjö</b> 0470-58 68 50	<b>Lammhult</b> 0472-59 43 00	<b>Tingsryd</b> 0477-79 48 50
<b>Braås</b> 0474-49 98 20	<b>Lenhovda</b> 0474-69 45 00	<b>Unicare Växjö</b> 0470-70 65 00
<b>Capio, Hovshaga, Växjö</b> 0470-75 91 00	<b>Lessebo</b> 0478-79 49 00	<b>Växjöhälsan, Växjö</b> 0470-70 59 00
<b>Centrum, Växjö</b> 0470-58 95 00	<b>Läkarhuset, Ljungby</b> 0372-155 80	<b>Åseda</b> 0474-49 98 00
<b>Dalbo, Växjö</b> 0470-58 69 00	<b>Markaryd</b> 0433-56 41 00	<b>Primärvårdens Hälsoenhet (Primary Care Health Unit)</b> 0470-59 22 90
<b>Gränsbygdskliniken, Markaryd</b> 0433-123 46	<b>Moheda</b> 0472-59 43 40	<b>HOSPITALS</b>
<b>Helsa Vårdcentral, Älmhult</b> 0476-64 66 00	<b>Rottne</b> 0470-58 99 60	<b>Central Hospital Växjö</b> 0470-58 90 22
<b>Hälsocentralen Falken, Alstermo</b> 0481-36 69 30	<b>Ryd</b> 0459-59 40 00	<b>Ljungby Hospital</b> 0372-58 55 45
	<b>Sländan, Ljungby</b> 0372-58 57 30	
	<b>Smålandshälsan, Ljungby</b> 0372-819 00	

## AND WHEN YOU GET THE CRAVING – DO SOMETHING ACTIVE

Most smokers and snuff takers experience some form of abstinence problems when they stop using tobacco. How intensive these are, and how long they last, depend on the individual. However, they are harmless and will pass quickly. The most common problems are cravings for a cigarette, irritability, anger, dizziness, fatigue, difficulties with concentration, palpitations and anxiety. These problems are at their worst during the first few weeks. To alleviate any abstinence problems, you can take nicotine medication or take on board some of the tips given below.

- ➔ **Wait!** You know how long your craving to smoke/take snuff tends to last, so when the desire arises you can just calmly wait. A few minutes' wait is usually enough.
- ➔ **Drink water!** Drinking water effectively breaks the situation and reduces the desire.
- ➔ **Deep breaths!** A few deep breaths will reduce the level of tension and increase well-being.
- ➔ **Distraction!** To distract yourself and at the same time think positive thoughts, you can try some simple activities, such as switching tasks or talking to a good friend.

### IT IS ALSO IMPORTANT TO

- Eat regularly, ideally a lot of fruit and vegetables. Low blood sugar can feel like a nicotine craving.
- Exercise – you will notice an improvement every day.
- Take it one day at a time – the tobacco craving will pass after a while.

At [www.1177.se](http://www.1177.se)  
you can find out more  
about smoking  
and taking snuff.

## DO YOU NEED HELP AND SUPPORT?

Tips and advice are available at:  
[www.psykologermottobak.org](http://www.psykologermottobak.org)  
[www.slutarokalinjen.org](http://www.slutarokalinjen.org)  
[www.1177.se](http://www.1177.se)

Apps **Rökfri** and **Fimpaa**

The Quit Smoking Line offers qualified help over the phone on 020-84 00 00.  
Open Mondays to Thursdays 9AM–8PM and Fridays 9AM–4PM.