



8 tips to quit smoking for good and turn your life around



Warning: quitting smoking can cause happiness.

Quitting – it ain't easy. But thousands of people successfully quit smoking in Dorset every year. Some with support from services such as [LiveWell Dorset](#), and some through sheer will power. Many will have tried a few times before being successful. There are some things you can do to make sure this time is the one.

1. Remember your motivation

Post your pledge to make a commitment to quit with your reasons. The pledge facility on the [Make Tobacco History](#) pages can help you do this.

2. Think positive

You might have tried to give up before, but this time you're really going to do it.

3. Be prepared for some withdrawal symptoms

When you stop smoking, you are likely to get symptoms, such as feeling sick, headaches, anxiety, irritability, craving, and just feeling awful. These symptoms are caused by the lack of nicotine that your body has been used to. They tend to peak after 12-24 hours, and then gradually ease over 2-4 weeks.

4. Get support

You're four times more likely to quit for good with professional support. [LiveWell Dorset](#) can support you to either quit or cut down by working with you to find the best way for you be successful.

5. Support each other

If friends or family members want to give up too, suggest to them that you give up together. Share your pledge with your loved ones, their encouragement will keep you motivated.

6. Get moving

A review of scientific studies has proved that exercise (even a five-minute walk or stretch) cuts cravings and may help your brain to produce anti-craving chemicals.



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7. Change your drink

Fizzy drinks, alcohol, cola, tea and coffee all make cigarettes taste better. So when you are out, drink more water and juice.

8. Try and try again

It is very common to have a relapse. Many smokers try several times before giving up cigarettes for good. Examine the emotions and circumstances that lead to your relapse. Use this as an opportunity to reaffirm your commitment to stopping.