



TACKLE THE TRIGGERS

IT'S EVERYONE'S RESPONSIBILITY

Supporting colleagues to quit smoking

As with clients, it is important to support colleagues to quit smoking when they are ready. The majority of people who are giving up the smokes are going to find it challenging at times. Support from colleagues may help them quit and stay quit.

"If you're going to quit you just definitely need, you know, someone around you for a bit of support"

- Health worker considering quitting

When someone is making a quit attempt they are not just giving up the smokes. They have to change many other behaviours, which may include how they:

- Engage with clients
- Release stress
- Have a yarn with colleagues
- Start or finish their day
- Take time out

"... just come and tap me on the back or the shoulder and say, 'hey, how are you going with the smoking?' you know, just support that way"

- Health worker preparing to quit

Being supportive while someone is quitting may have additional benefits such as developing your working relationship and increasing morale at work.

Supporting colleagues to quit smoking

Tips for everyone:

- Quitting is hard and may take a number of goes, always be respectful and non-judgemental.
- Be understanding of people's mood swings when they are giving up smoking, it will pass.
- Support each other with work issues. Stress is often a barrier to quitting and if you support your colleagues they may find it easier to quit.
- Let them know they can have a yarn with you if they are struggling.

"Somebody has to be here for us health workers so we can talk to somebody, you know release some of that stuff we've got inside"

- Health worker, not yet ready to quit

Tips for smokers:

- If you are thinking about quitting too, you could quit together and support each other.
- If you know someone is quitting don't ask them to come out for a smoke.
- If you normally have a yarn over a smoke with someone who is quitting, find another way to have a yarn so they don't feel left out.

"Sometimes supporting other people helps you support yourself."

- Health worker, considering quitting

Tips for ex-smokers:

- Where appropriate, share your story. People need to know it is hard and that it may take a few quit attempts to quit for good.
- It's important to remember that everyone's circumstances are different and what worked for you may not work for others.

"I'm a successful quitter. I quit seven times. There you go. Tell them those things, you see, then they know"

- Tobacco Control Worker