



TACKLE THE TRIGGERS

IT'S EVERYONE'S RESPONSIBILITY

Supporting friends or family to quit smoking

Deciding to give up the smokes is always a personal decision and often motivated by many different things. For many people, one of the key reasons for wanting to quit is family and children.

"I just made up my mind as soon as my partner told me she was pregnant, that day I stopped."

- Health worker, successful quitter for 7 years

It is important to understand that giving up the smokes can be hard for people because it requires many behaviour changes. These changes may include:

- Finding new ways to relieve stress
- Looking for different ways to yarn with smokers
- Finding new ways to take time out

When someone is quitting they are often more successful if their friends and family support them. What that support will look like will vary from person to person. If you want to be supportive, have a chat with the person quitting and see how they would like to be supported. Below are some tips that you might want to consider;

- 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.
- If you are thinking about quitting you could quit together and support each other.

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- If you know someone is quitting don't ask them to come out for a smoke.
- If they look like they are getting stressed, see if you can help remove the stress.
- Be supportive and listen to their concerns.

"She would listen to me and let me rant and rave"

- Health manager, preparing to quit

- Don't smoke around the person quitting. Smelling smoke may trigger a craving.
- If you are an ex-smoker, talk about your struggles with quitting, how many quit attempts it took and what worked for you.
- Try and be mindful of people's triggers. For example, if you normally sit outside and have a smoke and a coffee together, suggest you sit inside for your cuppa instead.
- Plan with them what they can do with the money saved from not buying cigarettes.

"We started ... pricing it, and at five and a half grand you know..."

- Health manager, non-smoker

- Celebrate their successes with them. If they haven't smoked for a couple of days tell them that you are proud of them.