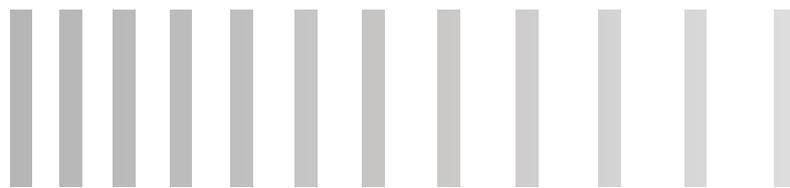


CUT DOWN TO STOP



My **Cut Down To Stop** Smoking Plan

How can this booklet help me?

The single most important thing you can do to improve your health is to stop smoking completely and for good. Cutting down as part of a stop smoking plan, with support, is a good way of achieving this goal.

Your Stop Smoking Practitioner / Tobacco Dependence Advisor will support you to think about stopping smoking and to consider whether a Cut Down To Stop smoking approach is best for you.

This booklet includes pages you can work through and complete. You can share these with your Practitioner / Advisor to help decide on the best way for you to stop smoking. **You do not need to complete every section. Go at your own pace.**

Completing this booklet will also help you to keep track of how you are doing. Your Practitioner / Advisor can help you complete this booklet at your appointments.

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1

Smoking diary

Complete the diary below for a full day. The diary helps you notice patterns in your smoking. It doesn't need to be exact.

Day:

	Tick a box for every cigarette you smoke	Were any of these the ones you would miss most?	What were you doing, where were you and who were you with?
Example	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	The first one and the ones smoked with my friend.	Watching TV at home, by myself. Collecting my benefits in town, with my friend.
Morning	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
Afternoon	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
Evening	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
Overnight	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

Was this a typical day for you?

Yes

No – what was different?

Looking back at your diary can help you notice patterns and decide which cigarettes might feel easier to eliminate first. Please bring your diary back to your appointment with your Practitioner / Advisor.

2**Pros and cons of smoking**

Writing down the things which are good and not so good about smoking and stopping can be useful if you are feeling unsure about getting started.

What's good about smoking ?	What's not so good about smoking ?
What's not so good about stopping smoking ?	What's good about stopping smoking ?

Together with your Practitioner / Advisor you can use this information to develop a personal plan for stopping. Even if you're not sure you want to stop, writing down the pros and cons will help you identify possible challenges.

3

Cut Down To Stop smoking plan

Knowing how many cigarettes, or which cigarettes, you will cut out first, helps you to **set weekly targets and keep track of your progress.**

Date Week number

Current number of cigarettes smoked a day

My target for cutting down this week is

The stop smoking aids I will be using to help me to Cut Down To Stop smoking are

My starting dose every day is

My maximum dose every day is

There are many ways to cut down, here are some suggestions



Start to eliminate X cigarettes each day, starting with the ones you would find it easiest to give up



Increase the amount of **time between each cigarette**



Practice stopping smoking completely by picking certain days and going half or all day without smoking



Stop smoking in certain places e.g. your house, your car



Use reminders e.g. notes on fridge and phone notifications

Which option would you like to try first?

Tracking my progress

Day	Number cut out today	What went well?	What went less well?

Once you have achieved your goal, set a new goal!

I'm ready to set my next target for cutting down!

New target for cutting down

I'm ready to set my stop smoking date!

Stop smoking date set

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Personal coping plan

It is helpful to identify people, situations, or times which you feel may trigger you to start smoking again or pause your Cut Down To Stop Smoking plan. These triggers may include being with someone who smokes, after eating, when you have a cup of tea and when you feel bored or worried about something. **Knowing what these triggers are and planning ahead will give you the best chance of success.**

Are there any times and situations that could make it especially difficult for you to cut down or stop smoking?

(For example: "On a Sunday night I always meet a friend in the pub, and we go outside for a smoke")

Which situation worries you the most?

What things might make you pause your Cut Down To Stop smoking plan?

For each difficult situation, think of something that you could do that would lower your chance of having a cigarette.

Situation / trigger Difficult time or situation	Action plan How I will avoid smoking
Example If... on a Sunday night at the pub, my friend asks me to come outside for a smoke...	Example Then... I will remember to go outside with my vape and not a cigarette. Or I will remind my friend that I am stopping smoking and am happy to wait inside and mind the drinks while they pop out, and thank them for being understanding about this.
If...	Then...

5

Activities and interests

Identifying changes to routines, distractions, activities, and interests can help to keep busy, avoid boredom and cope with urges to smoke.

Some days you may have more energy than others – that’s completely normal. Even small activities can make a difference.

Are there activities or interests you enjoy, or have enjoyed in the past, that could help you now?

Here are some things that other people tried when they were following a Cut Down To Stop programme. Add your own too.

Activities at home

Activity idea	✓	Activity idea	✓
Making a warm drink		Doing puzzles / crosswords	
Cooking		Gardening or watering plants	
Fixing something		Reading	
Rearranging a drawer / cupboard		Watching television	
Using your mobile phone (messaging a friend, sorting photos)		Listening to music / podcasts	
Your ideas:			

Getting out and about

Activity idea	✓	Activity idea	✓
Visiting friends / family		Going to charity shops	
Joining a hobby group		Going to music events	
Using an outdoor gym		Sitting somewhere quiet / familiar	
Going to the cinema / local events		Getting some fresh air	
Taking a short walk around the block		Taking part in faith or community activities	
Your ideas:			

Creative activities

Activity idea	✓	Activity idea	✓
Mini journaling		Making music / singing	
Photography		Crafting / painting	
Drawing, colouring or doodling		Model building	
Origami		Pottery	
Hair care / self-care		Knitting / crochet	
Your ideas:			

Learning new things

Activity idea	✓	Activity idea	✓
Sewing repairs		Discussion groups	
New recipe		Adult education	
Voluntary work		Documentaries	
Your ideas:			

Physical activity

Activity idea	✓	Activity idea	✓
Walking		Dancing along at home	
Jogging		Housework	
Cycling		Plant care	
Stretching		Chair-based activities	
Swimming		Football	
Your ideas:			

How will I cope with stress?

It's a popular myth that smoking helps to relieve stress: **smoking does not relieve stress!** It's just that people who smoke are dependent on nicotine. When we don't have nicotine for a while, we experience withdrawal symptoms and that feels like stress.

Tobacco withdrawal is temporary, and using stop smoking aids will help.

Have a think about things you find calming that may help, such as deep breathing, walking or talking to someone. Your Practitioner / Advisor will also be able to share hints and tips that will help too.

Studies have shown that people who stop smoking feel less stressed and less depressed than people who keep smoking, and many say they feel happier.

I've tried to cut down/stop smoking before and never managed?

Most people make a number of attempts before they stop smoking for good. **We can learn from your previous attempts and use this information to help with this one.** The main thing is that you keep trying!

Consider what went well the last time, what didn't go so well, what led you back to smoking, if that situation happened again this time, **what would you do differently?** This is really helpful information to discuss with your advisor.

Will I put on weight?

Some people do put on weight when they stop smoking but not everyone. The reason for this is because the nicotine in cigarettes makes the body burn calories a little faster and reduces your appetite, when you stop smoking the rate you burn calories returns to normal for you and your appetite increases as you adjust to being smokefree.

Using stop smoking aids will not only help you to stop smoking, but they can also reduce your chance of putting on extra weight.

Choosing healthy snacks and increasing exercise, like walking, is a good idea, but don't give yourself too much to think about at one time. The main thing is to focus on stopping smoking and feeling confident as someone who doesn't smoke. This is by far the single most important change you can make for your health.

Will reducing the amount I smoke affect my mental health medication?

Smoking speeds up the metabolism of some mental health medications, this means that people who smoke tend to need higher doses of these medications. Stopping or reducing smoking may mean that some medication doses can be reduced, and this can mean fewer side effects.

It is important to let your Stop Smoking Practitioner / Advisor and doctor / care team know if you are cutting down your smoking and preparing to stop so that your medications can be carefully monitored and reduced if required.

Note here any other worries you have about cutting down, which you can discuss with your Practitioner / Advisor when you meet:

