

PRACTICAL TIPS FOR GIVING UP SMOKING

GET RID OF SMOKING GEAR

e.g. lighters, papers, ashtrays

PRACTICE SAYING

"I am a non-smoker"

DELAY

e.g. wait for 1-2 minutes and the urge will pass

KEEP THINGS WITH YOU TO REPLACE TOBACCO

e.g. fruit, water

DO SOME EXERCISE

e.g. walking, sit ups, go to recreation or prison gym

DISTRACT YOURSELF

Study, read, write a diary, do a crossword, or play puzzles or games

TALK TO OTHERS

Who are giving up/
have given up

TRY

Controlled slow breathing
or meditation



CALL QUITLINE, (IT IS ON YOUR LIST OF FREE NUMBERS) OR VISIT THE HEALTH CENTRE.

This resource has been adapted with permission from
Justice Health and Forensic Mental Health Network (NSW).

Partners:



Department of
Health



MAKE SMOKING
HISTORY®