

NICOTINE ADDICTION

Ways to give up smoking or vaping

One in two vapers and seven out of ten smokers want to give up due to health, financial and addiction worries. If you're one of them, here are some tips to help you succeed.

1 Find your personal motivation

There are lots of reasons to quit but what's your personal motivation? Every time you hear a reason that means something to you, write it on a piece of paper on your fridge, to create a 'fridge list' to keep you going.

2 Replace the habit

Think about the habits that make it hard to quit. Perhaps nicotine is part of your coffee break or a reason to socialise with others. Think about how you can handle those situations differently or change the habit.

3 Keep active

Instead of taking a cigarette, or vape, break, think about going for a short walk or some other activity. Staying active will make it easier to break the habit and distract yourself from cravings.

4 Distract your mouth

The biggest habit to break is having something in your mouth, so think about snacking on vegetable sticks or a sugar free lolly pop instead. The stronger the flavour the easier it will be to make the switch.



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5 Tell other people

It's often easier to stick to a goal if you tell other people, so let family and friends know you're going to quit. Ask them to encourage and support you. If they smoke or vape, suggest you quit together.

Top tips

- ✓ Write a list of your motivators
- ✓ Change other associated habits
- ✓ Take regular movement breaks
- ✓ Find a healthy substitute
- ✓ Ask other people to support you

PAM OH Solutions is an occupational health provider that supports employee wellbeing. For more expert tips, please visit:
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