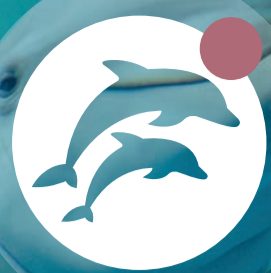


YOUR CARE POLMED

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4 ways to make quitting smoking easier



A 2020 study by the University of Cape Town revealed that around 27% of South African smokers attempted to quit smoking cigarettes during the lockdown period. Only 33% of those smokers were successful.

As beneficial as quitting smoking is for your health, it's clearly challenging to quit.

What are the challenges of quitting smoking?

Challenges of quitting smoking may include:

- Withdrawal symptoms (such as cravings, irritability, fatigue, depression, insomnia, constipation)
- High-stress levels
- Weight gain

How can I deal with these challenges?

- Exercising will help to relieve stress, beat cravings and counteract weight gain.
- Drinking plenty of water will help with the physical symptoms of withdrawal.
- Cutting back on caffeine will help to reduce feelings of irritability.
- Eating a healthy diet.



4 ways to make quitting easier

1



1. Identify your triggers

Identify those things that make you want to smoke and find ways to manage or avoid these triggers, which could include:

- stress
- alcohol
- coffee
- social settings (like a public place where people regularly smoke)
- activities that you connect with smoking (such as finishing a meal, a work break, unwinding after a long day)

2



2. Manage your stress

Stress is a massive contributor to smoking. Managing stress levels can help make quitting smoking easier.

Try the following to help manage your stress:

- meditation
- journaling
- breathing exercises

3



3. Examine your social circles

Social smokers are more than twice as likely to die of lung disease and more than eight times as likely to die of lung cancer than non-smokers.

- It can be hard to quit if you're around smokers. Set firm boundaries with your social circle.
- Try to avoid gathering in areas where people are smoking. If a group of people go outside to smoke, stay inside.

4



4. Reach out to a clinician or join a group

There's no shame in reaching out to a professional to help you quit smoking. You can also join a smoking cessation group, as smokers who join these groups are 50% to 130% more likely to quit smoking successfully.

Consult your member guide for details about any stop smoking programme to which you may have access.

Breaking an addiction is no easy thing to do, so make sure to celebrate your progress as much as you can.



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