

QUIT KIT



Let today be a good day to quit. Let us help you start.

If you're reading this, it's likely you want to quit using tobacco or are thinking about it. Either way, you have taken a step in the right direction. And we are here with support.

If you can go without a cigarette or any other form of tobacco for 28 days, research strongly indicates you will be 5 times more likely to quit for good. Why 28 days? That is typically how long withdrawal symptoms last. When you make it through the withdrawal period, you then need to teach yourself how to cope with the triggers (the things that might make you want to start smoking again).

Try the 28-Day Challenge and begin a life controlled by you – not tobacco. If the challenge doesn't work for you, don't give up quitting. You can consider another method, such as nicotine replacement products like patches, sprays or chewing gum. These could even feature as part of your 28-Day Challenge to help you deal better with withdrawal symptoms.

Quitting tobacco may be one of your life's hardest challenges. But it will be a deeply rewarding achievement. Even if you manage to quit for a short amount of time, consider it a small success and try again. Just don't give up on quitting. Commit to quit.

JOIN OUR 28-DAY CHALLENGE!



What's stopping you from quitting?

"It's too difficult to quit!"

Yes, quitting tobacco use comes with challenges – withdrawals, cravings, headaches, envy of friends who continue smoking. But it is doable. A life without tobacco is a healthier, happier life. Your physical health begins to improve within hours of quitting and it can even increase your life expectancy. There are resources such as quitlines and groups to support you. Join our 28-Day Challenge to kickstart your quit journey.

"I feel healthy. What's the point of me quitting?"

One cigarette contains more than 7000 chemicals – around 70 of them are known to cause cancer. It can take years, maybe decades, for you to feel the consequences of the harmful chemicals. But that doesn't mean they aren't damaging your cells now. You may feel healthy today, but what you can't see could be killing you.

"All my friends smoke. It won't be possible for me to quit."

It certainly is easier to be part of a group or to have friends who support your decisions. It's your health and your future so you have to decide what is best for you. Hopefully your friends will want to help you succeed in whatever you decide is best for you. Quitting is a personal journey, and you can do it. Peer pressure should not stop you from leading a healthier, happier life free of tobacco.

"I have cut down the number of cigarettes I smoke. Isn't that good enough?"

Even one cigarette can hurt your lungs, blood vessels and increase the risk of cancer. Cutting back is not enough. Remember, of the more than 7000 chemicals in one cigarette, at least 70 of them are known to cause cancer. Reducing the number of cigarettes you smoke can be a way to wean yourself off, but quitting – completely – is the only way to stop damaging your body. Join our 28-Day Challenge and begin your journey towards a tobacco-free life today.

"I have tried quitting and failed so there's no point trying anymore."

Quitting differs for everybody. For some, it takes one try. For others it takes several attempts. Each attempt you make to quit is a step in the right direction. Do not give up on yourself. You can do it, as many people have. Pay attention to the other times you relapsed – what caused it? If you can identify it, be sure to have hobbies and methods in place for when it's particularly tough. Studies have shown that pharmacotherapy (medication and nicotine replacement therapy) together with counselling can double your chances of quitting for good.

"I will feel worse after quitting."

You may experience withdrawal symptoms – coughing, light-headedness, dizziness, headaches, constipation, stomach pain, fatigue, difficulty concentrating, increased appetite, tingling in the hands or feet. It may be uncomfortable. But these symptoms are only temporary. Think of them as e "good pains" – signs that your body is healing itself:

- The lungs are clearing away tar, dead cells and extra mucus.
- The body is getting extra oxygen and less carbon monoxide.
- Intestinal movements may slow down for a brief period.
- The body takes time to adjust to the lack of stimulation from nicotine.
- Sense of taste and smell improves.
- Blood circulation improves with more supply of oxygen to the fingers and toes.

"I get headaches when I stop smoking for a while."

This is normal and likely due to your brain adapting to the increased level of oxygen. To better cope, get enough sleep. Stay in quiet, relaxed surroundings. Be gentle with your eyes; read something or watch TV that isn't too brightly lit.

"I feel easily irritable when I'm not smoking."

This, too, is normal. It means your brain is adjusting to the absence of nicotine, which is a chemical that has been altering your brain for as long as you have been smoking. To calm yourself:

- Do relaxation exercises.
- Listen to soothing music.
- Catch a movie (ideally something light-hearted, such as comedies).
- Warn your family and friends of potential irritability.
- Do light exercises like brisk walking. It will release endorphins that lift your mood.
- Take a whiff of peppermint oil or drink peppermint tea to calm your nerves.

"I keep having constant cravings to smoke again."

Due to the addictiveness of the nicotine, your body will feel a strong urge to hold onto that chemical in your system as your body begins clearing it away. To cope with cravings or the urge to replenish the nicotine:

- Remember why you wanted to quit, and write it down. This will help you focus on the long-term goal and not the short-term temptation.
- Distract yourself by doing something else.
- Do deep-breathing exercises.
- Drink a glass or many glasses of water slowly.



"I feel so tired and unfocused when I don't smoke."

Nicotine, which is addictive, is a stimulant that forces your body to feel awake, energized. In draining your system of the chemical residues, you may experience fatigue. But as your blood circulation improves, you will feel fresh without the need to smoke. To cope with the fatigue or lack of concentration:

- Get enough sleep.
- Don't tire yourself out.
- Do light exercises, like brisk walking.
- Take small, regular meals to regulate your blood sugar level and boost your energy.
- Replace coffee with ginger or herbal tea to perk up your system.

"I keep coughing after I stop smoking. Is something wrong?"

It is nothing to worry about. Your lungs are starting to function properly again and are working to clear the tar, dead cells and extra mucus accumulated from the cigarettes.

- Sip warm water.
- Suck on sugar-free cough drops.

"I feel a weird tingling sensation in my hands and legs."

That tingling is a sign that your blood circulation is slowly improving and more oxygen is finally reaching your fingers and toes. That tingling is your fingers and toes feeling happy again! It will stop when your body adapts to the improved circulation. Exercise, walks and relaxing hobbies such as reading will help.

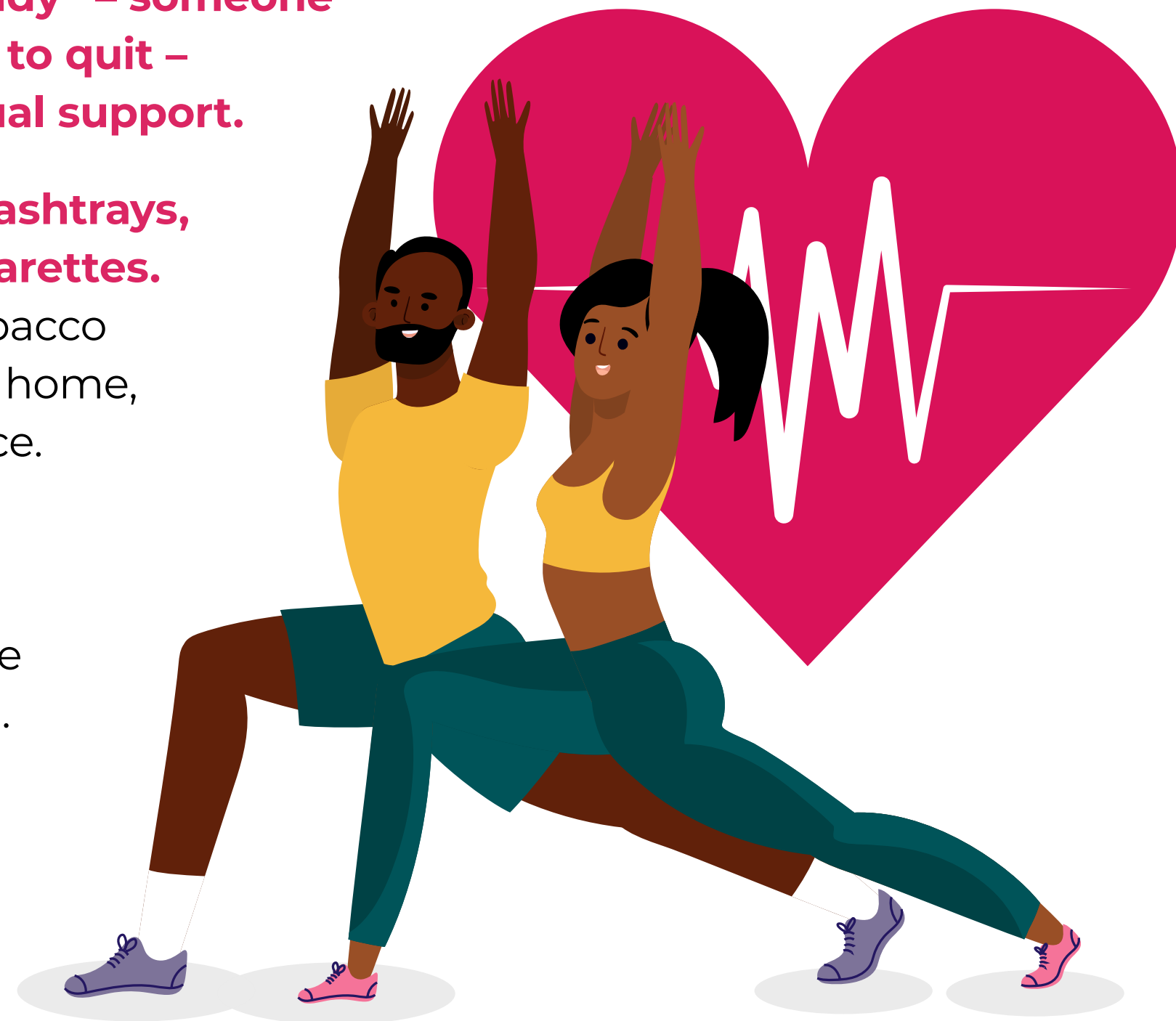
Source:

Health Hub, Singapore: Health Promotion Board.
<https://www.healthhub.sg/programmes/88/IQuit#GettingReady>

Preparing for your quit journey

Before you quit:

1. **Write down your reasons for quitting.**
This will help you stay focused during the difficult moments.
2. **Pay attention to what you're doing when you want to smoke.**
Write down all these situations so you can prepare for the triggers. Make a plan for coping with the urge to smoke, such as exercising or relaxing hobbies.
3. **Tell your family, friends and coworkers that you plan to quit.**
This will prepare them to be supportive.
4. **Find a "quit buddy" – someone who also wants to quit – to provide mutual support.**
5. **Throw away all ashtrays, lighters and cigarettes.**
Get rid of any tobacco products in your home, car and workplace.
6. **Be prepared.**
Have sugar-free gum and nicotine patches on hand.



The challenges of quitting and how to deal with them

Nicotine cravings. Studies indicate that around half of smokers trying to quit experience at least four withdrawal symptoms (such as anger, anxiety or depression). You can get through it – distract yourself and stay focused on your long-term health goals.

Triggers. When a craving is triggered by certain activities, feelings, places or people, try to stop what you're doing and shift to doing something else. Breathe through your craving. You can do it.

Handling stress and anxiety. Within the first couple weeks of quitting, you may feel tense and agitated. Remember that to be truly relaxed, quitting is the way to go.

Difficulty concentrating or thinking clearly. Quitting tobacco leaves many people feeling edgy, short-tempered, frustrated or angry. These feelings typically are temporary; they peak within the first week of quitting and may last 2 to 4 weeks.

Difficulty sleeping. Fatigue, restlessness and sleep problems are common side effects of nicotine withdrawal. Start a bedtime ritual – read, take a shower or warm bath, listen to soothing music.

Headaches and dizziness. Headaches, typically on the mild side, are likely the first withdrawal symptom to appear and the first to disappear.

Weight gain and increased appetite. Within a day or so of quitting, you will feel more hungry than usual and your appetite will increase. Regular physical activity and healthy food choices will help you maintain a healthy weight.

Colds and "quitter's flu". Coughing, sore throat, sneezing and mouth ulcers are also less common nicotine withdrawal symptoms. Stay hydrated and focus on the long-term goal of leading a healthier life.





QUIT KIT CALENDAR

For more info
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DAY 1

You've made it!

You'll likely experience withdrawal symptoms today. Be prepared for them, you can do it.

DAY 2

Your body is beginning to repair itself.

Oxygen is reaching your heart and muscles easier today. Keep up the good work!

DAY 3

Feeling dizzy?

This is because your bloodstream is completely free of all nicotine today!

DAY 4

You might be a little agitated or anxious.

But don't worry, these feelings won't last for much longer.

DAY 5

If you keep up the good work, in 3 months you'll be breathing easier and coughing less because your lungs will be recovering.

DAY 6

Your sense of smell and taste are likely improving.

Reward yourself with your favourite meal or a walk in a peaceful place.

DAY 7

Congratulations!

You've made it to one week. Commit to quit for 15 years, and your risk of heart attack will be close to someone who has never smoked.

DAY 8

Stick to quitting and add years to your life.

You'll gain 10 years of life expectancy if you're younger than 30 years, and a little less if you're older.

DAY 9

If you keep this up, in 3 months your immune system will be better at fighting off infections.

DAY 10

Your level of protective antioxidants, such as vitamin C, is increasing.

DAY 11

Still feeling irritable?

Remind yourself that in 6 months without tobacco you will be feeling less stressed.

DAY 12

Your blood circulation and lung function are improving.

Oxygen is flowing through your bloodstream.

DAY 13

Don't forget that smokers are up to 22 times more likely to develop lung cancer in their lifetime than non-smokers.

Keep up the good work!

DAY 14

You're halfway to the goal!

The nicotine withdrawal symptoms should be fading by now (it may take another 2 weeks for them to be gone).



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DAY 15

Feelings of agitation should start to decrease today.

Keep up the good work!

DAY 16

Coughing?

That's most likely a withdrawal symptom that will decrease in 1–9 months.

DAY 17

Smoking ages skin prematurely by wearing away the proteins that give it elasticity.

You've made it this far – keep it up!

DAY 18

You can make it!

Remind yourself that after 1 year of not smoking, your risk of coronary heart disease will be half that of a smoker's.

DAY 19

You're moving closer to diminishing your risk of a heart attack.

Up to 15 years of not smoking will dramatically reduce your risk.

DAY 20

Withdrawal symptoms should be wearing off, although you may have nicotine cravings from time to time.

Sugar-free gum may help you curb them.

DAY 21

You've made it to the end of 3 challenging weeks!

Keep it up for 5 years and your risk of stroke will be that of a non-smoker.

DAY 22

Now begins the final week.

If you've made it this far, remind yourself that you no longer are putting others at risk of second-hand smoke.

DAY 23

If you're female, within 5 years of quitting, your risk of cervical cancer will be the same as someone who never smoked.

DAY 24

If you're male and thinking of having children, know that today puts you closer to protecting your sperm count, which tobacco use diminishes.

DAY 25

You're on the right track!

Commit to quit for 10 years, and you'll drastically decrease your risk of mouth, throat and bladder cancer.

DAY 26

You're nearly to the end of the challenge.

Cravings should be occurring less frequently. Keep reminding yourself why you're quitting.

DAY 27

Remember tobacco is the leading preventable cause of death in the world.

It kills 8 million people each year. Commit to quit!

DAY 28

Woohoo! 28 days – you made it.

Congratulations! Welcome to a life controlled by you – not tobacco.