

Quitting Smoking in Self Isolation;

Hi Everyone!

We hope you are all doing well and keeping positive during these unusual times. COVID 19 can be very dangerous for smokers, now would be a great time to try and quit due to natural changes in our daily routines, so here are some helpful ideas to get you started.

1. Phone a friend; Support from friends and family for quitting can make so much difference between persevering and falling off the wagon. Although we can't see our loved ones face to face right now, we can video call, text and phone each other for moral support. Apps like Zoom and Houseparty are great for group chats. <https://zoom.us/signin>
<https://houseparty.com/>
2. Exercise; Important for keeping our body and minds healthy, but also a great distraction from reaching for a cigarette. Why not use your once a day outside exercise time to go for a walk or gentle jog/ bike ride? There are also some great YouTube channels to help keep active. Joe Wicks has a fab 20 min live PE class at 9am every weekday plus tons of other work outs to choose from;
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
3. Change your routine and distract yourself; Break the cycle! This is easier at the moment if you're out of your usual work/school routine- take advantage of this as a great time to change your day to day habits. What about writing a journal documenting what you have found helpful each day.
4. Why not learn a new skill; baking, drawing, painting or just colouring in? Anything that you can do to distract yourself from reaching for a cigarette. There are some great apps for learning a new language or playing games against friends. Check out 'Duolingo' or 'Words with Friends' or maybe a board game or puzzle!
5. Take time to Breathe! If you're someone who usually smokes as a way of relieving stress why not try some yoga or breathing exercises <https://www.youtube.com/user/yogawithadriene> or try the 'Calm' app for some great daily relaxation techniques. If you have a garden, getting outside to try these could reduce stress even further.

You can contact Smoke Free Norfolk for support on 0800 0854113 or visit their site
www.smokefreenorfolk.nhs.uk

Why not also download the NHS Smoke Free app for more advice and to get you started? You can even track your progress!

These are just a few ideas- We'd love to hear if you have some of your own and what has worked for you. Good Luck!