

Information for Smokers



Attending Aoraki Bound is a good opportunity to leave behind old patterns of behaviour and habits. The environment is supportive, healthy and motivating and many people use their time to try a new lifestyle and become healthy. One of the patterns that people can break is smoking, replacing a dependence on tobacco for healthier (and often cheaper) alternatives.

Taking smoking out of your life is a journey that can begin even before arriving at Aoraki Bound. There are a number of things that you can do before your course starts. This sheet is a combination of advice from *Quit* (0800 778 778), an organisation to support people to stop smoking and the experiences of students who have stopped smoking.

Before arriving at Aoraki Bound

Cut down your tobacco intake – sometimes it's easier to do this by eating healthy snacks, fresh fruit, raw vegetables, or by keeping yourself busy. Delay the time that you would normally smoke such as making the first cigarette later in the day and smoke them further apart.

Tell people you are cutting down – ask them to support you by not smoking around you or by being understanding if you get short tempered with them. Make places in your life smoke free, particularly the car, lounge and living areas.

Talk to a doctor or Chemist – They might be able to recommend a substitute or a nicotine replacement therapy, like patches, gum, inhalers or nasal spray.

Set a firm goal – Decide how much tobacco you will cut out each day and the date by when you will have stopped taking any. Make a goal and stick to it.

Do other things – Keep yourself busy, try new things (maybe with the money you save!) treat yourself every now and then with a positive reward.

Recognise why you smoke

People smoke for lots of different reasons, it helps to recognise why you smoke so you can think about how to stop. Some of the reasons people smoke are...

They are addicted – Nicotine is just one of thousands of chemicals in cigarettes and it causes the most withdrawal symptoms.

It is a habit – having a cigarette with a cup of coffee or while driving for example becomes an automatic habit. People don't even know they are doing it.

It is associated with feelings – Cigarettes are often associated with moods or feelings, people might smoke for pleasure when they are happy or comfort when they are sad.

After Aoraki Bound

After 20 days free of smoke we hope you will leave with the ability to keep a healthy pattern in your life. Returning to your home may be the hardest part of stopping. Ask the people around you for support and where possible stay in smoke free places. Smoking is a habit; you are strong enough to break it.

Much of the damage caused by smoking is reversible, the earlier a person quits the more chance the body has to repair itself. 12 months after stopping the non-smoker is half as at risk from heart attack as someone who is still smoking.



A free smoking cessation programme for whānau over the age of 18 years, offering individual or group sessions, free nicotine patches and gum, Mobile service, 12 months support. Tel (03) 374 0490
Visit <http://www.aukatikaipaipa.co.nz/about-aukati-kai-paipa>

