

## TOP TIPS TO SUPPORT YOU IN BECOMING A PERMANENT NON-SMOKER

These tips are provided as reinforcement of hypnotherapy and coaching, some of which I have mentioned already. I would advise you to try all of them as soon as possible and once you've found the ones that work for you the most make sure you use them regularly to prevent lapses and relapses. Remember- you only get out what you put in and the more effort you put into these exercises, the easier it will be to ensure you are a non-smoker for life!

### **Top Tip 1:**

Developing a resilient and positive mental attitude (PMA) and empowering beliefs are crucial. As Henry Ford said "if you think you can, or you think you can't, you're absolutely right"!

Affirmations are positive statements that consciously reprogram your mind to establish your PMA and empowering beliefs and to help you accept new ways of living. They can enable you to feel good about yourself immediately and have long term benefits. People will believe something if someone tells them something often enough, that's why affirmations work.

Use four to six affirmations including the one we identified together and read them twice a day to yourself or out loud or you can write them down. Whilst you do this imagine what you would see, hear and feel. You could include the following or create your own:

"Every day in every way I'm getting better and better"

"I needn't be needy"

"It's never too big to deal with"

"Good health, great wealth"

This should only take 10-20 seconds per affirmation, approximately two minutes per day for results that are very powerful. Also say them when they come into your mind, if you feel stressed or are at a danger point (a situation where slips or relapses are most likely to occur).

As you are saying or writing your affirmations feel good about them and smile. Suspend any disbelief, believe that they can become true or are coming true for you. Keep saying your affirmations every day.

If you prefer write them down and keep them in your wallet then you can look at them when you need a boost or stick them where you can see them regularly i.e. on the mirror or fridge. If you feel you are at a danger point tell yourself 'this is just the time to test my resilience and coping skills. I can prove to myself and everyone else I have become a non-smoker forever'.

### **Top Tip 2:**

It is crucial to keep the 'becoming a non-smoker' template visible, add to it where possible and highlight the parts that are most powerful for you if you haven't already. It is very important that you keep at the forefront of your mind the benefits versus the losses of stopping smoking. Allen Carr, author of best-selling 'The Easy Way to Stop Smoking' says:

"There is absolutely nothing to give up... there is no genuine pleasure or crutch in smoking. It is just an illusion, like banging your head against a wall to make it pleasant when you stop."

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### Top tip 3:

Make sure you are consciously thinking about your danger points, especially in the first few days and weeks. If possible try to avoid putting yourself in any situation where you are going to increase your chances of slipping up for the first few weeks. For instance, if you always have a cigarette when you are in your local bar, refrain from going there for a while.

Conflict or stress is most likely to happen at work or at home and 40-50% of relapses are attributed to stress. If you are upset or under pressure ensure you fight the temptation to smoke as you could lose everything you've achieved in just a momentary lapse. This is especially important if you previously dealt with this by smoking. If old thought patterns come into your mind at any danger point, shout the word 'STOP' in your head, to prevent the thoughts from progressing.

Nicotine just stresses your body more and will not relax you, especially if you feel disappointed with yourself due to a lapse. Say to yourself 'I can have a cigarette now and feel a bit better or I could refuse a cigarette and wait until this moment passes and feel much better. Each time I do this I become stronger and stronger and I feel better about myself in every way'.

### Top tip 4:

Make sure you regularly use self hypnosis as this helps calm the mind, settle the body and ensure you can use this effectively to control stress should it occur. Self-hypnosis is a way of relaxing your mind and body to a stage at which the communication between your conscious and unconscious mind becomes free and uninterrupted. The relaxation it brings is beneficial in its own right. There a number of ways to learn self-hypnosis, but it really is quite simple. Find a way to physically relax your body. Different ways work for different people. Here are some examples:

- Direct your attention to each part of your body in turn, noticing how tense it feels. Then tense it further, release it and relax. Move on to the next part of the body. Do this from the feet up to the muscles in the head and then back down again, before just lying there and enjoying the sensation of relaxation.
- Visualise a relaxing energy travelling up your body. It may be a golden light, or a warm pink glow. As it travels up your body, notice what the energy feels like as it suffuses and relaxes every muscle. Is it warm, does it gently vibrate? Is there a sound, like a gentle hum, associated with it? (If you represent it differently, that's OK... everyone is unique in this respect).
- Pay attention to your breathing. As you breathe in, notice what happens to the muscles around your body. As you breathe out, notice how they relax just a little bit further each time you breathe out. As you breathe in, say to yourself (in your mind) in a slow, relaxing voice "Breathe", and as you breathe out, say "...and relax"

Once you reach a good state of relaxation, simply say to yourself, in the same slow, relaxing manner, "I am relaxed. I am in complete control and as I practice daily, this calmness, this harmony, becomes part of my life". Each time you do this you will re-experience this calm feeling whenever you wish. You can repeat this three times, allowing your internal voice to get quieter and quieter each time you say it.

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Breathing from just below your midriff will also help to immediately overcome any cravings to smoke (see 'Diaphragmatic Breathing' Appendix A). This is because when people smoke, more than half of what they breathe is fresh air - pulled through the cigarette right down into the lungs.

One technique for coping with cravings is to practice slow deep breathing while focusing on your favourite person, place or thing and clearing your mind of all needless chatter. Another is to say your ABCs while associating each letter with your favourite food, person or place. For example, "A" is for grandmas hot apple pie, and "B" is for ..." It's doubtful you'll ever reach the challenging letter "Q"!

### Top tip 5:

The easiest part, of giving up smoking, is the physical side. Your body's need for nicotine will subside a few days after your last cigarette. To help deal with the physical side and withdrawal symptoms do the following:

- Cut out or at least reduce your alcohol and caffeine intake by half as this will help you control the urges for nicotine and help you sleep better. Avoid caffeine at breakfast for the first week. Nicotine breaks down caffeine so when you stop smoking a small amount of caffeine will have a big effect.
- Walk at least one mile each day or do equivalent exercise to improve pulmonary ventilation and decrease tension so you relax and sleep better
- Exercise in the late afternoon or early evening to help you relax so that you sleep better
- Drink lots of water (at least 8-10 glasses) to flush the nicotine and poisons out. An average adult should consume 2.5 litres of water per day. This intake needs to be increased during periods of hot weather or during and after periods of physical activity. You can get your daily water requirements from sources other than pure water - your cup of tea counts! Water is the main ingredient of all drinks – carbonated drinks and still drinks, fruit juices and fruit and vegetables all have high water content.
- Every time you urinate, the nicotine and poisons will be leaving your system.
- If constipation is a problem it is even more important to drink plenty of fluids and increase the amount of fibre, i.e. grains, fruits, vegetables in your diet. If these symptoms persist consult with a local healthcare professional concerning over the counter remedies.
- As the nicotine is leaving your system, so is the calcium, so for the first four days chew calcium rich sweets, e.g. Tums / Roloids or the following:
  - Chewable Calcium:  
<http://www.hollandandbarrett.com>
  - Chewable Calcium Wafers:  
<http://www.nutricentre.com>
- As the nicotine leaves the system, the sugar also drops; this causes the craving for nicotine. For each of the first four days, eat three oranges, pink grapefruits and/or lots of fresh acidic fruit juice as this all contains fructose and vitamin C which restores your blood sugar levels and helps clear out impurities. Cranberry is excellent and will help to accelerate the 72 hours needed to remove the nicotine from your body and help stabilise blood sugars. Take care beyond three days as juices can be rather fattening. Try to eat fruit every day for at least two weeks after you have stopped smoking.
- As smoking is a nervous habit and nicotine settles the nerves, you may feel stress. Take vitamin B Complex for stress for the first ten days

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- If you feel irritable practice self hypnosis and then do something relaxing
- If you find it hard to concentrate take a break from whatever you are doing, work on something less demanding, take a five minute walk or do some stretching and relaxation exercises. Schedule more time for difficult tasks and some exercise or time for relaxation in the middle of each day. On the fourth day, you'll feel great because the nicotine will have left your body.
- On the tenth day, you'll feel the benefit because all your blood cells will be oxygenated and all the residual smoke, nicotine and poisons will be cleansed from your body.

### Shopping list:

- Calcium rich sweets
- Three oranges or pink grapefruits
- Fresh fruit juice
- Vitamin B complex

### Top Tip 6:

For most people cigarettes work as a signal to the body to release happy chemicals. Therefore, it's important to have an alternative way of triggering the release of such chemicals, which can also make you feel more confident. The following is a technique known as anchoring. This can be used to programme good feelings, which you can then tap into at any time.

Remember a time when you felt extremely happy, content and good about yourself. Recall it as vividly as possible - see what you saw, hear what you heard and feel how good you felt. Where in your body were those feelings? Imagine turning them up and spreading them through your body to make them more intense. Alternatively actually do something which makes you feel this way. If you know that there is an activity in which you feel really happy, you can do this to anchor your state even more, e.g. read some jokes, play games, and have fun!

Once you have achieved your state of happiness (real or imagined) you have to choose an anchor. This can be any touch, word, sound or movement. It could be something like touching your ear, scratching your nose, giving your wrist a squeeze or squeezing your thumb and finger together. Now, concentrate on how good you feel and the activity you have done or imagined to make you feel this way. Go through this again and again, making the images big and bright, sounds loud and harmonious and feelings strong and intensified, all the time squeezing your thumb and finger together. This sets an association in your mind of squeezing your thumb and finger together and this good feeling.

Okay, stop and relax. If you have done that correctly when you squeeze your thumb and finger together that good feeling should come back to you again. So do that now, squeeze your thumb and finger together and remember that good feeling. Once you have this association established you can move on to the next part but it's important to make sure you have done this well first. If your state doesn't change the way you want it to, go back and make your state stronger and better.

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Now whenever you are in a situation where you used to smoke you can automatically feel good. So, next squeeze your thumb and finger together, get that good feeling going and now imagine being in several situations where you would have smoked, but instead you are there feeling great without a cigarette. See what you'll see and hear and take that good feeling into those situations without a need for a cigarette. Imagine being in a situation where someone offers you a cigarette and you confidently say 'No thanks, I don't smoke'. Feel fantastic about it!

### **Top Tip 7:**

Your mind is very sensitive to associations, so it's very important that you have a clear out and remove all tobacco products from your environment. Move some of the furniture in your house and at work. Smokers are accustomed to smoking in certain situations. So, for example, if you used to smoke on the telephone at work move the phone to the other side of the desk. Throw away ashtrays, old lighters and anything that you used to associate with smoking. Make your environment conducive to stopping smoking.

### **Top Tip 8:**

Reward and congratulate yourself to make sure you really acknowledge what you have achieved every step of the way. Share your achievement with others too. Do this each time you reach a milestone, e.g. the first day, then a week, then a month, then a year, etc. Feel how good it feels to have stopped smoking and to have become a non-smoker.

### **Top Tip 9:**

The Law of Addiction - "Administration of a drug to an addict will cause re-establishment of chemical dependence upon the addictive substance at the old level of use or greater."  
Nicotine rewired your brain, growing millions of nicotinic receptors in eleven different Regions; your chemical dependency is therefore every bit as real and permanent as alcoholism. This means just one powerful puff of nicotine and all your hard work is down the drain. There is no such thing as just one puff. Nicotine dependency recovery truly is an all or nothing proposition. Adherence to just one rule guarantees success to all ... **NEVER TAKE ANOTHER PUFF**

### **Top Tip 10:**

Relapse - remember that there are only two good reasons to take a puff once you quit. You decide you want to go back to your old level of consumption until smoking cripples and then kills you, or you decide you really enjoy withdrawal and you want to make it last forever. As long as neither of these options appeals to you the solution is as simple ... take just one day at a time without nicotine and **NEVER TAKE ANOTHER PUFF!**

### **Top Tip 11:**

Forget about quitting "forever." Like attempting the seemingly impossible task of eating an entire elephant, it's the biggest psychological bite imaginable. Instead, work hard at adopting a realistic and do-able victory yardstick that celebrates freedom each hour, challenge and day at a time. If you insist on seeing success only in terms of quitting forever then on which day will you celebrate?!

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### **Top Tip 12:**

Emotional Phases - chemical dependency upon smoking nicotine is one of the most intense, repetitive and dependable relationships you've likely ever known. It has infected almost every aspect of your life and thinking. Be prepared to experience a normal sense of emotional loss when quitting that gradually transports you through six very different phases: (1) denial, (2) anger, (3) bargaining, (4) depression, (5) acceptance, and (6) complacency. This emotional journey is normal and a necessary part of recovery.

### **Top Tip 13:**

Do Not Skip Meals - each puff of nicotine was your catalyst for releasing stored fats and sugars into your bloodstream. It allowed you to skip meals without experiencing wild blood sugar swing symptoms such as an inability to concentrate or hunger related anxieties. Avoid adding unnecessary symptoms of withdrawal and instead learn to spread your normal daily calorie intake out more evenly over the entire day. Don't eat more food but less food more often.

### **Top Tip 14:**

Crave Coping Techniques - you have conditioned your mind to expect the arrival of nicotine when encountering various times, places, activities, people, events or emotions. The first time you encounter each crave trigger you should expect a short yet possibly powerful episode of anxiety lasting up to five minutes. Don't fear or hide from your triggers but confront and extinguish each of them. You'll find that most are re-conditioned by a single encounter during which the subconscious mind does not receive the expected result – nicotine. Welcome and embrace every episode as each reflects a beautiful moment of subconscious healing, and the reclaiming of another aspect of your life.

### **Top Tip 15:**

Cessation Time Distortion - a recent study found that nicotine cessation causes significant time distortion. Although no subconsciously triggered crave episode will last longer than five minutes, to a quitter the minutes can feel like hours. Keep a clock handy to maintain honest perspective.

### **Top Tip 16:**

The Smoking Dream - be prepared for an extremely vivid smoking dream. This happens as tobacco odours released by healing lungs are swept up by bronchial tubes and rapidly healing cilia. You may experience an enhanced sense of smell. Remember this and any vivid dreams are a just wonderful sign of healing.

### **Top tip 17:**

Weight gain- many people gain 5-10 pounds when they quit smoking but there are some good ways to reduce this:

- Try to burn 200 more calories or eat 200 less calories a day
- Go for a 10-minute walk each day
- Climb stairs instead of taking an elevator
- Drink lots of water instead of snacking on food

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### Other tips:

- Get your teeth professionally cleaned
- Get your clothes dry cleaned
- Spring clean your house
- Clean the car so it doesn't smell of smoke
- Eat glucose tablets to combat cravings
- Clean your teeth straight after a meal
- Use delayed gratification to build up self control in other areas of your life (e.g. spending, eating habits)
- Try to gargle mouthwash and clean teeth, paying close attention to the clean and fresh feeling in your mouth before/ after all meals, coffee and before driving
- Buy a notebook and brainstorm reasons for giving up (physical, financial and personal and any others), note the benefits and how you feel better each day; re-read your list of reasons regularly
- Brainstorm a list of rewards such as having a bath or other ways of being good to yourself
- Write a reminder card called 'how I can cope with cravings' based on your 'preparing for change' plan
- At times of personal crisis, use your buddy, friends, family and other support systems, e.g. quit smoking forums/ chat rooms (the more support you have the greater your chances of being a permanent non-smoker)
- Avoid smokers and smokey environments for a while and hang out with non-smokers
- Assert your right not to smoke and not to breath other people's smoke
- Develop a new hobby or interest to increase the quality of your life
- Remove yourself from stressful situations if possible
- Let friends and family know when you have become a non-smoker