

My Smokefree Formula

The Smokefree Formula

The Smokefree Formula comes from a book by leading expert Professor Robert West who is a world authority on smoking and addiction and has been helping smokers stop for more than 30 years. He is an advisor to the Department of Health and helped set up the NHS Stop Smoking Services.

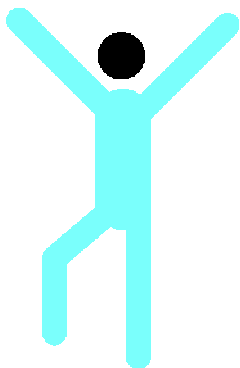


How the Smokefree Formula Works

There is no one way of quitting that works for everyone. Everything that can help you quit is an “ingredient” (shown overleaf). So if you baked a cake you would need the right ingredients to make it work, otherwise it won’t rise or will fall apart. Stopping smoking is the same—if you get the ingredients right you will quit for good. There are a number of ingredients which are known to help people stop smoking and each of these has a star rating to tell you about the strength of evidence to support it. What ingredients you choose is up to you—everyone is different to choose ingredients you have confidence in.

We highly recommend you read “The Smokefree Formula” book:

- ◆ Borrow it free at Warwickshire libraries— find out more at www.warwickshire.gov.uk/booksonprescription
- ◆ Buy at bookshops and on-line
- ◆ Also go to www.smokefreeformula.com



Create your own personal stop smoking formula using the list overleaf.

My Smoke Free Formula

- *** Strong evidence it can help
- ** Some evidence it can help
- * No good evidence yet but it might help

Put a ✓ next to the ingredients you are going to use.

No.	Ingredient	Strength of evidence	✓
1	Stop abruptly (rather than gradually)	***	
2	Use a professional stop smoking advisor	***	
3	Use a telephone helpline	***	
4	Use a text messaging programme	***	
5	Use one or more licensed nicotine products (e.g. skin patch, gum, or lozenge)	***	
6	Use varenicline (Champix)	***	
7	Use bupropion (Zyban)	***	
8	Try to take "smoker" out of your identity	**	
9	Use a stop smoking website	**	
10	Use a stop smoking book (e.g. The SmokeFree Formula)	**	
11	Use an electronic cigarette	**	
12	Plan things to keep busy	**	
13	Try to change your daily routine	**	
14	Use physical activity (e.g. walking) to beat the cravings	**	
15	Use 'isometric exercises' (e.g. muscle tensing) to beat the cravings	**	
16	Chew glucose tablets when you crave a cigarette	**	
17	Use mental exercises (e.g. relaxation)	**	
18	Use breathing exercises to beat the cravings	**	
19	Take it one day at a time	*	
20	Use a smartphone app (eg. SF28)	*	
21	Tell other people that you are stopping	*	
22	Count how much money you are saving	*	
23	Quit with a friend, workmate or member of your family	*	
24	Eat healthy snacks	*	
25	Try to avoid smokers for a while	*	
26	Try to avoid alcohol for a while	*	
27	Go to bed early	*	
28	Get rid of all your cigarettes	*	