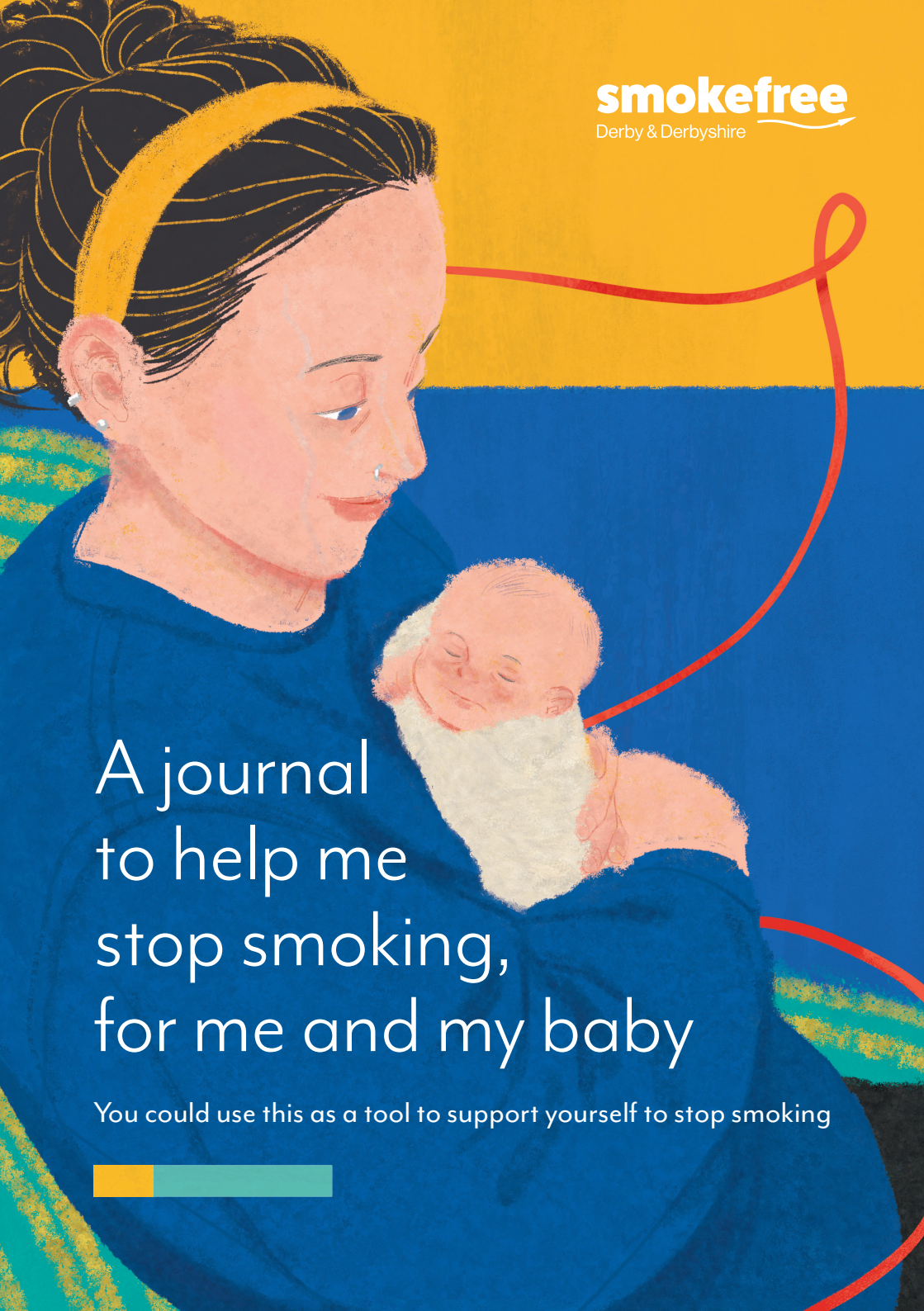


smokefree
Derby & Derbyshire

A journal to help me stop smoking, for me and my baby

You could use this as a tool to support yourself to stop smoking

This journal has been created to help you cope with stress and to improve your mental health during your pregnancy.

You can use this journal to:

- Note down your goals
- Mindset support
- Think about the future
- Track your progress



My goals

It's time to quit for me and my baby.

Ask yourself the following questions:

Why do I want to quit smoking?

What date do I want to quit by?

What is the first action I can take?

Mindset support

If you feel stressed and you are thinking about smoking, there are ways to overcome your cravings.

Ideas to help you:

Get outdoors

- Step outside or open a window to get some fresh air
- Spend time in nature

Benefit: *Taking time out during the day just for you can help you focus*

Breathe deeply

- Find a few minutes for yourself
- Slowly breathe in and out through your nose while counting to four

Benefit: *This may lower stress levels and help you feel calmer*

Drink or hold something hot or cold

- Drink a cold glass of water or a hot herbal tea

Benefit: *This can help you focus and stop your anxious thoughts*

Distract yourself for a few minutes

- Try not to pay attention to your cravings for a few minutes
- Play your favourite song
- Text or call a loved one to talk about what's on your mind

Benefit: *Ride the wave of the craving for 5 to 10 minutes. No feelings last forever, and your cravings will pass.*

What might help me overcome my cravings?

What might I want to avoid?

What is my favourite song?

Who might I be able to message if I am feeling stressed?

Thinking about the future

I'm stopping for me and my baby.

Ask yourself the following questions:

By stopping smoking I can...

If I can stop smoking I can...

I am looking forward to...

In the future I am excited to...

Tracking my progress

I will stop smoking. It will change my approach to life.

Ask yourself the following questions:

What do you think will get better when you quit?

How am I finding my quit?

How will I overcome my cravings after pregnancy?

What can I do to support myself?

Who can I reach out to if I need to talk?



It's never too early or too late in your pregnancy to stop smoking

And if you smoke, you are not alone on your journey to stopping. You will be referred for free support as part of your maternity care.

What should you expect?

- Non-judgemental support from a stop smoking advisor
- Support over the phone or in person
- Free quit tools
- Carbon Monoxide testing
- Stress management
- Support during your pregnancy and beyond

Support that works for you

There are a variety of free products that can help you quit smoking, and you're more likely to succeed with support. An advisor can discuss what Nicotine Replacement Therapy, such as patches, lozenges or gum, might work best for you.

We're here to help you during your pregnancy and beyond

For residents of Derby:

Livewell
Email: livewell@derby.gov.uk
Phone: 01332 641254

For residents of Derbyshire:

Live Life Better Derbyshire
Email: asch.llbd.info@derbyshire.gov.uk
Phone: 0800 085 2299
or 01629 538 200

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