



Session Plan

Aim:

Prepare client to set a quit date with confidence

Smoking Cessation Specialist Role:

- › Review progress on additional behaviour change during the week
- › Discuss and identify personal coping strategies
- › Reflect on previous quit attempts
- › Confirm readiness to set a quit date
- › Confirm client has appropriate pharmacotherapy and understanding of its correct use
- › Assist client to develop personal quit plan and set a quit date
- › Explain the importance of the 'not a puff' rule

By the end of this session clients will:

- › Identify personal coping strategies by completing 'When I stop smoking'
- › Understand importance of pharmacotherapy and its correct use
- › Personalise and complete 'My Quitting Plan'
- › Set a quit date
- › Commit to 'Not a puff' rule

Client Handouts:

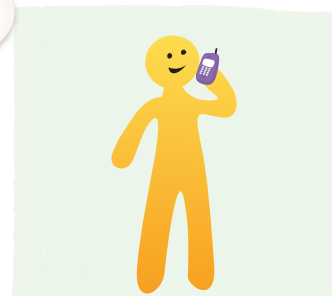
- › **Coping with Cravings**
- › **When I stop smoking**
- › **My Quitting Plan**
- › **Session Feedback**



Coping with Cravings



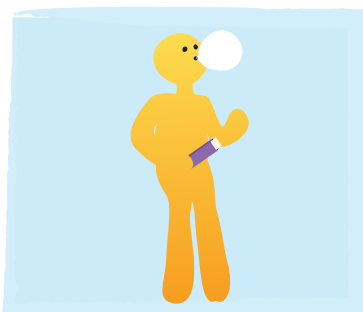
Distract yourself.



Distract your thoughts.



Distract your hands.








Distract your mouth.

Use your stop smoking aids



When I stop smoking...

My day	What will I do instead of smoking?
 Morning time	
 Tea or coffee	
 Driving	
 Break from children	
 Meal times	
 When stressed	
 On the phone	
 Relaxing	
 Meeting friends	
Other times	
 Before bed	



My Quitting Plan

My quit date is: and after that I will not have a single puff

My difficult times	What I plan to do at these times

Support	
Who will I ask to support me?	
What support will I ask for?	

Other things I plan to do to make quitting easier

