STOPTOBER

Police Mutual

Starting on 1 October quit smoking this Stoptober. There's never been a better time to quit. Stopping smoking is the best thing you can do for your own health and those around you.

Research has shown that if you quit for 28 days, you're 5 times more likely to quit for good. For more details click here.

Many people who quit smoking are surprised by how good they feel.

They feel more relaxed, have more money, they look and feel better, their skin looks healthier and they have more energy when they do something active like going for a walk or playing with their children, they no longer smell of smoke and they are not as worried about their health.

When you stop smoking, your lungs will start to repair and you'll start to be able to breathe easier. The sooner you quit, the sooner you'll notice the positive changes to your body and health.

Some of the benefits will be felt almost immediately and in the long term the benefits will be lifesaving:

After a day – Your oxygen levels will recover, and the harmful carbon monoxide level in your blood will reduce by half.
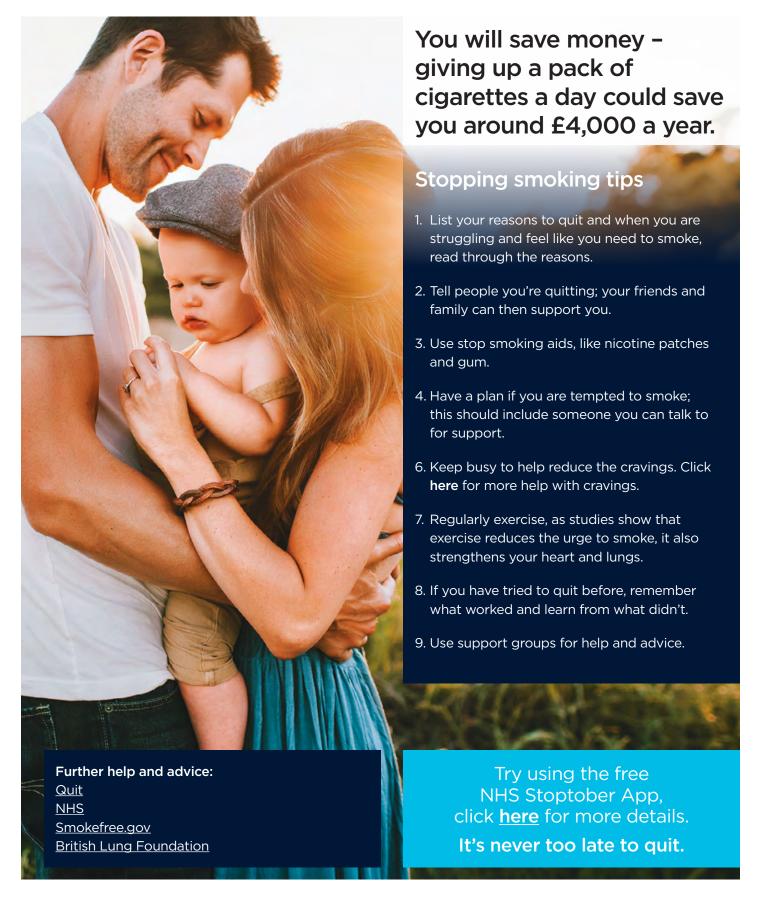
After 2 days – Nicotine will be totally eliminated from the body and your senses of taste and smell will improve.

After 3 days – Your breathing will become easier as the airways begin to relax. Your energy levels will also increase.

After 2 to 4 weeks – Blood will pump through to your heart and muscles much better because your circulation will improve, meaning you can walk and run easier.

After 3 to 9 months – Your lung function will improve by up to 10 %, meaning any coughs, wheezing or breathing problems you have will improve.

After 1 to 3 years – Your risk of having a heart attack will have halved compared to a smoker's.

After 10 years – Your risk of death from lung cancer will have halved compared with a smoker's.

You will save money – giving up a pack of cigarettes a day could save you around £4,000 a year.

Stopping smoking tips

1. List your reasons to quit and when you are struggling and feel like you need to smoke, read through the reasons.

2. Tell people you're quitting; your friends and family can then support you.

3. Use stop smoking aids, like nicotine patches and gum.

4. Have a plan if you are tempted to smoke; this should include someone you can talk to for support.

6. Keep busy to help reduce the cravings. Click **here** for more help with cravings.

7. Regularly exercise, as studies show that exercise reduces the urge to smoke, it also strengthens your heart and lungs.

8. If you have tried to quit before, remember what worked and learn from what didn't.

9. Use support groups for help and advice.

Further help and advice:
Quit
NHS
Smokefree.gov
British Lung Foundation

Try using the free
NHS Stoptober App,
click **here** for more details.

It's never too late to quit.

To read more of our wellbeing guides take a look at our Wellbeing Hub here.

Call us 01543 441630
Visit policemutual.co.uk

**We're open from
9am - 5pm Mon - Fri**

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