



## **Huff, puff and blow the smoking habit down**

We're not going to tell you smoking is bad for you or that you have to stop. You already know the health risks. Smoking is addictive and it's not easy to quit. But if you want to stop smoking, you can do it. If you can stop smoking for 28 days in a row, you have a good chance of quitting for good.

### **Don't let these myths hold you back**

#### **Myth: "Stopping smoking will make me fat"**

Since smoking and eating are both social habits, you might eat more after you quit smoking to replace the habit. It's easy to fall into the trap of going for a coffee (and a snack ... or two) instead of going for a smoke. Eating more than usual will make you put on weight, not the fact you stopped smoking.

#### **Myth: "Stubbing out the last butt will make me stress more"**

If you've been smoking for a while, you might think that your ciggie calms you down. It's more likely that the "stress" you feel is actually nicotine withdrawal between cigarettes. That's why you feel better once you take a drag. Scientific studies show people's stress levels are lower after they stop smoking.

#### **Myth: "I'll lose my smoking friends if I quit"**

Your friends can surprise you with their support, especially if you tell them why you want to quit. Sometimes one friend in a group giving up the habit can be a catalyst for the whole group to change their habits.

## How do I stop?

Your GP can help you more than you realise. They can refer you to clinic, or prescribe nicotine replacement therapy or medication to help you stop smoking. Together you can decide what treatment is best for you.

Once you've decided you're going to stop, you need support. You can join [CANSAs free eKick Butt](#) online programme for tools and tips to kick the habit. Get in touch with other people who want to stop smoking and those who have – ask Google if there's a support group in your area or join one online.

Should you be on the Balance Rewards Programme you will receive an 80% discount on the Alan Carr Smoking Cessation Programme

Bankmed is cheering you on too.

## More reading

CANSA. [Quit smoking – stories of hope](#) accessed 24 April 2017

NHS Choices. [10 health benefits of stopping smoking](#) accessed 24 April 2017

NHS Choices. [8 key times to quit smoking](#) accessed 24 April 2017

Wyatt Myers. [10 smoking myths that can keep you addicted](#), reviewed by Farrokh Sohrabi, MD. everyday HEALTH accessed 24 April 2017

