

Why do people start smoking?

Why do people start smoking?

- Peer Pressure
- Media Influence
- Stress and family problems (Smoking to reduce stress is a common myth)
- Have a history of smoking in the family
- Under the influence of alcohol
- Curiosity

Why do people continue smoking?

- They are addicted to nicotine
- They use it as a way to cope with problems
- They don't know how to stop
- They don't know the benefits of stopping/risks of smoking
- They think they will quit 'later'
- They think they have too much stress in their lives
- More control over own well-being

How can people stop?

- Use NHS Stop Smoking Services

Reasons why people would stop

- Improved health and fitness
- Reduced risk of illness in later life
- More money
- They'll smell fresher
- Better concentration
- More control over emotion and mood

(see www.smokefreehampshire.co.uk)

- Access online support
- Use nicotine replacement therapy such as patches /gum
- Consider switching to an electronic cigarette
- Visit a doctor/health professional
- Gain support from family and friends
- Focus on the benefits of quitting

smoke
free Me.