

## How to Support a Quit Attempt

Achieving goals shouldn't be a solitary experience. When Sir Edmund Hillary stood on the top of Mt Everest he wasn't alone. His support team was behind him 100%, working hard to help him succeed.

You can help your family members, friends, and colleagues reach their goal to become a non-smoker but only if you accept that quitting may take many attempts before they finally succeed.

If they agree to your support they are putting their trust in you.

### Tips

- ❖ Be interested in their journey to becoming a non-smoker
- ❖ Ask if you can be their support person
- ❖ Agree on ways you can be of practical help (especially in the first 21 days)
- ❖ Identify their triggers to smoke and the solution to overcome them.
- ❖ Support them to cope with stressful events and encourage healthy ways to cope
- ❖ Support them maintain a positive attitude
- ❖ Support them identify what motivates them to quit and remind them of these during difficult times
- ❖ Words of encouragement and praise
- ❖ Help recognise and celebrate small successes as they occur
- ❖ Gentle reminders to keep on track
- ❖ Thinking ahead, to recognise dangerous social and emotional situations and have a planning session on how to deal with them.
- ❖ Listen to them
- ❖ Be there for them
- ❖ Support them think about what is working and what is not
- ❖ Support them make and maintain smokefree areas
- ❖ Support them talk to other smokers to get them to support the quit attempt by not offering cigarettes or encouraging them to smoke
- ❖ Go with them to see their Quit Coach
- ❖ Get them to tell you how they are doing whether it is good or bad
- ❖ Praise them and cheer them on

