**Coming out of Restrictions & Staying Smoke Free**

With Covid restrictions being eased, most of us look forward to spending quality time with friends and family. Indoor and outdoor events/parties, concerts, caravan sites, beer gardens may be the places we are finding ourselves in the coming months.

If you stopped smoking during the Covid pandemic, well done!

This may be your first time attending the above places as a non- smoker. There might be more temptation to smoke again, especially with this new sense of freedom**.**

**Top Tips to Stay Smokefree**

If you are still using Stopping Smoking Medication or Nicotine Replacement Therapy (NRT), make sure you **continue**. Have your patch on and/or your inhalator topped up, and on your person at all times.

* **Make a plan** to stay with some non-smokers and avoid the visual triggers of being around people smoking;
* If you drink alcohol, [**drink in moderation**](https://www.alcoholandyouni.com/cut-back-on-drinking-help-with-alcohol-and-more/check-the-facts/what-is-a-unit-of-alcohol/) and avoid getting into rounds. Have non-alcoholic drinks in between the alcoholic drinks and aim to stay in control of your decision-making;
* **Be proud** to describe yourself as a ‘non-smoker’ to anyone who is offering you a cigarette;
* If you feel under pressure to smoke, **be honest** about your quit attempt, put yourself first and
* **Walk away** if you feel that the temptation is too much.

**If you have not stopped smoking yet,** [**COMMIT TO QUIT**](file:///%5C%5Cbelnas02.belfasttrust.local%5Cuserscd%5CDarren.Whiteside%5CDocuments%5CCOMMIT%20TO%20QUIT) **this year. We can provide FREE NRT including:**

**Patch - Mouth Spray – Gum – Inhalator - Lozenge**

The Health Improvement Team’s **Stop Smoking Service** is here to help BHSCT Patients & Staff



Telephone: 028 9504 6714

Email: stopsmoking@belfasttrust.hscni.net

For more information visit the BWell site [Stop Smoking | B Well Belfast](https://bwellbelfast.hscni.net/positive-choices/stop-smoking/)

