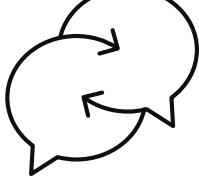


# QUIT NICOTINE JOURNEY

## Support for your journey



If you ever need help, you can talk to someone you trust, like a parent, carer, brother or sister, teacher or even your school nurse.

Chat with your friends or others who've been through the same thing. Or do the journey with friends and/or family.

Lean on them for support. You're never alone in this.

## Start by making a note of...

**WHY...** quitting nicotine is important to you?



## Early Days...



### Cravings may be tough

Try chewing gum, drinking water & keeping your hands busy.

### Mood can feel worse

You may feel restless, moody or tired - but be proud, starting is the hardest part.



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What one goal are you excited to reach?

## Mid Journey



### Pride in progress

Your small steps will help you get nicotine free, like going a whole week without nicotine.

### Be good to yourself

If you do slip up, know it can happen and that you can always try again and get back on track.



### More energy

You'll begin to notice that you have more energy, feel happier... you're doing really well!

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How do you want to feel in the future?

## Journey End

### Money for better things

The money you've saved could be used to go out with friends, save for a holiday, buy new clothes, games or other good stuff



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What could you do with the money saved?



### Focus

You may find schoolwork feels easier now

### Productivity

You'll find you've got more energy for sports, activities and your body can become stronger and quicker



### Achievement

You can feel proud of yourself, you did overcome a significant challenge, you're getting stronger and healthier every day to achieve the things you want to.

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Think about what you're proud of since stopping