12 tips to help you quit smoking **for good**

Tea, coffee and fizzy drinks can all potentially make the taste of a cigarette seem nicer, try changing to drinks such as juice or water.

Types of food can sometimes effect how a cigarette may taste, if there is a certain type of food that can make a cigarette taste worse to you, then increase the amount of it you eat in your diet.

Try waiting before you give into your cigarette craving. Time yourself to see how long you can last before giving in and add on an extra minute every time.

Find someone to quit smoking with, if you know anyone else who wants to stop smoking then quit together and spur each other on.

Exercise regularly to keep busy. Even just a ten minute walk every now and then or a quick bike ride will help.

Chew gum or snack on things such as grapes, nuts, seeds, popcorn or any other healthy snacks.

Remind yourself regularly why you want to quit, make a list and place this somewhere such as the fridge so that you are constantly reminded.

Download an app, you may be able to track your progress and note any slip ups you may have had. Seeing your progress visually may help to spur you on.

Take trips to places such as the cinema where you are unable to go out for a cigarette break.

Don't give yourself a hard time if you slip up. Accept that you gave in and move on. Being hard on yourself will only stress you out more and will potentially make you crave a cigarette even more.

Create a 'cigarette swaps' plan for your daily cigarette habits, if you are used to having a cigarette before work, instead allow yourself 5 more minutes in bed.

Smoking can increase your blood pressure and make you feel generally unfit. Test your blood pressure and fitness levels after 3 months of being smoke-free to see if your health has improved.

Call us on **0800 980 4601** or enquire with your employer to join our **Healthcare**Connect scheme - discounted Private Health Insurance for you and your family.