

# Tips to quit smoking



There are lots of tips to help you quit smoking.

Some easy ones are:

- Making a list of reasons why you want to quit smoking.



- Using stop smoking aids, like **nicotine** gum or electronic cigarettes, also called vapes.

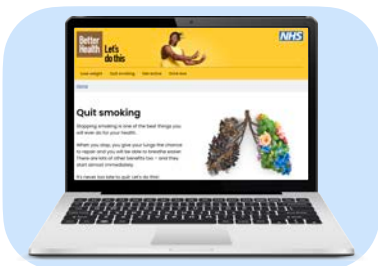
**Nicotine** is the thing in cigarettes that makes you want to smoke them.



- Stay away from things that make you want to smoke.



- Throw away any cigarettes you have.



You can find more tips on the Better Health website:

[www.nhs.uk/better-health/quit-smoking](http://www.nhs.uk/better-health/quit-smoking)



Better Health provides lots of free tools and support to help you make healthy changes.



As well as helping you quit smoking, you can also get help to:

- Lose weight.



- Get active.



- Feel less stressed.



Find out more on the Better Health website:

[www.nhs.uk/better-health](http://www.nhs.uk/better-health)

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