

## BARRIERS TO CUTTING DOWN

Putting on weight	Nicotine increases metabolism and suppresses appetite, so when someone stops smoking they will gain, on average, 7KG in 12 months. There is no evidence for what effects smoking reduction has on weight. Try drinking lots of water and increasing physical activity can really help.
Becoming irritable and stressed	Nicotine cravings between cigarettes make you feel stressed and anxious, so when you smoke and give yourself a nicotine hit you feel calmer. Discuss and list coping strategies.
My friends and family smoke	
Lack of confidence	Set yourself realistic goals
Not being able to cope with cravings	
Like to go out for a drink with friends	
Boredom	