

# QUIT SMOKING TIPS

There is a range of professional support available to you in quitting smoking. We've put together a list of tips to help you quit smoking:

- Replace your cigarette breaks with healthy alternatives, to get those feel good endorphins pumping.
- Take a brisk walk to boost blood flow to the brain and improve mental clarity
- A quick game of sport (a bit of basketball, a kick around with the soccer ball)
- Call a friend for a quick chat. Keeping in touch with friends and family is vital for feeling happy and healthy.

Quitting smoking is a great step towards bumping up your happiness and living a healthier lifestyle.