

Even if you smoke occasionally, such as at a party, **you can still get addicted.**

Nicotine is the addictive drug in tobacco (found in cigarettes). You may become addicted even after smoking a few cigarettes. You may find it difficult to quit or cut down. You may feel anxious, hungry, irritable and find it hard to focus. These are signs of withdrawal from nicotine.

Cravings are very short and pass really quickly – here are some tips that might help:

- Get active – try a quick walk or a run
- Use your hands – play a game on your phone
- Chew gum or try some healthy snacks
- Go online – check Twitter, Facebook or send a message to a friend
- Try a nicotine replacement product

For a better chance of successfully quitting, contact one of the services on this postcard.



For more info on quitting visit www.smokefree.den.org.au