**Patient, Bow Ward**

**How did you feel when you stopped smoking?**

***“I feel better. Lighter, Calmer. I am proud of myself”***

***“I like not having a habit and feeling dependent on something.”***

***“I have more money”***

**How did you do it?**

***“I used mints”***

***“I got new hobbies”***

***“I used distractions, things like playing games on my phone”***

***“I would tell others, just go for it! Don’t think about it too much”***

**Patient, Limehouse**

**How did you feel when you stopped smoking?**

***“I wasn’t short of breath anymore”***

***“I could run 15 minutes no problem when I quit”***

***“I had no more gum problems”***

***“I didn’t need my asthma inhaler anymore”***

**How did you do it?**

***“I remembered we can all do it! Mind-set is important”***

***“Of course I had lapses and smoked sometimes but I was able to continue with my health journey. Lapses shouldn’t stop you from trying”***

***“I educated myself as much as possible”***

Who can you talk to about stopping?

Your Smoking Cessation Advisor

Please ask your nurse to refer you to the Smoking Service

Or

Refer yourself by email

**STOPSMOKING (EAST LONDON NHS FOUNDATION TRUST) elft.stopsmoking@nhs.net**