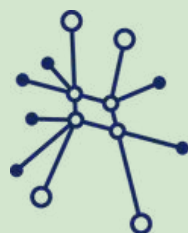




Breathe Fresh

Your Spring Reset Guide to Stopping Smoking

A Seasonal Reset for Your Body, Mind and Future



Healthworks
the community health charity

Welcome to Breathe Fresh

Spring Reset Guide



Why Spring is the Perfect Time to Quit

Spring is all about fresh starts. The days are getting lighter, energy levels lift, and nature reminds us that change is not only possible - it's natural.

No Smoking Day is your moment to pause, reflect, and choose something better for yourself.

This ebook is designed to help you:

- Shift the way you think about smoking
- Help you reconnect with your real reasons for quitting
- Gently guide you towards lasting change
- Build momentum that lasts beyond one day

Quitting smoking isn't about giving something up – it's about making space for something better. No pressure, no guilt, just the right approach.



Healthworks
the community health charity

0191 272 4244

www.healthworksne.org.uk

No Smoking Day – One Day That Can Change Everything

Spring Reset Guide



**No Smoking Day isn't about perfection.
It's about starting.**

Many people wait for the 'right time' to quit, but a clear moment of intention - like No Smoking Day - can be incredibly powerful.

No Smoking Day is about.....

- Proving to yourself that you can
- Learning what it feels like
- Taking one meaningful step forward



Healthworks
the community health charity

0191 272 4244

www.healthworksne.org.uk

Your Spring Reset – Clearing Out The Old

Spring Reset Guide



Just like spring cleaning your home, quitting smoking is about clearing out what no longer services you.

Do this Spring reset check-in:

- **When do I usually smoke?**
- **What does smoking give me - or promise to give me?**
- **What do I want more of instead?**



Awareness is the first step to change.



Healthworks
the community health charity

0191 272 4244

www.healthworksne.org.uk

What Happens When You Stop Smoking?

After only 20 minutes

Your pulse rate will already be starting to return to normal.

After 48 hours

All carbon monoxide has now gone, your lungs are getting rid of mucus and your sense of taste and smell are improving.

After 2 to 12 weeks

Your circulation will now be improved and blood will be pumping through your heart and muscles better.

After 10 Years

Your risk of death from lung cancer now half that of a smoker's!

After 8 hours

Your oxygen levels are starting to recover and harmful carbon monoxide levels in your blood will have halved.

After 72 hours

You may notice you are breathing easier as your bronchial tubes are starting to relax. You may have more energy too!

After One Year

Your risk of heart attack is halved compared with a smoker's.



Managing Cravings the Spring Way

Spring Reset Guide



Cravings rise and fall - just like the weather.

The Spring Toolkit:

S step outside for fresh air

P pause and breathe slowly

R replace with a drink, snack, or movement

I interrupt routines

N notice cravings pass

G get support

If you'd like a little extra support on your stop smoking journey, you can refer yourself at anytime into our [stop smoking service](#).

It's a friendly, non-judgemental service designed to support you at your own pace, with practical advice and encouragement to help you feel confident about making a change.



Healthworks
the community health charity

0191 272 4244

www.healthworksne.org.uk

Mindset Shifts That Help

Spring Reset Guide



Instead of

“I’m giving
something up”

Shift to

“I’m choosing
my health”

“I’ve failed before”

“I’ve learned
before”

“This is hard”

“This is
temporary”

Progress beats perfection!



Healthworks
the community health charity

0191 272 4244

www.healthworksne.org.uk

Building New Habits (Without Overwhelm)

Spring Reset Guide



Quitting smoking isn't about giving something up - it's about replacing the habit with something that still meets the same need.

You're not "weak" for smoking. Your brain just learned a routine.
Here's how to start rewiring it

Morning cigarette → Stretch or short walk

That first cigarette is often about:

- Waking up
- Routine
- A moment of calm before the day starts

Try instead:

- A 2–5 minute stretch
- Stepping outside for a short walk
- Fresh air + movement to wake your body naturally

Even a few minutes helps reset your nervous system and gives your brain the "this is how my day starts now" signal.



Healthworks
the community health charity

0191 272 4244

www.healthworksne.org.uk

Building New Habits (Without Overwhelm)

Spring Reset Guide

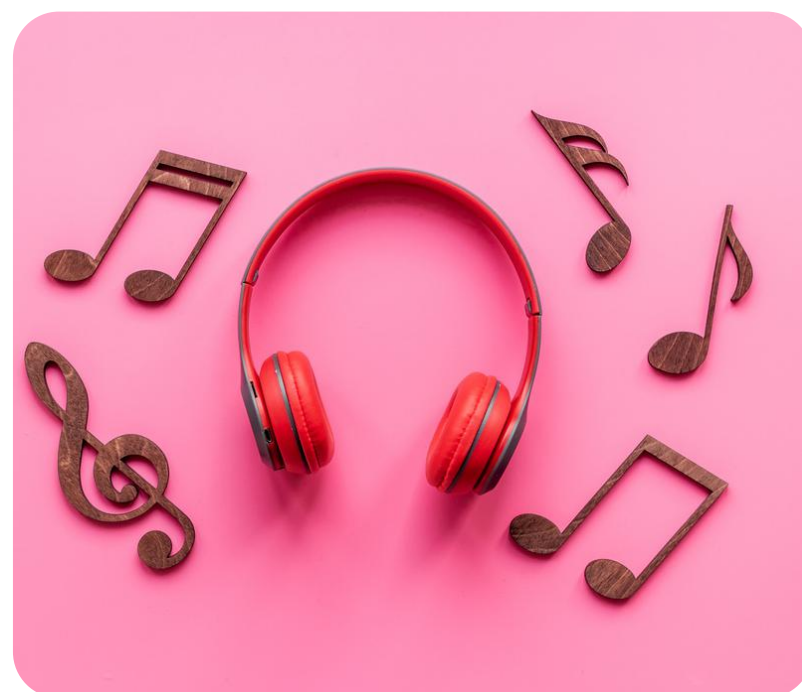


**Stress smoke →
Breathing or music
break**

Stress smoking is rarely about nicotine - it's about relief.

Try instead:

- Slow breathing (in for 4, out for 6)
- Putting headphones on and listening to one calming song
- Closing your eyes and giving yourself 3 minutes to reset



You're still pausing. You're still soothing your system.
Just without the cigarette.



Healthworks
the community health charity

0191 272 4244

www.healthworksne.org.uk

Building New Habits (Without Overwhelm)

Spring Reset Guide



**Social smoke →
Holding a drink or a
snack**

Social smoking is about:

- Having something in your hands
- Feeling included
- Comfort in familiar settings

Try instead:

- Holding a drink, gum, or snack
- Playing with a straw, pen, or fidget
- Taking a step outside just for fresh air



**It's okay to keep
the ritual - just
change the tool.**



Healthworks
the community health charity

0191 272 4244

www.healthworksne.org.uk

Small Changes Really Do Add Up

Spring Reset Guide



You don't need to change everything at once.

Every time you:

- Delay a cigarette
- Replace one habit
- Choose a gentler option

You're building a new pattern.

Progress isn't loud - it's consistent.

Remember

You don't need to quit forever today.

**You just need to choose one small change right now.
And tomorrow, you choose again.**



Healthworks
the community health charity

0191 272 4244

www.healthworksne.org.uk



If You Slip...

A slip does not erase your progress.

One cigarette doesn't undo:

- The hours you didn't smoke
- The habits you're rebuilding
- The awareness you're gaining

Progress isn't all-or-nothing. It's cumulative.





If You Slip...

Pause

Before judging yourself, stop for a moment.

Take a breath.

Put the situation on pause.

Shame keeps habits stuck -
compassion helps them change.



Reflect

Without criticism, ask yourself:

- What was I feeling just before?
- Was I tired, stressed, bored, or overwhelmed?
- What was I actually needing in that moment?

This isn't about blame. It's about learning.





If You Slip...

Reset

A slip is information - not failure. Reset can be simple:

- Drink some water
- Take a few steady breaths
- Step outside for fresh air
- Say to yourself: “I’m still choosing myself.”

You don’t need to “start again on Monday.” You reset now.

Continue

- The most important step is the next one.
- You don’t give up because of one moment.
- You keep going because your health still matters.
- Every time you continue after a slip, you strengthen resilience - and that’s what makes change stick.

Quitting smoking isn’t a straight line - It’s a process of learning, adjusting, and choosing again. Progress counts - even on messy days.



Support Makes It Easier To Quit

Spring Reset Guide



People using stop smoking support, such as the Healthworks Stop Smoking Service are far more likely to quit successfully.

Support includes:

- Personalised plan
- Non-judgemental support for 12 weeks
- Practical tools and strategies
- Provision of nicotine replacement therapy products
- Ongoing motivation, encouragement and support.



We offer free stop smoking support in Newcastle, including one-to-one and group sessions for anyone aged 18 or over who lives, works, or studies in the City.

Our trained advisors provide personalised support and advice to help you quit for good.

[Get in touch with the team](#) today and start your quit journey!



Healthworks
the community health charity

0191 272 4244

www.healthworksne.org.uk

This Spring Choose You!

Spring Reset Guide



This Spring - Choose YOU

Spring doesn't rush - it grows.

Whether this is your first smoke-free day or one of many, you're investing in your future.

Fresh air. Fresh habits. Fresh start



Healthworks
the community health charity

0191 272 4244

www.healthworksne.org.uk



Breathe Fresh

Your Spring Reset Guide to Stopping Smoking

Visit our [Stop Smoking webpage](#) for more information



Healthworks
the community health charity

From the Healthworks Stop Smoking Service

www.healthworksne.org.uk