



## **WE QUIT AT WORK TEAM CHALLENGE**

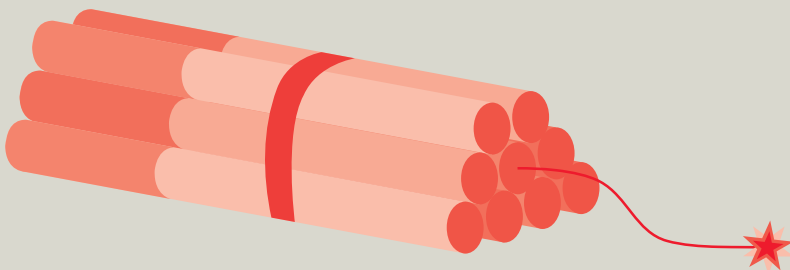
This is the ultimate workplace challenge taking smokers through the process of stopping smoking as a team. People who stop smoking together tend to be more successful<sup>1,2</sup>. For many smokers smoke breaks are part of their daily routine at work. This makes the workplace the ideal setting for breaking that habit and getting into a healthier routine.

Before doing the challenge you might benefit from taking a look at the factsheet on the [Benefits of stopping smoking](#).

### **Get your team together and follow our six steps to success**

#### **I. As a team, list your reasons for quitting smoking**

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



**Are you and your team ready to make a serious attempt to quit and become the fabulous We Quit at Work team?**

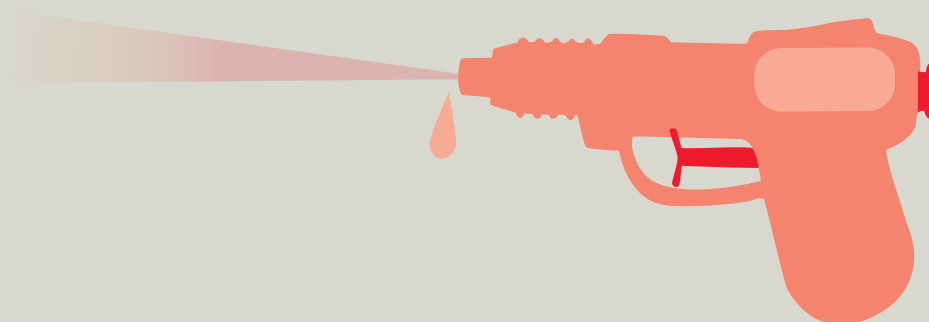
- Yes
- No
- Maybe

**If you answered 'No' or 'Maybe', what would have to happen to make you want to quit? How can the rest of the team and / or your employer support you?**

## 2. Get ready

**Think of the most common prompts or reasons which make you want to light up and smoke.**

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



**Now decide on some different things you could do individually, in pairs or as a team at these times.**

- Walk around the block
- Do a dot-to-dot puzzle of Sudoku
- Have a chat with someone else in your Quit at Work team
- Sip some water
- Take a few long, slow, deep breaths
- Use a strong mouthwash (bring it to work)

Tell your colleagues and your line manager so that they can support you. And when needed, remind each other of the coping tips.

Remember that you're more likely to stop smoking successfully if you use a stop-smoking treatment and get professional support. At this stage, consider seeing your GP and visit your local pharmacy for licensed medical products.

### **3. Set a quit date**

**Now is the time! Our quit date is:**

**People who are going to support us include (e.g. managers, family members):**

**Examples of what we can ask them to do to help us:**

## 4. Support each other

### Tips on how to cope with withdrawal symptoms

Experiencing strong physical, emotional and psychological changes are positive signals indicating that the body is starting to repair itself and the recovery process has begun. When experiencing withdrawal symptoms you can support your team mates by reminding each other of the coping tips you came up with.

Here are some ways to help you cope:

- Craving - Take a few long, slow, deep breaths, drink a glass of water or do a crossword or Sudoku
- Coughing - Have a warm drink
- Hunger - Keep healthy snacks such as dried or fresh fruits on your desk and drink extra water
- Changes in bowel movement – Drink more water and eat a diet high in fibre and fruit
- Disturbed sleep – Be physically active during the day and cut down on coffee, tea and cola drinks
- Dizziness – If feeling dizzy, sit down and drink some water
- Mood swings, inability to concentrate or feeling irritable – Coping strategies vary from one individual to another.

### Discuss in your team and list your top 5 tips below:

1	
2	
3	
4	
5	

What if someone has a relapse? Get back on track – together you can make it!

The good thing about stopping smoking as a team is that you've got plenty of support from each other. Remember to always support each other and don't make anyone feel guilty but learn together from the lapse. You haven't failed; you just need more time to succeed. And together you can do it!

1. Remind your team mate about their reason for quitting.
2. Discuss what happened that led up to this lapse and what you can do to avoid it.
3. Think of how you can support each other even more.
4. Contact your local stop-smoking service for professional help.
5. Focus on how good you will feel to have managed the change.

## 5. Team milestones

Write down your team milestones for your first 5 smoke free weeks. Include what helped you through your week and how you felt:

Week 1	
Week 2	
Week 3	
Week 4	
Week 5	

## 6. Celebrate!

You've taken a giant step towards better health. Stopping smoking is the most important and best thing you can do for better health. Now it's time to celebrate and have fun!

List what your We Quit at Work team will be doing instead of having a fag:

- Meet regularly for a chat
- Play a team sport
- Quiz night
- Do another team challenge such as climbing Snowdon
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### References

1. Malchodi CS, Oncken C, Dornelas EA, Caramanica L, Gregonis E, Curry SL. The effects of peer counseling on smoking cessation and reduction. *Obstet Gynecol* 2003;101:504-510
2. Christakis NA, Fowler, JH. The collective dynamics of smoking in a large social network. *N Eng J Med* 2008;358:2249-2258

**MISSION VERY  
POSSIBLE!**

