

# Week 13: Focus on Celebrating:

Let's Celebrate Not Going Back to Smoking! Using all the things you've learned in the last 12 weeks, write down your plan to avoid smoking again. If you need help, ask your practitioner.

## Here are some ways to help:

- Make sure there are no cigarettes around
- Remove yourself from places or things that make you want to smoke
- Keep your mind busy with other things Try to do a little bit of exercise.
- Remember why you quit smoking
- Think about how you would feel if you had to tell people you started smoking again
- Think about all the benefits of quitting and staying smoke free.

**Congratulations you have now finished the Everyone Health  
Stop Smoking Programme!**

