

# Smoking Cessation: Getting Started



Alexa isn't specifically designed to get you to stop smoking, but it can help.

These flashcards are intended to give you ideas and get you started. Only you can truly decide whether to stop smoking or not, but if Alexa can help you on just one part of your journey, then it is well worth giving it a go.

Some of the exercises in these cards will require additional skills. **All skills are free** and can either be enabled prior, by using the Alexa app, or as you go just by speaking to Alexa. The first time you say “**Alexa, open skill name**” it will be enabled for you. Some may have age appropriate information, and therefore ask you for confirmation beforehand.

We do hope that these cards, ideas, and Alexa, can help you on your journey to quit smoking.

Good luck and we wish you all the best.

**NOTE:** During these exercises, Alexa will be reading out a lot of information and therefore you may wish to change the speed in which Alexa speaks. To do this just say:

**“Alexa, speak slower” or “Alexa, speak faster”**

You can do this at any time whilst using Alexa

# Smoking Cessation:

## Thinking of quitting?



So you're thinking you may like to quit smoking but can't quite find the motivation to get started. Maybe it's not the right time in your life, or just don't know where to begin? Try these few simple exercises and see how you go.

Begin all commands by saying "**Alexa**" followed by:

"I want to stop smoking"

Alexa will give you some general advice and statistics.

Check

"Open **Stop Smoking**"

Stop Smoking is a skill offering motivational comments.

"Open **Hypnosis Stop Smoking**"

David helps you use self-hypnosis to quit smoking. The skill asks questions and provides custom guidance.

"Open **Quit Smoking**"

Quit Smoking is a skill offering motivational comments.

"Make a list"

Make a list of reasons you feel you should stop smoking. You can review this list back at any time.

How did you find this task? (please circle)



Very Useful



Good



Okay



Poor



Terrible

# Smoking Cessation:

## Need help quitting?



So you've decided to quit smoking, great decision! We've picked a few ways in which you can use Alexa to help. If you find you begin to crave a cigarette, try these simple commands (when appropriate) and avoid sparking up .

Begin all commands by saying "**Alexa**" followed by:

"Remind me in the morning"

Set a reminder for yourself to stay strong and to not smoke. Set yourself a time and add one of the reasons you mentioned in your list.

Check

"Open **One minute meditation**"

Listen to relaxing sounds to help you clear your mind and avoid smoking a cigarette.

"Open **Yoga Position**"

Use yoga position to stay fit and healthy, and beat that craving!

"Open **5 Minute Workout**"

Exercise is a great thing to do when craving a cigarette.

"**Call** *friend name*"

If you have your phone numbers added to Alexa through the app, then you can call a landline or mobile. Speaking to a friend or family member can really help if you want a cigarette.

How did you find this task? (please circle)



Very Useful



Good



Okay



Poor



Terrible

# Stay smoke free: Daily quitter routine



Here's an example of how you could use Alexa throughout the day to help you stay on top of your urge to smoke.

Begin all commands by saying "**Alexa**" followed by:

"Should I smoke today?"

Check

"Open **Mindful Breathing**"

Breathing exercises can help you control your cravings.

"I'm Bored, what can I do?"

Alexa may be able to help you stay entertained.

"Remind me... in 30 minutes "

Ask Alexa to remind you to **drink a glass of water when you are craving** a cigarette.

"Open **One Minute Workout**"

One Minute Workout Sensei can help you stay fit and beat your nicotine addiction!

How did you find this task? (please circle)



Very Useful



Good



Okay



Poor



Terrible

# Smoking Cessation: Apps & Sites

**QUIT**  
SMOKING  
BEFORE IT'S TOO LATE

Here are some useful smartphone apps and websites that can help you when trying to quit smoking. The QR Codes below are a quick way to access the websites. To use, access your smartphone camera and focus in on the code.

## NHS Smoke Free

NHS Smokefree app can help you stop smoking by providing daily support and motivation. If you stay smokefree for the 4-week programme you're up to 5 times more likely to quit for good.



## Quit Genius

Quit Genius uses a combination of cognitive behavioural therapy and a 4-step programme to help you change your relationship with smoking.



## NHS stop smoking services

<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>



## Smoke Free - Expert support

<https://www.nhs.uk/smokefree/help-and-advice/>



## Smoke Free Cost Calculator

<https://www.nhs.uk/smokefree/why-quit/cost-calculator>



# Smoking Cessation:

## 9 Reasons to quit



Smoking is bad for your health, but exactly how will stopping make life better? Here are 9 ways your health will improve when you stop smoking.

1. Stopping smoking lets you breathe more easily
2. Stopping smoking gives you more energy
3. Ditch the cigarettes and feel less stressed
4. Stopping smoking improves fertility
5. Stopping smoking improves smell and taste
6. Stop smoking for younger-looking skin
7. Ex-smokers have whiter teeth and sweeter breath
8. Quit smoking to live longer
9. A smoke-free home protects your loved ones

Read more at <https://www.nhs.uk/live-well/quit-smoking/>