



Eat Well

Eating a healthy balanced diet is not just good for your body but helps prevent you feeling sluggish and tired. For someone who's experiencing cravings from quitting smoking, having a healthy snack can help the cravings pass (cravings usually only last about 5 min). You may think that healthy snacks cost more than a chocolate or crisps but snacks like nuts or fruit have slow-release energy, so you won't need to eat as much.



Live well

How you feel is influenced by your surroundings, so try to make your living space a smoke-free zone and somewhere you want to spend time. Get active - there are many activities that don't cost anything, start small and build your way up. If you've recently quit smoking, you could use some of the money you're not spending on cigarettes to join a gym or to save towards a place of your own.



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A pack a day costs up to £60 a week. That's £250 a month.

There are always other things to spend your money on or things you want to save for like driving lessons, nights out or holidays with friends, getting to college or setting up in a place of your own.”

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#BEFREE
Achieve more

TOP TIPS

to be smoke-free, **BETTER OFF** and achieve more



Be Smoke-free

Not smoking has well known benefits to your physical health, and stopping smoking is also linked with improvement in mood and the symptoms of depression, anxiety and stress. But as well as feeling healthier, you will save a lot of money!

If you smoke and are thinking of quitting, visit www.quityourway.scot for information and advice.



Save your money

Not smoking saves you money. Smoking a pack a day costs £60 a week, which comes to about £250 per month. Think about starting a rainy day fund by opening a savings account - you can start small, with £5 a week or even £10 a month and build it up over time. If you've recently stopped smoking, consider putting half the money you would've spent on cigarettes into this account.



Stay active



Nicotine withdrawal can make you feel stressed, irritable and you might find it difficult to concentrate. Physical activity reduces these feelings, boosts self-esteem and improves sleep. It also releases a feel-good hormone called dopamine. Being active doesn't need to cost anything - going for a walk or kicking the ball around with your friends is not only free but it also provides time to chat.



Financial worries?

Many people with financial worries look to smoking to help with stress. But smoking can be like a high-interest money lender - whatever immediate relief it may provide, it makes the underlying problems worse. A more practical way of dealing with the stress would be to spend the money on things that make you feel good - like driving lessons, saving up for your own place or even just a night out with friends.



It all adds up

Have you had your eye on something you want to buy, or an adventure you want to experience? The money you save by not smoking all adds up.

- After 1 month you will save over £250;
- after 6 months it accumulates to just under £1550; and
- after 1 year your savings will be almost £3100.

That's enough for a holiday or a good second-hand car.



Plan ahead

Think about taking a packed lunch instead of buying takeaway, it's not only going to save you money but it's healthier as well. When you are planning a night out with friends, consider setting a limit to the amount you intend to spend. Try not to get into buying rounds but rather stay in control of your spending by buying your own drinks. When socialising suggest activities that won't cost much.

