

**By Maria Croce**

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**WHETHER** you turn to cigs when under pressure, such as TV's interiors expert Justin Ryan, or you smoke on a night out like movie star Gerard Butler – determining what type of smoker you are can help you quit.

Justin admitted the stress of being in the celebrity jungle led him back to cigarettes and Butler started again after a night out with Russell Crowe.

Then there are those who keep it quiet – Loose Women's Lisa Maxwell confessed to being a sneaky smoker, hiding her habit from her family.

Even President Obama admitted he tried to stop but sneaked a cigarette from time to time away from the family.

It's No Smoking Day tomorrow and quit expert Anne Penman offers some advice on how to stub out the habit.

She was a 60-a-day smoker for more than 19 years before giving up in 1991.

Her company, Anne Penman Laser Therapy, has helped thousands to quit.



**▲ NIGHT OUT**  
Gerard Butler

**THE SOCIAL SMOKER**

**YOU** only smoke in certain, situations such as parties, in the pub, or at weekends when out with your mates. You hardly ever smoke at home. You're not necessarily addicted to nicotine, although you are a smoker.

**ANNE'S QUIT TIPS:**

Change your routine – even if it's just for a couple of weeks – once you quit.

Even change the way you have your coffee. Wait until you are at work to have your morning cuppa.

Social events may trigger the urge to smoke so avoid such situations at first.

**THE SPORADIC SMOKER**

**YOU** share traits with the serial smoker – you think you aren't addicted and can stop when you want. You might be married to a heavy smoker and believe you're different to them and don't have a problem. But you can become addicted too.

**ANNE'S QUIT TIPS:**

Remember there are no safe cigarettes and just one can lead to thousands.

Ask yourself why you want to take the chance of being caught back in this trap.

Focus on your health and why you want to live longer, feel better and have more money to spend by not smoking.

**THE SERIAL SMOKER**

**YOU** are the person who is always talking about giving up. You lose your motivation and weaken when you see others smoke, or you miss smoking in certain situations.

**ANNE'S QUIT TIPS:**

Avoid alcohol because it will lower your resistance and judgment – many restart after a drink. Avoid stressful situations and learn from your mistakes.

**THE STRESSED SMOKER**

**YOU** turn to smoking when you're stressed – just like a large number of smokers – and use cigarettes to help you calm down and relax.

**ANNE'S QUIT TIPS:**

You need to find ways to handle stress without smoking. To help you relax, try techniques such as deep breathing or visualising a special place.

Focus on relaxing your body and think of the present rather than worrying about the future.



# Smoke Screening

WHATEVER KIND OF SMOKER YOU ARE, THERE ARE MANY WAYS TO STUB OUT THE HABIT AND GIVE YOURSELF A HEALTHY LIFE

**THE SNEAKY SMOKER**

**OVER** the years you have stopped on and off but have always gone back again by sneaking cigarettes when your family and friends aren't around.

You are the smoker who has a sneaky cigarette when the kids have gone to bed, the one at the back door who thinks he or she hasn't been spotted.

You are the smoker who lights a candle and thinks it gets rid of the smell.

Life becomes a real struggle, brushing your teeth non-stop, spraying perfume and lying to your partner and friends.

Even the occasional cigarette has consequences – research shows smoking just one or two cigarettes can compromise your health.

**ANNE'S QUIT TIPS:**

The best way to overcome being a sneaky smoker is to seek help from a professional – someone who can provide help to quit, 24-hour support and give you the strength to say 'no'.



**▲ CRAFTY CIG**  
Lisa Maxwell

**THE SKINNY SMOKER**

**YOUR** motivation to smoke is tied up with your body image. You are worried about your weight. Giving up may lead you to gain a little weight but it tends to be short term.

**ANNE'S QUIT TIPS:**

Don't think about your weight – focus on the quitting process first and deal with the weight later on.

**DIEHARD SMOKER**

**YOU** claim you love smoking and don't want to give up. You probably picked up the habit in your teens and you hate being told what to do.

**ANNE'S QUIT TIPS:**

Use your rebellious nature to rebel against the drug that is controlling you.

Decide you don't want anyone or anything telling you what to do.

For details about Anne Penman Laser Therapy, call 0141 423 9375, or visit [www.annepenman.com](http://www.annepenman.com)

**NO SMOKING DAY – ARE YOU READY TO QUIT?**

CALLING all smokers – are you ready to quit? No Smoking Day is tomorrow and here's your chance to win the perfect gift.

We are giving away two courses of laser therapy treatment at ANNE PENMAN'S LASER THERAPY CLINIC.

Anne's unique method, which combines laser therapy with a 24-hour helpline, has helped thousands of smokers become smoke-free.

You can either give yourself, or someone you love, the present.



**HOW TO ENTER**

Correctly answer this question for your chance to win:

**Q: Which former X Factor contestant was caught smoking while seven months pregnant last week?**

- 1 STACEY SOLOMON
- 2 LEONA LEWIS
- 3 ALEXANDRA BURKE

CALL 0900 586 6722 and follow instructions (61p/min) OR TEXT the word DR6722 followed by a space then your answer (1, 2 or 3), your name, full address, including postcode, and email address to 85858 (£1.50/text)

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