

Healthy Living Focus Quit Smoking

Hello, and welcome to this week's healthy living focus. In this edition we are looking at the benefits of quitting smoking. We will look at why smoking is damaging to health, share tips on how to quit for good, as well as find out how quitting can benefit not only your physical health, but also mental health!

Around 14% of the population are smokers. It can lead to serious conditions such as heart disease, lung cancer, and chronic bronchitis. As well as contribute to poor mental health, a reduced life expectancy and cause health problems for those around you who breathe in second hand smoke.

It's never too late!

Quitting smoking by the age of 30 adds 10 years onto average life expectancy.

People who kick the habit at 60 add 3 years to their life expectancy.

Tips to Quit for Good

Think positive! You may have tried to quit before, but using past experience can help you be successful this time around.

Make a plan! Set a date when you aim to quit by, so that each time you feel a craving, tell yourself "I won't even have a single drag" until the feeling passes. This will feel like a huge achievement!

Change your diet! Some foods like cheese, fruit and vegetables have been proven to make cigarettes less appealing, as have certain drinks such as water and juice. So making simple changes such as swapping a fizzy drink to a fruit juice could affect the need to reach for a cigarette.

Take up a new hobby. How about getting crafty by making your own greeting cards or a scrapbook?



Healthy Living Goal

Start by purchasing less cigarettes than you usually would each time you go to the shop. This makes them less readily available, and more likely that you will cut down over time.

Benefits of quitting on physical health

- Breathe more easily.
- Boosted immune system.
- Have more energy to exercise, which can help your brain to produce anti-craving chemicals.
- Better dental health.
- Protect family and friends from passive smoke.

Benefits of quitting on mental health

- Anxiety, depression, and stress levels are lower.
- Quality of life and mood improve.
- feelings of calm and positivity.
- some people may require less medical intervention for their mental health.



Visit <https://www.nhs.uk/live-well/quit-smoking/> for tips and advice from the NHS on quitting smoking.

RECIPE OF THE WEEK

Spicy mushroom pasta



Ingredients

450g wholewheat penne
or other pasta shape

1 tablespoon olive oil

1 teaspoon cumin seeds

1 teaspoon mustard
seeds

1 large onion, chopped

1 teaspoon garlic,
chopped

2 green chillies, finely
chopped

225g button mushrooms

1 500ml carton of
passata

1 teaspoon garam masala

1 teaspoon chopped
coriander

Method

1. Cook the pasta for 8-9 minutes, so it is still slightly firm and undercooked. Drain well.
2. Heat a large, non-stick pan. Add the oil followed by the cumin seeds, mustard seeds and onions. Cook until onions light brown.
3. Add the garlic, chillies and mushrooms and continue to cook for another 2 minutes.
4. Add the passata and bring to the boil.
5. Add the garam masala and reduce the heat and simmer for 5 minutes.
6. Stir in the pasta. Garnish with coriander and serve hot.

Healthy Living Tips

Serve with a side salad made from spinach leaves, cherry tomatoes and sliced cucumber for an extra portion of your 5 a day.

Why not top with a little parmesan cheese for a protein hit and extra flavor?

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at healthyliving@nortonhousingandsupport.org.uk

