

SIMPLY EASY

A free guide from Hypnotist Mark Anthony

5 Days to Becoming a Happy Non-Smoker (or Non-Vaper)

A short, practical guide to understanding your cravings, getting through the hardest early days, and giving yourself the best possible shot at quitting for good — whether you smoke, vape, or both.

Before you start

This guide is educational and won't replace medical advice. If you have a health condition, are pregnant, or are using nicotine replacement therapy, please check in with your doctor or pharmacist before making any changes. If things ever feel like more than you can manage alone, Quitline (13 78 48) and your GP are there to help — see the Extra Help section at the end.

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Welcome

Congratulations on picking this up. Deciding you want to stop — even just deciding you want to want to stop — is the first real step, and most people never take it.

This guide is built around five days, but it isn't a race. Some people move through it in a week; some take a month getting ready before they actually quit. What matters is that each section gives you something practical to do, not just something to read.

A note on language: everything in here applies whether you smoke cigarettes, vape, or both. Where something is specific to one or the other, it's called out clearly.

How to use this guide

- Read Day 1 today, even if your quit date is still a few weeks away.
- Do the small actions as you go — most of the value is in the doing, not the reading.
- Keep this guide somewhere you'll actually see it again: on your phone, printed on the fridge, wherever works.
- If a day doesn't apply to you yet, skip ahead. This is your process, not a test.

Understanding Why You Smoke or Vape

Quitting is hard to stick to when it's treated as a willpower problem, because smoking and vaping usually aren't just about willpower. There are normally two things running at once: a physical nicotine addiction, and a habit loop built around your daily routine.

The habit loop

Most habits — including smoking and vaping — run on a simple three-part loop:

- Cue — something triggers the urge: a coffee, a phone call, stress, finishing a meal, getting in the car.
- Routine — you smoke or vape, which is the automatic response to that cue.
- Reward — a small hit of relief, stimulation, or a break from what you were doing.

Nicotine replacement products can help with the physical addiction, but they don't touch the habit loop — which is a big part of why so many people quit "successfully" for a few weeks and then drift back once the routine reasserts itself. Working on the loop itself, not just the nicotine, is what makes a quit attempt more likely to stick.

Why vaping can be trickier than it looks

Vaping is often treated as a smaller, more casual habit than smoking — but a few things make it easy to underestimate:

- No fixed "pack" to track — it's easy to vape far more often than you'd smoke cigarettes, without noticing, because there's no natural stopping point.
- Flavours and discretion make it easy to use indoors, at a desk, or around others — which removes many of the natural pauses that used to interrupt a smoker's day.
- Nicotine strength varies enormously between devices and e-liquids, and many disposable vapes deliver nicotine at a rate and concentration similar to — or higher than — a pack of cigarettes.

None of this is about guilt. It's just useful to know, because the plan for putting vaping down often needs to be a little more deliberate about rebuilding those natural pauses in your day.

Know Your Numbers

Two kinds of numbers tend to matter to people quitting: what it's costing you, and what your body does once you stop. Neither is meant to guilt-trip you — they're just useful motivation for the harder moments.

What it's costing you

If you'd like an exact figure based on your own habits, the cost calculator at simplyeasy.com.au/#calculator will work it out for cigarettes or vaping in a few seconds. As a rough guide, a pack-a-day cigarette habit or a couple of vapes a week in Australia typically adds up to several thousand dollars a year.

Withdrawal — what to expect, and when

Nicotine withdrawal is uncomfortable but short-lived, and it follows a fairly predictable pattern. Everyone's different, and these are general ranges, not guarantees:

Timeframe	What's common
20 minutes–2 hours	Cravings can start quickly, especially around your usual triggers.
Day 1–3	Physical withdrawal tends to peak — irritability, restlessness, trouble concentrating, strong cravings.
Day 3–4	Most people find this the hardest patch, both physically and mentally.
1–2 weeks	Physical symptoms usually start easing; cravings become shorter and less frequent.
2–4 weeks	The habit loop is the main challenge now, more than the physical addiction.
1–3 months	Energy, sleep and concentration typically improve noticeably.

What your body starts doing once you stop

These are commonly cited general timelines from public health sources, not individual medical guarantees — everyone's health history is different.

Time since your last cigarette/vape	What's commonly reported
20 minutes	Heart rate typically begins to drop back toward normal.
12 hours	Carbon monoxide levels in the blood typically fall back to normal.
2 weeks – 3 months	Circulation and lung function typically start to improve.
1–9 months	Coughing and shortness of breath often decrease.
1 year	Risk of heart disease is commonly reported as roughly half that of a smoker.
5–15 years	Risk of stroke and several other health risks continue to decline toward that of a non-smoker.

If you have an existing heart, lung, or other health condition, talk to your doctor about what quitting means specifically for you — general timelines like these can't account for your individual situation.

DAY 1

Get Clear, and Get Ready

Today isn't about quitting yet — it's about setting yourself up properly, which matters more than most people expect.

1. Write down your real reasons

Not the reasons you think you should have — your actual ones. Health, money, your kids, breath, fitness, control, whatever it is. Write three to five down. You'll want them later, on a harder day.

2. Pick a quit date

Choose a specific date in the next one to two weeks. Not "soon" — an actual date, on your calendar. If you're planning to use the Simply Easy seminar or a 1:1 session, that's a natural quit date to build around.

3. Tell someone

Tell at least one person you trust. Accountability makes a measurable difference, and it means someone can check in on the days you'd rather not talk about it.

4. Clear your environment

- Cigarettes: get rid of lighters, ashtrays, and any spare packs — don't leave a safety net.
- Vaping: remove chargers, spare pods or e-liquid, and consider disposing of the device itself once your quit date arrives.
- Wash anything that smells like smoke — car, jacket, bedding — so your environment doesn't cue the habit for you.

Tonight's small action

Write your reasons down somewhere you'll see them again — your phone's notes app, a sticky note on the mirror, wherever you'll actually look.

DAY 2

Know Your Triggers

You can't plan around a trigger you haven't named. Today is about mapping yours out honestly.

Trigger-mapping

For the next 24 hours, notice each time you smoke or vape (or want to) and jot down what was happening right before. A simple pattern for each entry:

- What time was it, roughly?
- What were you doing?
- What were you feeling — bored, stressed, social, tired, something else?

Most people find their cravings cluster around a small handful of repeat situations: the first coffee, driving, a work break, after meals, alcohol, or stress. Once you can see the pattern, you can plan for it instead of being ambushed by it.

A note for vapers

Because vaping is easy to do almost anywhere, your trigger list may be longer and less obvious than a smoker's — including habits like vaping while scrolling your phone, watching TV, or simply having it in your hand. That's normal; just write down whatever you actually notice.

Today's small action

Fill in at least five rows of your trigger log before bed. Don't judge it — just notice it.

DAY 3

Get a Toolkit for Cravings

A craving is intense, but it's also short — most peak and fade within about three to five minutes if you don't act on them. The goal isn't to make the craving disappear; it's to get through that window.

The 4 D's

- Delay — tell yourself "not yet, give it five minutes." Cravings are time-limited, even when they don't feel like it.
- Deep breathe — four slow breaths, in for four counts, out for six. This alone calms the nervous system enough to take the edge off.
- Drink water — a full glass, slowly. It gives your hands and mouth something to do and helps flush residual nicotine.
- Do something else — move rooms, go for a short walk, call the person you told on Day 1.

Something for your hands and mouth

A lot of the pull of smoking and vaping is physical habit, not just nicotine. Simple substitutes people find useful:

- Sugar-free gum or mints
- Carrot or celery sticks
- A toothpick or a straw to chew on
- Keeping your hands busy — a stress ball, fidget item, or even just doodling

A short breathing exercise

Breathe in through your nose for four counts. Hold for four counts. Breathe out through your mouth for six counts. Repeat four times. This is the same basic technique used to calm nerves before anything stressful, and it works well for cravings too.

Today's small action

Actually try the 4 D's next time a craving hits — even a mild one — so the sequence feels familiar before you need it for a big one.

DAY 4

Plan for the Hard Moments

Certain situations knock out more quit attempts than any others. Today, plan for the ones on your own trigger list from Day 2.

Situation	What tends to help
Alcohol	Have a plan before you go out — a non-drinking friend nearby, fewer drinks than usual, or skipping the first hour of a big session while cravings are highest.
Stress at work	A short walk, the breathing exercise from Day 3, or stepping outside without your cigarettes/vape.
After meals	Get up from the table straight away, brush your teeth, or go for a short walk instead of sitting with a coffee.
Driving	Keep gum or mints in the car, and change your usual playlist or podcast for the first couple of weeks so the drive doesn't feel identical to before.
Socialising with smokers/vapers	Decide in advance whether you'll step away when others do, or stay put — deciding beforehand removes the in-the-moment decision.
Boredom	Have one or two go-to activities ready — a game on your phone, a short task, a call to a friend.

If you slip up

A slip isn't the end of a quit attempt unless you decide it is. If you have a cigarette or vape after a period of not smoking, the most useful thing you can do is get back to it as soon as possible — not wait for a fresh "Monday" or a new quit date. Beating yourself up about it tends to make the next attempt harder, not easier; a bit of self-compassion here genuinely helps people succeed on their next try.

DAY 5

Lock It In

By now you've got your reasons, your triggers, your toolkit, and a plan for the hardest moments. Today is about making it stick.

Start thinking of yourself as a non-smoker/non-vaper

This sounds small, but it matters: the language you use about yourself shapes how automatic the new habit feels. "I don't smoke" tends to stick better over time than "I'm trying to quit," because the first is an identity and the second is a constant negotiation.

Build in a reward

Put aside what you'd have spent on cigarettes or vapes this week — even roughly — and spend it on something unrelated. A visible reward reinforces the habit change far more effectively than an abstract sense of "saving money."

Decide what extra support looks like for you

Some people get through this with just the steps in this guide. Others do better with more structure or support — and there's no prize for doing it the hard way if support is available. If you'd like more structure, Simply Easy offers a few options:

- The full ebook, audio and video course, for a deeper self-paced version of everything in this guide.
- 1:1 coaching, for a plan built around your own triggers with direct support.
- An in-person seminar or private session with Mark Anthony on the Gold Coast, using hypnosis to work on the habit loop directly.

You can see all of these at simplyeasy.com.au/#pricing.

You've made it through the guide

Whatever you decide next, the fact that you worked through five days of a guide like this puts you ahead of most people who only ever think about quitting. Well done.

If You Need Extra Help

This guide is educational, not a medical treatment, and it isn't a substitute for professional advice — particularly if you have an existing health condition, are pregnant, or are using nicotine replacement therapy. A few places worth knowing about:

- Quitline — 13 78 48 (13 QUIT), a free, confidential service for anyone in Australia wanting support to quit smoking or vaping.
- Your GP or pharmacist — for advice on nicotine replacement therapy or any health concerns related to quitting.
- Simply Easy — for the hypnotherapy-based method covered in this guide, digitally or in person on the Gold Coast.

If you're finding that stress, low mood, or anything else feels bigger than the smoking or vaping itself, it's worth mentioning that to your GP too — quitting is easier when the rest of your wellbeing is supported alongside it.

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This guide provides general educational information and is not a medical service. It does not diagnose, treat, or cure any condition, and results vary from person to person.