

SMOKEFREE... it's about us

KIA AUAHU KORE... mō tātou te kaupapa



Nikki
Kynaston

Planning and Funding
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Nikki Kynaston smoked up to 35 cigarettes a day for 30 years.

The “committed” smoker tried all sorts of ways to give up, from hypnosis and nicotine gum to acupuncture and patches.

None worked. After the hypnotherapy session she lit up on the drive home. “My head was into giving up but my heart wasn’t.”

Nikki started smoking when she was 14 and remembers the day she became hooked. She smoked while pregnant, unaware of the risks to her unborn child. She even used cigarettes to reward herself after doing housework.

In 2001, Nikki took part in a smoking cessation programme which included nicotine patches and group sessions. Once she got through the first 24 hours without a smoke she knew the programme had worked.

The hardest part was getting through the first day. It was an emotional struggle and Nikki took her frustrations out on the people around her.

By the next morning she felt better and started looking forward to life without smoking. Wearing patches for eight weeks helped her get through the nicotine withdrawal period.

She says the programme worked because she was “in the right head space”. “You’ve got to really want to give up.” There was also increasing pressure from society not to smoke, she says.

Nikki has been tempted to have a puff just once since giving up, and it wasn’t what she expected. “I was just about sick. I’ll never smoke again.”

Her husband has also given up smoking. They are amazed at the amount of money they are saving - eating out at restaurants is now a regular occurrence thanks to the extra cash. “The savings have been absolutely huge,” Nikki says.

She says smokers who want to give up need to keep trying, even if the first few attempts don’t work. “It saddens me to see young people smoke because they don’t realise how hard it can be giving up.”

