



Hints and tips to Go Free

So, you've signed up to Go Free for Royal Free Charity, set up your fundraising page, told everyone about it ... and now you've actually got to go ahead and do it.

We're not saying it'll be easy – nothing worth doing ever is – but we've looked to make it that little bit easier with our handy hints and tips.

- Pick a date to pack in and stick to it.
- Take it day by day, rather than looking ahead – every day you've quit your chosen thing is a day closer to your target of a whole month without it.
- Ignore your doubts. Your head may tell you that 'this is too much', 'you can't go another day without', 'you'll never last a month'. Ignore all of this and do something to distract yourself; phone a friend, do a crossword, go for a brisk walk.
- If you're giving up a particular food or drink, keep handy, healthy snacks nearby for when temptation strikes - carrot sticks, wasabi peas, raw cashew nuts.
- If your chosen thing is online – playing Call of Duty, scrolling Instagram – maybe use it as an excuse for a bit of a 'digital detox' overall.
- If you're quitting smoking, check out the [support available](#) from the NHS, including nicotine replacement treatments from your GP.
- If you're giving up alcohol, there are plenty of 0% beers and even spirits out there and you can find out more about support for reducing your alcohol intake from [the NHS](#).
- Stress can be a trigger for going back – find ways to destress; breathing exercises, certain music, your favourite exercise.
- Try a little mindfulness – it's all the rage these days.



- Get a quitting buddy— someone to push you on and hold you to account, but make sure it's someone who'll keep your spirits up and let you know you're not doing this on your own.
- Celebrate the little wins: each day brings you closer to a whole month, closer to your fundraising target, and means you've 'gone without' that day.
- Keep your sponsors/donors up to date across your social media channels; How many days have you quit for? Are you finding it tough? What's the hardest thing about it? Any little wins (maybe you're not so out of breath when you take the stairs, or you've finally finished that book)?

Don't forget to tag us in, [@RoyalFreeChity](https://twitter.com/RoyalFreeChity), and use the hashtag #GoFreeForRoyalFree

- If you have a fundraising page, update it when you've reached a milestone e.g. halfway through – has your general health improved? Are you getting nearer your fundraising target? How does that make you feel?
- Most importantly, enjoy the challenge and know, by taking it on, you're helping millions of patients, our doctors and nurses, and teams of essential clinical researchers.

Remember, if you need any further help, you can always contact your Fundraising Team here at: fundraising@royalfreecharity.org.