



Reasons to quit smoking²:

- More energy
- Save money and time
- Fresh breath
- Fewer wrinkles
- Clean air at home—a healthy family!

31 Things to Do Instead of Smoke

Beat the Pack Employee Stop-Smoking Program

When you have an urge to smoke, try one of these ideas to take your mind off wanting to light up.¹

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Take a nap.	2 Hold a pencil if you miss the feel of a cigarette in your hand.	3 Do your laundry: time for a fresh-smelling start!
4 Read the newspaper.	5 Brush your teeth.	6 Call a friend or coworker for support.	7 Chew sugarless gum or drink water.	8 Write in your Personal Progress Tracker.	9 Reward yourself by doing something fun: for example, go to the movies.	10 Distract yourself by cleaning the house.
11 Invite friends over for dinner.	12 Go for a walk.	13 Relax by listening to music.	14 Eat a healthy snack.	15 Write a goodbye letter to cigarettes.	16 Watch TV or a DVD.	17 Play with your kids or pets.
18 Go shopping.	19 Start an exercise program.	20 Treat yourself to a spa day.	21 Reread your handout: <i>Benefits to Your Health of Quitting.</i>	22 Think of the reasons you decided to quit.	23 Take up a new hobby.	24 Donate blood or do volunteer work.
25 Plant herbs or flower seeds.	26 Suck on a piece of hard candy.	27 Distract yourself by going on the Internet or playing a video game.	28 Count the money you're saving by not smoking.	29 Take deep breaths to relax.	30 Go to the movies, library, or a bookstore.	31 Celebrate getting quit with someone special.

1. American Cancer Society. Quitting smoking—help for cravings and tough situations. http://www.cancer.org/docRoot/PED/content/PED_10_13X_Help_for_Cravings.asp. Accessed March 27, 2008.
 2. National Heart, Lung, and Blood Institute. Your guide to lowering high blood pressure. http://www.nhlbi.nih.gov/hbp/prevent/q_smoke/top?ten.htm. Accessed March 27, 2008.