



**Reasons to quit smoking<sup>2</sup>:**

- 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.<sup>1</sup>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Take a nap.	<b>2</b> Hold a pencil if you miss the feel of a cigarette in your hand.	<b>3</b> Do your laundry: time for a fresh-smelling start!
<b>4</b> Read the newspaper.	<b>5</b> Brush your teeth.	<b>6</b> Call a friend or coworker for support.	<b>7</b> Chew sugarless gum or drink water.	<b>8</b> Write in your Personal Progress Tracker.	<b>9</b> Reward yourself by doing something fun: for example, go to the movies.	<b>10</b> Distract yourself by cleaning the house.
<b>11</b> Invite friends over for dinner.	<b>12</b> Go for a walk.	<b>13</b> Relax by listening to music.	<b>14</b> Eat a healthy snack.	<b>15</b> Write a goodbye letter to cigarettes.	<b>16</b> Watch TV or a DVD.	<b>17</b> Play with your kids or pets.
<b>18</b> Go shopping.	<b>19</b> Start an exercise program.	<b>20</b> Treat yourself to a spa day.	<b>21</b> Reread your handout: <i>Benefits to Your Health of Quitting.</i>	<b>22</b> Think of the reasons you decided to quit.	<b>23</b> Take up a new hobby.	<b>24</b> Donate blood or do volunteer work.
<b>25</b> Plant herbs or flower seeds.	<b>26</b> Suck on a piece of hard candy.	<b>27</b> Distract yourself by going on the Internet or playing a video game.	<b>28</b> Count the money you're saving by not smoking.	<b>29</b> Take deep breaths to relax.	<b>30</b> Go to the movies, library, or a bookstore.	<b>31</b> 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](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](http://www.nhlbi.nih.gov/hbp/prevent/q_smoke/top?ten.htm). Accessed March 27, 2008.