



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.