



What to Do Instead of Using Tobacco

Ways to Fight Stress and Boredom

Remember: symptoms of nicotine withdrawal usually hit a peak within the first three days of quitting, and last for about two weeks.

*After that, cravings start to go away after about **5 minutes**.*



➤ **Reward yourself**

- **Call a non-smoking friend**
- **Play a video game on your phone**
- **Look at Pinterest**
- **Catch up on Facebook**
- **Use your quit tobacco phone app**
- **Do your nails**

➤ **Relieve stress (things to do by yourself or possibly with your children)**

- **Take 10 deep breaths**
- **Go for a walk with a friend who doesn't use tobacco**
- **Exercise**
- **Play your favorite music**
- **Dance to your favorite song (with your kids or by yourself)**
- **Meditate**
- **Practice yoga (if you're by yourself or if your kids like to do it too)**
- **Watch a YouTube video**
- **Look at pictures of someone/something you love (with your kids or by yourself)**
- **Go for a walk, or march or jog in place (with your kids or by yourself)**
- **Read**
- **Watch a movie**
- **Do a relaxation exercise**
- **Cook**
- **Clean the house**

➤ **Journal, write, draw, play**

- **Color with your kids**
- **Do art projects with your kids**
- **Play with your kids (Simon Says, 5 Little Monkeys, Hide and Seek, etc.)**
- **Read to your kids**
- **Teach your kids something new (sign language)**
- **Write down your feelings**

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Continued on back

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- **Try a substitute (something to keep your hands or mouth busy)**
 - Gum and/or hard candy
 - Have healthy snacks ready, with you, and available like sunflower seeds, carrots, apples

- **Have a plan for what to do with any money you save**
 - Put your daily or weekly tobacco \$\$ in a piggy bank
 - Save up for something you want that you have not been able to buy

- **Your ideas**
 - _____
 - _____

- **Find a Quit Buddy**

- **Be sure your counselors, friends and family know that you may ask them for ideas for what to do instead of using tobacco!**