

There are so many things to do besides using tobacco

LOOK AT WHAT ALL YOU CAN DO

1. Read a book
2. Listen to music
3. Walk the dog
4. Talk to a friend
5. Swim
6. Drink a cool glass of water
7. Start a journal or scrapbook
8. Wash and wax the car
9. Go for a walk or jog
10. Listen to a podcast
11. Try painting/redecorating your room
12. Treat yourself to an afternoon of shopping with friends
13. Read a magazine
14. Teach the dog a new trick
15. Go fishing, hunting, or camping
16. Take a nap
17. Go to a museum
18. Work in the garden
19. Work around your home
20. Practice yoga
21. Play video games
22. Go out to eat
23. Watch a softball game
24. Learn karate or judo
25. Play tennis
26. Try skateboarding
27. Meditate
28. Play (or learn to play) a musical instrument
29. Call an old friend
30. Go to the movies
31. Go to a library or bookstore
32. Start writing (journaling, letters-to-the-editor, poems or books)
33. Join a group or club
34. Learn how to cook or bake
35. Have your best friend over for dinner or to watch movies
36. Play soccer
37. Make up your own hip hop dance
38. Solve puzzles (crossword or Sudoku)
39. Have a picnic with friends
40. Have a board game night with family or friends
41. Play pick-up basketball
42. Go bowling
43. Bike around your neighborhood
44. Go to a garage sale or yard sale
45. Get a manicure or pedicure
46. Enjoy a nice hike in a park
47. Dance, dance, dance
48. Grab a healthy snack (apples or carrots)
49. Brush your teeth and enjoy that fresh taste
50. Laugh at a good joke



Content source: American Cancer Society. *Kicking Butts: Quit Smoking and Take Charge of Your Health*. Atlanta, GA. American Cancer Society, 2003.