

Strategies to Beat Boredom while quitting smoking

During the quitting process, it is important to stay busy and distracted, especially during the first days and weeks of quitting.

It is just as critical to begin changing your daily habits that went along with your smoking. Realize your triggers to smoke, so you can separate them and replace them with new smoke-free behaviors that will become delete your permanent habits.

Try to take-up your free time with non-smoking physical exercises, hobbies and activities that will keep your mind, body and hands busy. Reference a suggested list of ideas to help you to live the life of a non-smoker!



Hobbies and Crafts

- Bird watching
- Cake decorating
- Calligraphy
- Genealogy
- Model building (airplane, car, boat...)
- Paint using watercolors, tempera, oil paints, acrylics, etc.
- Photography
- Scrapbooking
- Knit, crochet, cross-stitch, embroidery, sew, etc.
- Woodworking
- Play an instrument

Games

- Card games
- Board games
- Darts
- Handheld, travel games and apps.
- Join a league: bowling, softball, volleyball etc.
- Logic problems & puzzles (i.e. Sudoku, crosswords)
- Play pool
- Video games
- Word games

Take Action...

- Exercise
- Clean out & re-organize your home
- Cook & experiment with new recipes
- Dance
- Garden
- Learn tai chi or yoga
- Play with your pet
- Play sports
- Ride a bike, roller blade or roller skate