



When you're having a craving or are experiencing nicotine withdrawal symptoms, here are some things to do other than use tobacco...

WHEN YOU HAVE 5 MINUTES OR LESS:

- Take long, slow, deep breaths
- Go for a short walk
- Snack on fruit, vegetables, and other crunchy foods
- Drink a full glass of water
- Have a warm, soothing beverage such as tea
- Have a piece of candy or sugarless gum
- Hold a worry stone in your hand
- Chew on cinnamon toothpicks or straws
- Listen to a song you enjoy

WHEN YOU HAVE MORE TIME:

- Play a game - for example, solitaire card games
- Do crossword puzzles, sudoku, or word searches
- Do needlework, knit, or crochet
- Write in a journal
- Go for a long walk, jog, or bike ride
- Take an exercise class or go to the gym
- Do some housework - organize cupboards, closets, garage
- Do yard work or gardening
- Wash your car
- Read a book or magazine
- Go shopping
- Go to the movies
- Visit or call supportive friends and family
- Meditate
- Try new recipes and cook a healthy meal
- Take a bath or shower

