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