

November

2019

It is never too late to stop using tobacco or e-cigarettes

30 Things to do Instead of Smoke

List your reasons to quit:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Do the laundry for a fresh smelling start	2 Call the Quitline for support: 1-800-QUIT-NOW
3 Play with a stress ball or fidget spinner	4 Go for a walk	5 Chew gum	6 Write a goodbye letter to tobacco/e-cigarettes	7 Read an article on your phone or in the paper	8 Reward yourself with something fun	9 Take a weekend nap
10 Call a friend or family member for support	11 Document your progress in a journal	12 Watch a favorite show	13 Eat a healthy snack	14 Listen to a favorite song	15 Suck a piece of hard candy – tart flavors work well!	16 Clean your house to remove tobacco odor
17 Do a 10-minute workout	18 Brush and floss your teeth	19 Remind yourself why you quit	20 Drink a glass of water	21 Celebrate the GASO* – Encourage a friend to quit with you!	22 See a new movie or start a new book	23 Go somewhere fun with kids, pets, or friends
24 Prepare a fun snack or meal	25 Play a hand of cards with a friend	26 Practice your favorite hobby	27 Count the money you are saving from quitting	28 Write a list of what you are thankful for	29 Take funny pictures with your family, friends, or pets	30 Celebrate one-month tobacco or e-cigarette free!!

*GASO – Great American Smokeout

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