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Ways to Stay Tobacco Free



Staying tobacco free is not easy, here are some activities that can help you help you stay on track:

- Go walking
- Do a puzzle
- Do breathing exercises
- Brush teeth
- Draw/paint a picture
- Chew sugar free gum
- Eat a piece of fruit
- Crochet or knit
- Squeeze a stress ball
- Take a power nap
- Join a support group
- Write in your journal
- Go fishing
- Call a friend
- Say positive affirmations to yourself
- Go camping
- Go berry picking
- Go hiking
- Make Akutuq
- Watch an inspirational movie
- Do 25 jumping jacks
- Do 25 sit ups
- Cook a healthy recipe
- Do a crossword puzzle
- Visit an Elder
- Stay present in the now
- Go sledding
- Say a prayer
- Meditate
- Start a mini garden
- Make a snowman
- Talk to counselor
- Go on a picnic
- Start an herb garden
- Go biking
- Drink ice water
- Make fresh lemonade
- Mow the lawn
- Get to know your neighbor
- Walk a dog or cat
- Wash your dog/cat
- Dance
- Pick flowers for a vase
- Run for five minutes in place
- Listen to music
- Walk up and down stairs
- Do a family activity
- Write a letter
- Call your family
- Do volunteer work
- Clean your vehicle
- Do laundry
- Organize closet
- Shovel snow
- Paint a room
- Try scrap booking
- Try a new hobby
- Find new recipes
- Bake cookies
- Make a homemade card
- Go to the zoo
- Read a book
- Make homemade bread
- Listen to podcast
- Work out at the gym
- Have a healthy snack
- Treat yourself to lunch
- Watch a funny movie
- Watch a sunset
- Rake the leaves
- Take an afternoon nap
- Get a pedicure
- Cook with family
- Go to farmer's market
- Get a haircut
- Make a smoothie
- Go swimming
- Walk on treadmill
- Go ice skating
- Set a short-term goal
- Take a mini road trip
- Garage sale time
- Take a bath
- Schedule a massage
- Take kids/grandkids to the park
- Play baseball
- Go to the library
- Eat ice cream or yogurt
- Do five to ten pushups
- Attend an exercise class
- Write a bucket list for the year
- Jump rope for two minutes
- Go to the museum
- Go kayaking or canoeing
- Write a poem
- Go to a ceramics class
- Make a green salad with fruit
- Play basketball
- Schedule annual doctor appointments