



Strategies to Beat Boredom

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

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

Hobbies and Crafts

- ▶ Bird watching: set-up a bird feeder
- ▶ Buy a robotic or electronic science kit
- ▶ Cake decorating
- ▶ Calligraphy
- ▶ Decorate boxes or furniture
- ▶ Start an insect collection or ant farm
- ▶ Genealogy – track your family history
- ▶ Leatherworking
- ▶ Make & design your own jewelry
- ▶ Make a collage from magazines
- ▶ Make your own candles or soap
- ▶ Model building (airplane, car, boat...)
- ▶ Paint using watercolors, tempera, oil paints, acrylics, or paint-by-numbers
- ▶ Photography (traditional or digital)
- ▶ Scrapbooking: keepsakes & photos
- ▶ Start an indoor garden
- ▶ Take a community workshop or class
- ▶ Teach yourself how to knit, crochet, latch hook, macramé, cross-stitch, embroidery, or sew

Games

- ▶ Use fabric paints to decorate a shirt
- ▶ Video editing
- ▶ Woodworking buy a puzzle or brain-teaser book
- ▶ Play card games like solitaire
- ▶ Crossword puzzles
- ▶ Darts
- ▶ Golf
- ▶ Handheld & travel games
- ▶ Join a league: bowling, softball, volleyball, etc.
- ▶ Juggle
- ▶ Learn magic tricks
- ▶ Logic problems & puzzles
- ▶ Online games
- ▶ Picture puzzles
- ▶ Play pool
- ▶ Sudoku
- ▶ Video games
- ▶ Word games





Beat boredom

- ▶ Borrow a yoga or exercise DVD from the library
- ▶ Build a mini-city out of Legos
- ▶ Digitize all your family photos and post them on-line
- ▶ Call a friend or family member you haven't spoken to in a while
- ▶ Chat with people on-line
- ▶ Join an on-line message board or discussion group
- ▶ Chew bubble gum or cinnamon sticks
- ▶ Clean out & re-organize your closet
- ▶ Cook & experiment with new recipes
- ▶ Dance to whatever music you have available
- ▶ Garden - start an herb garden
- ▶ Get a library card and start borrowing books and or DVDs
- ▶ Iron some clothes while listening to a recorded book
- ▶ Keep your hands busy with coloring books or water-coloring
- ▶ Learn how to Hula Hoop
- ▶ Learn tai chi
- ▶ Learn the alphabet in sign language
- ▶ Memorize something meaningful like a poem
- ▶ Origami
- ▶ Play with your cat or dog
- ▶ Play sports
- ▶ Practice playing a musical instrument or try learning to play one
- ▶ Read books, magazines or on-line blogs
- ▶ Rearrange your furniture
- ▶ Redo your interior for cheap
- ▶ Ride a bike, roller blade or roller skate
- ▶ Start a quit journal
- ▶ Take dance lessons
- ▶ Teach yourself how to tie knots
- ▶ Treat yourself to do-it-yourself spa treatment: take a long hot bath, give yourself a pedicure
- ▶ Volunteer with a program in your community
- ▶ Walk around your block and pick up all the litter you can find
- ▶ Walk or jog
- ▶ Work on a jigsaw puzzle
- ▶ Write a hand-written letter to a friend or family member

