

101 Things to Do Instead of Smoking

Terry Martin

Sometimes the best thing we can do when craving a cigarette is to simply redirect our attention to something different and interesting. Nine times out of ten, the urge is gone within moments. Our thoughts color our lives, so if you find that yours are taking you places you'd rather not go, take charge and shift your focus.

1. Read a book.
2. Wash the car.
3. Wash the dog.
4. Go for a walk.
5. Knit a scarf.
6. Do a crossword puzzle.
7. Take a nap.
8. Call a friend.
9. Post a message.
10. Play with the cat.
11. Turn the bathroom into a spa and do all those beauty treatments.
12. Listen to a relaxation tape or some favorite music.
13. Go to a store and get a free make-up session.
14. Give yourself a manicure and pedicure.
15. Try out a new hair-do
16. CHEW SOME CLOVES!
17. Go to the movies.
18. Hang out at a mall.
19. Do a jigsaw puzzle online at Jigzone.com
20. Breathe deeply!
21. Swig down some ice water.
22. Jump on a treadmill or go to a gym.
23. Give someone you love a huge hug.
24. Plant some flowers.
25. Do some exercise - swimming, aerobics, yoga, etc. Great for releasing endorphins (feel good factor) and relieving stress (physical and mental).
26. Work out how to post a picture in the forum!
27. Take up a new hobby/interest - channel your thoughts into something constructive and interesting.
28. Work in the garden.
29. Retail therapy with the cash you saved from not smoking.
30. Suck on a piece of TART candy (Jolly Rancher is my personal favorite).
31. Slather on a rich, creamy hand lotion and rub, rub, rub! It keeps fingers busy, and reminds you how nice it is not to have tobacco stink on them.
32. Eat a Popsicle.
33. Floss and brush your teeth.
34. *Make-out with your special someone! Hubby hated kissing me when I smoked, but now he LOVES it. Soooo, when the urge strikes and he's within kissing distance, I plant a big one on him!*
35. Chew gum.
36. Chew a toothpick (shiny teeth).
37. Spend time with a kid.
38. Give yourself a treat every day of your quit - not matter how small.
39. Spend an hour filling the paddling pool in the garden on a gorgeous sunny day, only to find that the kids would rather play on the computer.
40. Play several games of Internet Scrabble, and hopefully win one!
41. Walk in an old graveyard with the man you love.
42. Get your jammies on early, and park yourself in front of your computer for the night.
43. Build a REAL closet
44. Hang the sheetrock on said closet.
45. Do the mudding, taping and sanding on that closet.
46. Paint the closet.
47. Add the doors to the closet.
48. And last...when the real closet is finished, create THE CHOCOLATE CLOSET on this site.
49. Hang on dearly to a caramel apple sucker.
50. Sing loudly.
51. Practice smiling in the mirror (releases endorphins)!
52. Make lists of pros and cons of smoking.
53. Find gross smoking disease pictures.
54. Play with Silly Putty.
55. Whistle "Don't Worry - Be Happy."

56. Get a camera, and take some pictures.
57. Write a letter (you know...on paper).
58. Clean OUT the closets.
59. Crank up the radio and sing at the top of your lungs (works great for driving craves).
60. Crank up the radio and dance like no one is watching.
61. Make a puzzle.
62. Organize your boxes of pictures.
63. Alphabetize your CD rack.
64. Come here and read and post.
65. Go to miniclip.com and PLAY GAMES.
66. Do your nails. Hard to smoke with wet nails. I've tried.
67. Take a shower.
68. Take a candle-lit bath.
69. Clean out a messy drawer.
70. Take a day trip.
71. Try making home-made candles or soap.
72. Run in place.
73. Do some jumping jacks.
74. Start a reward fund - put away the amount you spend on smokes every day and use it to treat yourself once in awhile.
75. Write a poem.
76. Go antique shopping.
77. Go plant a flower for every negative thought.
78. Go to church/talk to God.
79. Let your husband cook supper for you.
80. Call your Grandmother!
81. Paint a room.
82. Eat a hot fudge sundae.
83. Go play mini-golf.
84. Clean the basement or garage.
85. Wax the car.
86. Make love with your significant other.
87. Scrub the floor.
88. Treat yourself to a massage.
89. Chop up some veggies for a stir-fry - keep your hands busy!
90. Clean out the litter box.
91. Check your car's tire pressure.
92. Call a radio show and request a song.
93. Go ride a few roller coasters.
94. Take a walk in nature.
95. Watch the sun set.
96. Write a goodbye letter to cigarettes
97. Donate blood.
98. Color your hair.
99. Make a greeting card.
100. Write a list of things you are grateful for.

The final suggestion in our list comes in the form of a story...

101. Run around in the sand in your socks!

From KERRIR:

One of the things I couldn't do before was take the kids to the beach. I couldn't go long enough without smoking and there's nowhere to hide either!

My 3 year old asked me today if we could go to the beach... someone at his daycare had mentioned it. It was a really cold day, so I said no, we couldn't. Well, he asked me if it was really far and it dawned on me how much I had actually been depriving this child. We live 2 miles away from 2 miles of beautiful beaches. So, I scooped him up in just his jammies and socks and down to the beach we went.

I told him we couldn't get out of the car because he wasn't dress, but then said, what the heck. We got out and cuddled and listened to the waves and he just looked at me and said, "The beach is great, Mom." I put him down in the sand and let him run around in his socks.