

30 Things To Do Instead Of Smoking

1. Change your routine and do different things at different times.
2. Go for walks, swimming, sailing.
3. Decorate your home or change the colour scheme.
4. Get involved in a new club ie local amateur dramatics, St. John's Ambulance first aid courses, evening classes, yoga, exercise classes.
5. Think of a new hobby or go to the library and pick up a book on something you fancy learning about, making fancy dress costumes, pottery, computing, artwork, photography.
6. Buy yourself something with the money you have saved from not smoking or open a new bank account with a passbook so you can see your money grow.
7. Go for a short break at a health farm or golfing weekend with the money you save.
8. Have some friends around for a meal, make it a special occasion. You can make all the decorations, place mats and invitations.
9. Find a pen pal (on teletext/internet/magazines) and get writing.
10. Treat yourself to a facial massage and/or body massage.
11. Try quizzes, crosswords, word searches, logic problems.
12. Buy a new book to get engrossed in.
13. Get out in the garden, re-design your garden, and buy some new plants and pots. Create a different look.
14. Learn a foreign language, French, German or Latin.
15. Find a map of your area and follow a cycle/walking route you would like to do with some friends or by yourself.

16. Prepare some healthy snacks like strips of raw carrot, cucumber, celery, and spring onion and make some dips like hummus, taramasalata or mayonnaise for when you really need a snack.
17. Give yourself a foot massage! Soak feet in bowl of warm water with your favourite bubble bath or foot scrub, exfoliate them using a scrub or even an old toothbrush, dry them, and then massage using circling motions.
18. Collect card, wood, items from the beach, tissue paper, buttons, shiny paper, pine cones. You can use these materials to make a mobile, picture frame, fridge magnet, mosaics and birthday cards.
19. Do those jobs that you have always kept in the back of your mind. Cleaning your kitchen cupboards, organising paperwork or tidy the garage.
20. Write a novel, short story, some poetry or a limerick.
21. Treat yourself to a new hairstyle.
22. Be naughty. Do some baking, flapjacks are a healthier option.
23. Go surfing on the Internet.
24. Join your local leisure centre/fitness suite.
25. Take up playing a musical instrument.
26. Find some paint and decorate objects (acrylic will stick to most things) like vases, mug stands, wooden bread bins, plant pots and egg cups.
27. Enter some competitions as you never know your luck.
28. Buy a new piece of furniture for your home.
29. Keep a diary of how well you are doing as being a non-smoker.
30. Play a computer game, if you have never played computer games before its fun and some games are easy to play and are good to vent your frustration and are designed to make you think.