

100 things to do or distract when stopping smoking

Make a compilation playlist of music for each of your moods and activities;

1. Playlist for house work
2. Playlist for driving or traveling
3. Playlist for dancing
4. Playlist for background music whilst you're with someone
5. Playlist for relaxation
6. Playlist for life

7. Mindfulness colouring book – aim for a page a day

8. Avoid comparing yourself with others – they are not you and you have a different background and different set of life experiences

9. Brush your teeth - you're less likely to have a cigarette after you've refreshed your mouth

10. Drink of water - smokers' bodies are quite acidic so often suffer from dehydration and dry mouth when quitting as it's used up repairing the damage

11. Eat an orange - keeps your hands occupied whilst peeling and eating it segment by segment mimics the hand to mouth action

12. Go for a walk - take a breath of fresh air

13. Exercise - exercise releases the same endorphins as nicotine so can help with withdrawal

14. Yoga - not only will you get the benefit of exercise and endorphins, you'll teach yourself how to breathe properly which can help with those stressful cravings

15. Buy yourself something nice - with some of the money you've saved - treat yourself like you would reward yourself with a cigarette at the end of the day

16. Pray - some people find that their faith keeps them strong during a quit attempt.

17. Play a game - on your phone, computer or tablet.

18. Plan a trip – even if it's a day trip. Pick a day, time, invite someone to come with you

19. Plan a pretend dream trip away – you never know with all the money you've saved you can pay for it.

20. Work out how much each cigarette in your pack costs, that way each time you smoke you know how much you're spending

21. Work out how much money you will save in a week

22. Work out how much money you will save in a month

23. Work out how much you can save in a year

24. Work out how much you can save in 3 years
25. Work out how much you can save in 5 years
26. Work out how much you can spend in 10 years
27. List all the negative things about smoking and stick it on your fridge
28. Try an aging tool to see how you'll look if you carry on smoking – there is an abundance of apps for computers, phones and tablets you can use
29. Book yourself a massage
30. Get your nails done
31. If you're not quit yet, make a smoking diary listing what times you had one and what you were doing. Sometimes, just making a log can help you reduce your cigarettes
32. Get rid of all your lighters and ashtrays
33. Decorate the house – if you smoked in your home you'll really notice the difference
34. Wash the clothes you have smoked in. You'll notice a difference when you get your sense of smell back.
35. Write a blog about your stop smoking experience – it might help others in the same boat
36. Create a Whatsapp or social media group with people you know who are stopping smoking and use it to support each other.
37. Have a clear out of your old clothes and donate them to charity
38. Pop into a LiveWire drop in and get your carbon monoxide reading done to keep you on track
39. Talk to someone you trust
40. Book in to meet a friend. Try somewhere new so you have to plan it more
41. Jump on a bus ride to somewhere different and watch the world go by
42. Make a list of things that have made you start smoking again if you've managed to quit before and try and create a plan on how you can avoid these situations again. If you can't avoid the situation, try and make a plan to how you can cope with these better.
43. Eat Breakfast – this can reduce the chances of you putting on weight. A lot of smokers will have their first cig in the morning which kick starts your metabolism. This kick start needs to be replaced by a healthy and balanced breakfast to even this out.
44. If you have children why not take them for a kick about in the garden or a jigsaw

45. Dance, sing or listen to music - it's a lovely distraction if you out on some of your favourite songs. Why not make a stop smoking playlist of empowering songs?
46. Breathe - sounds daft we know, but a few deep breaths can really help battle those cravings.
47. Light a candle - make use of your old lighters and help you relax. Just be aware of the dangers of lighting candles and ensure they're safe.
48. Craft your ashtray - make something nice with your smelly old ashtray. Apps like pintrest are full of fun ideas that can help you.
49. Repeat a mantra - whatever helps. Why not try, ' I am more than this, just because I think it hard doesn't mean I cannot do it'
50. Knitting - keep those hands occupied and try knitting. Warrington have knit and natter groups where you can share you patterns. Email jnorton@warrington.gov.uk for more details
51. Paint - whether it's a small piece of art work or an entire wall, it will keep you busy and will keep you motivated if you appreciate what you've achieved both physically and physiologically
52. Origami - the ancient are of paper folding. Get a how to book from one of our libraries www.livewirewarrington.co.uk
53. Make a brew & read a mag - life's hectic, take 5 minutes out for a bit of you time!
54. Go window shopping – if you're trying to save your money for something else, have a little look round and pretend spending your money.
55. Plan for Christmas – if you're saving your cig money for x-mas try buying a present each month for a different person and then all your spending doesn't have to come at once
56. Chew a toothpick or a straw if you need something in your hands or mouth.
57. Buy statement piece of jewellery that you wouldn't normally wear an plan to wear it
58. Try some new make up – experiment with something different. There are lots of tutorials on you tube that you could try
59. Buy yourself some flowers or a plan that you wouldn't normally. You could even decorate your vase to keep you more occupied
60. Borrow a book from the library – it will occupy your time getting there and browsing round.
61. Visit a museum or art gallery
62. Create a checklist of things you want to do that you can tick off each time you've done something
63. Create a list of jobs you've been meaning to do and tackle one each time you get a craving

64. Try out a new recipe.
65. Collect different fabrics and make a throw for your bed
66. Sit and stare at the clouds and make out different pictures
67. Take up photography to make a log of all your new experiences since you've stopped smoking
68. Have a mini pamper session – get a bubble bath and have a soak for 10 minutes
69. Watch a new series or dvd
70. Lie down and squeeze all of your muscles tight for as long as you can and then slowly release them – you'll feel so relaxed!
71. Re-arrange your room, especially if it's the one you would normally smoke in. You'll feel a sense of accomplishments.
72. Plan a list of good deeds – help a neighbour, do some voluntary work or
73. Go to a perfume shop and try out a new fragrance that you can treat yourself with when you have enough money
74. Time how long your craving lasts for – you'll know how long you need to keep occupied and you'll see how much your cravings times have changed over a period of time
75. Practice saying 'no thanks, I don't smoke'
76. Try and find a dry bar and sit and try some non-alcoholic cocktails, or try coming up with your own at home
77. Create a daily tick off sheet for how many days you have been smoke free
78. Try scented candles and put your lighters to better use.
79. Try a different type of fruit or vegetable
80. Jewellery making - make a beaded necklace or bracket, the more you do the better they look & they will make lovely gifts too.
81. Try a sugar free lollipop - will curb a sweet tooth and give you the hand to mouth action you need.
82. Play an instrument - whether it's tapping your fingers on a desk or an session on the guitar
83. Twirl your ring round your finger - sounds strange we know but it can really help
84. Imagine you're a stop smoking advisor – what advice could you give yourself?

85. Sit and visualise yourself as a non-smoker – how will you look? Will your skin have changed, will you feel better, will you look healthy and wealthy?
86. Start writing a book about your life story
87. Start writing a fictional story
88. Create a positive thoughts jar – every time you think of something positive about yourself and not smoking, write it down and put in a jar – each time you get a craving pick a piece out and read it and remember how far you've come
89. Create a photographic milestones board – you could print them out or create an album on your phone – you'll notice a difference in your looks through pictures rather than noticing the small changes that happen each day.
90. Become a stop smoking advocate – tell people about your experience and give them the stop smoking information so they can help too. You could be their stop smoking buddy
91. Safety in numbers – encourage a friend to stop smoking who would normally be the one passing you your cigs
92. If you are struggling, try a self-help book
93. Do some research around what can happen if you carry on smoking. Knowledge is power, just check your information is from a reputable place like NHS
94. Tell your other half the mother-in-law can come and stay if they catch you smoking.
95. Try going to a new group – there are loads of different free activities and classes around Warrington. Get research
96. Write a list of why you started smoking in the first place – are any of these reasons the same as why you do now?
97. Go crazy with post it notes – leave yourself some motivational quotes around the house where you would normally go for a cig.
98. Brush your pet – have some quality time with your pet, sometimes a cuddle is all you need.
99. Stand and look at yourself in the mirror & give yourself a pep talk –
 - I can do this
 - Smoking does not make me who I am, it's something I do
 - I have a choice, I am choosing not to smoke
 - I will not be a prisoner to my cigs any more
100. MOST IMPORTANTLY - use your products... If you're using an intermittent NRT product, why not use it a couple of minutes before you would normally have your craving. That way you'll nip it in the bud before it starts.