








Quit Tobacco

Twenty-Five Things You Can Do in 5 Minutes Besides Use Tobacco

You may not realize how much time it takes to use tobacco. Putting a dip in, all that spitting, clearing it out, and ducking outside to have a cigarette is time that you can have back when you quit.

Here are twenty-five things you can do as an alternative to smoking or chewing tobacco:

- 1 Read the sports page.
- 2 Go for a walk around the outside of your building.
-  3 Call your mom (she told us to say that).
- 4 Have a cup of coffee or tea.
- 5 Calculate how much money you've saved by not using tobacco and think of fun ways to spend it.
- 6 Send a postcard to a friend.
- 7 Make a playlist of songs.
-  8 Practice deep breathing.
- 9 Kiss your sweetheart.
- 10 Have a snack.
- 11 Floss your teeth.
-  12 Make a list—things to do, buy at the store.
- 13 Take out the garbage.
-  14 Do a crossword puzzle or Sudoku.
- 15 Sign up for SmokefreeMIL, and get quit support text sent right to your phone.
- 16 Play rock-paper-scissors.
- 17 Walk up and down all of the stairs.
- 18 Make marshmallow treats (you can use the microwave).
- 19 Throw all the garbage out of your car.
- 20 Read a comic book.
- 21 Play an online game.
-  22 Make plans with a friend to do something fun.
- 23 Do something to keep your hands busy—juggle, practice origami or draw.
- 24 Take a single photo every day.
- 25 Send a card to a friend to let them know you are quitting tobacco.