



Strategies to Beat Boredom

Boredom may trigger many smokers to light-up. 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 & 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
- ☉ Use fabric paints to decorate a shirt
- ☉ Video Editing
- ☉ Wine making or Brew your own Beer
- ☉ Woodworking

Games

- ☉ Buy a Puzzle or Brain-teaser Book
- ☉ Card Games such as Solitaire
- ☉ Crossword Puzzles
- ☉ Darts
- ☉ Golf
- ☉ Handheld & Travel Games
- ☉ Join a Local Recreational League...
 - Bowling, Softball, Volleyball, etc.
- ☉ Juggle
- ☉ Learn Magic Tricks
- ☉ Logic Problems & Puzzles
- ☉ Online Games
- ☉ Picture Puzzles
- ☉ Play Pool
- ☉ Sudoku
- ☉ Video Games
- ☉ Word Games





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Activities...

- Borrow a Yoga or Exercise DVD from the library
- Build a mini-city out of Legos
- Buy a scanner and 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 or 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: a psalm, a poem, a passage from the Bible
- Origami
- Play with your cat or dog
- Play sports
- Practice playing a musical instrument or try learning to play one like the guitar or harmonica.
- Read Books, Magazines or On-line Blogs
- Rearrange your furniture
- Redo your interior for cheap
- Reorganize and de-clutter your house or apartment
- Ride a Bike
- Rollerblade 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
- Visit a nursing home. Bring handmade cards or pictures you drew or something to give away
- Volunteer with a program in your community
- Volunteer to help a neighbor for free—just because
- Walk around your block and pick up all the litter you can find
- Walk or jog
- Work on a Jigsaw puzzle
- Write an old-fashioned, hand-written letter to a friend or family member

