

## TIPS FOR NEW NONSMOKERS

---

# Facing Boredom

### What To Expect

You may take a break at work and find that you now have nothing to do. You may feel very bored when waiting for something or someone (a bus, your spouse, your kids). Many smokers say they sometimes smoke to overcome boredom.

### What To Do

Plan more activities than you have time for.

- For those empty minutes, make a list of things you like to do.
- Move! Do not stay in the same place too long.
- Carry a book, magazine, or crossword puzzle for waiting times.
- Notice what is going on around you. (Look at the shape of the buildings you pass, listen to the sounds outside around you.)
- Carry something, such as a cell phone, to distract yourself.
- Listen to a favorite song.
- Go outdoors, if you can, but not to places you associate with smoking.
- You may get very bored when taking a break. You will need to replace a smoke break with a brisk stroll.

*Source: National Cancer Institute*

For free one-on-one help with quitting and free printed materials from the National Cancer Institute, call the NCI's Smoking Quitline at 1-800-QUITNOW (784-8669). A helpful online resource is **[www.smokefree.gov](http://www.smokefree.gov)**.