



Did you quit smoking?



Here are some healthy ways to use the time you used to spend smoking:

Take a 3 minute walk

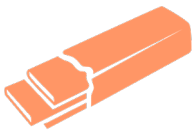


Listen or dance to a favorite song



Call a friend or family member on the phone

Have a drink of water or other non-sugar sweetened beverage



Chew a new piece of gum

Draw a picture



Read a book, magazine, or website on a topic that interests you

Write in a journal about your day or a story you made up



Remember, cravings WILL come, but cravings WILL go!