

101 Things To Do Instead of Smoking

When you experience a craving or an urge sneaks up out of nowhere, you may find you can take your mind off of smoking by distracting yourself. The average craving usually passes within 3 to 5 minutes, so you won't need too long of a distraction to be successful with quitting.

Use the list of activities below for ideas to help ward off cravings, then make your own list of favorite things to do that you know will help keep you focused and moving forward toward success.

1. Post your thoughts in the IFQ Community, if you're a member
2. Eat a piece of candy
3. Clean out the refrigerator
4. Do a load of laundry
5. Listen to a book*
6. Wax the car
7. Play a video game
8. Revisit your motivations for why you quit
9. Do a crossword puzzle
10. Take a ride in the car
11. Eat a popsicle
12. Spend time with your family
13. Go to a museum
14. Play in the snow or rain
15. Play a musical instrument
16. Sing loudly
17. Go to the library
18. Go antique shopping
19. Look through your cookbooks for ideas
20. Make a dinner reservation
21. Call a family member
22. Give yourself a manicure and pedicure



23. Alphabetize your CD rack
24. Learn how to knit
25. Go to an amusement park
26. Spend the money you saved by not smoking
27. Breathe deeply!
28. Bake your favorite cookies or cake
29. Go bowling
30. Play with your cat
31. Wash and vacuum your car
32. Organize your boxes of pictures
33. Call a radio show and request a song
34. Clean out your closets
35. Go hiking
36. Take a long bike ride
37. Take a boat ride
38. Play mini-golf
39. Plan a vacation
40. Drink a cup of tea
41. New hobby or volunteer work
42. Treat yourself to a massage
43. Cut the grass
44. Write a list of things you are grateful for
45. Work on your car
46. Pull weeds or plant flowers in your garden
47. Explore your genealogy
48. Play a game with a friend
49. Go fishing
50. Take a walk in the woods or park
51. Clean the house
52. Organize your computer files
53. Eat crunchy, fresh vegetables
54. Make a scrapbook
55. Put on your favorite CD
56. Call a friend
57. Enjoy a sunset



58. Walk around the mall
59. Organize a place in your house
60. Make a healthy snack
61. Play a card game
62. Write a friend an email
63. Go swimming
64. Play catch with someone
65. Share a kiss with your significant other
66. Give yourself a treat every day you successfully do not smoke
67. Do a jigsaw puzzle
68. Watch a movie
69. Drink a cold glass of water or milk
70. Give someone you love a hug
71. Eat a hot fudge sundae
72. Write a letter
73. Paint a room in your house
74. Write a poem
75. Learn something new
76. Visit a retirement home
77. Take a shower
78. Visit the beach
79. Pick up litter
80. Exercise
81. Take a day trip
82. Chew gum
83. Chew on a toothpick
84. Watch the sunrise
85. Organize your garage or basement
86. Plant a tree
87. Run in place
88. Take a walk around the block
89. Do an arts and crafts project
90. Brush and floss your teeth
91. Read a magazine
92. Take a relaxing bath



93. Read a story to your kids
94. Balance your checkbook
95. Do the dishes
96. Take your dog for a walk
97. Go get the mail
98. Make a greeting card for someone you care about
99. Read or reread a favorite book
100. Try out a new hair-do
101. Take a nap
102. Go grocery shopping

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