



Facing Boredom...without smoking

ARIZONA SMOKERS' HELPLINE 1-800-556-6222 - WWW.ASHLINE.ORG

What to look for

- ▼ You will "take a break" from working and find that you now have nothing to do.
- ▼ You may feel very bored when waiting for something or someone. (e.g. a bus, your spouse, your kids).

Frequency

- ▼ About 41% of smokers say they sometimes smoke to overcome boredom.

What to do

- ▼ Plan more activities than you have time.
- ▼ 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 or magazine for waiting times.
- ▼ Look at what is going on around you. (e.g. notice the shape of the buildings you pass, listen to the sounds of the city/outdoors)
- ▼ Carry something to keep your hands busy, like a Rubic's cube.
- ▼ Hum a tune or favorite song—maybe even listen to a portable radio.
- ▼ Go outdoors, if you can.

Nicotine and Your Body and Mind

- ▼ For smokers, boredom often brings the urge to smoke—this urge may have a physical and chemical basis.
- ▼ Nicotine controls the way you feel by controlling the level of excitement in key parts of your brain and central nervous system.
- ▼ When you quit smoking, you may miss the increased excitement and good feeling that nicotine gave you. This may be true when you are feeling bored.

Related Notes

- ▼ You may be very bored when taking a break. You will need to replace a smoke break with something else.

References available upon request.