

Quitting Tobacco: Facing Boredom ... Without Smoking

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).

Did You Know?

- 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 (like a cell phone) to keep your hands busy.
- Listen to a favorite song.
- Go outdoors, if you can, but not to places you associate with smoking.

Nicotine and Your Body and Mind

- For smokers, boredom often brings the urge to smoke—this urge may have a physical and chemical basis.
- 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. Nicotine cravings may be reduced by using nicotine replacement products, which deliver small, steady doses of nicotine into the body. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don't contain nicotine) also help relieve withdrawal symptoms.



How To Get Help

- If you or someone you know wants help with giving up tobacco, please call the National Cancer Institute's Smoking Quitline toll-free at 1-877-44U-QUIT (1-877-448-7848). The information specialists on the Quitline can provide suggestions and support to help smokers break the habit.
- The Federal Government's Smokefree.gov Web site (<http://www.smokefree.gov>) allows you to choose the help that best fits your needs. You can get immediate assistance:
 - View an online step-by-step cessation guide.
 - Find state quitline telephone numbers.
 - Instant message an expert through NCI's *LiveHelp* service.
 - Download, print, or order publications about quitting smoking.

This fact sheet was adapted from material developed by the Tobacco Education and Prevention Program of the Arizona Department of Health Services and the Arizona Smokers' Helpline of the University of Arizona.

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