

# Joker

A strategy that works for me is

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# A

Go for a walk with my kids.



# 2

Play a board game with my kids.



# 3

Sing a song with my kids.



# 4

Help my kids clean their room.



# 5

Read a book to my kids.



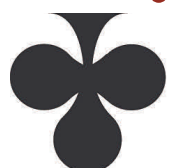
# 6

Draw a picture with my kids.



# 7

Stretch or do exercises with my kids.







8

Ask my kids to teach me something they learned at school.



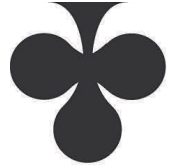
9

Work with my kids to plan a fun outing together.



10

Snuggle with my kids and ask them about their day.



J

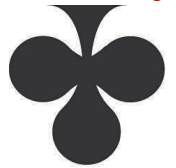
Play hopscotch with my kids.



Play catch with my kids.



Put on silly costumes and take selfies with my kids.



A

Avoid caffeinated and alcoholic drinks.



2

Get enough sleep—7-8 hours is recommended for adults.



3

Throw out my cigarettes, lighters, and other smoking gear when quitting.







4

Set a goal.

Ex. A quit date or #  
of cigarettes to lose  
per day.



5

Avoid places that  
allow smoking.



6

Try quitting with one  
of my friends.



7

Spend more time  
with people who  
don't smoke.



8

Avoid sugary foods  
and drinks.



9

Make a list of the  
reasons I want to  
reduce and quit.



10

Make plans to avoid  
my smoking triggers  
ahead of time.



J

Don't beat myself up  
if I relapse—it's a  
hiccup, not a defeat!



Delay having my first  
cigarette of the day  
for as long as I can.







Make friends with ex-smokers and non-smokers.



A

Slowly drink a glass of water.



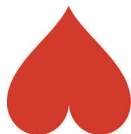
2

Munch on unbuttered popcorn.



3

Make and drink a cup of herbal tea.



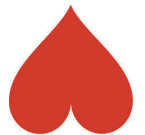
4

Slowly peel and eat an orange.



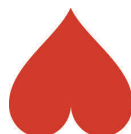
5

Climb a flight of stairs.



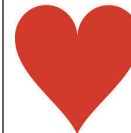
6

Learn how to play a new sport.



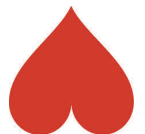
7

Shoot some hoops to keep my hands busy.



8

Munch on carrot sticks, celery, or apple slices.









9

Cook a gourmet meal for my family.



10

Hit the deck —do some push-ups!


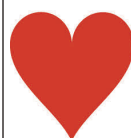


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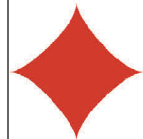
Walk my dog or my friend's dog.



Go for a hike with my friends who don't smoke.




Go on a bike ride.



A

Calculate how much money you are saving by reducing or quitting.



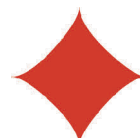
2

Clean my dishes.



3

Clean my clothes and car so that they smell fresh.



4

Phone one of my friends/supports.







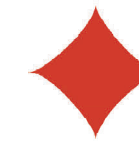
5

Brush my teeth.



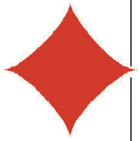
6

Turn up the radio  
and sing along.




7

Say the alphabet  
backwards.




8

Fix something.




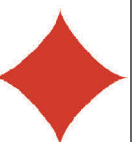
9

Count backwards  
from 100.




10

Chew some  
sugarless gum.





J

Solve a Rubik's cube.



Chew some  
sugarless gum.



Do a relaxation  
exercise—stand up,  
stretch, and take  
deep breaths.

