

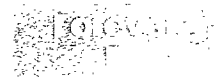


# FOREVER *FREE*<sup>™</sup>

A Guide  
To Remaining  
Smoke Free



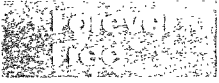
Lifestyle  
Balance



# Contents

Stress	2
“Shoulds” versus “Wants”	2
Your <i>Daily Hassles</i>	4
Your “Shoulds”	5
Your “Wants”	6
Positive Addictions	7
Summary	9
Pleasant Events List	10

*This is the seventh booklet in the Forever Free series. This booklet covers making lifestyle changes to replace smoking in your life. It describes the importance of balancing your life with things that you like and want to do.*



## Stress

The last booklet discussed how stress can lead to urges for cigarettes. It ended by suggesting that you look at your lifestyle to see if you can reduce your stress level. This booklet picks up where the last one left off.

Booklet 6 mentioned two types of stress: “major life events” and “daily hassles.” Most people tend to remember the major events that occur in their lives. But the daily hassles, the little events of daily life, are often more important causes of stress. On a day-to-day basis, your mental and physical health is affected by the minor problems of life. These problems include money concerns, problems with family and friends, hassles at work, and not enough time for rest and sleep, to name a few. Although these hassles seem minor, they add up each day.

## “Shoulds” versus “Wants”

One way to think about the causes of stress is to think about the “shoulds” in your daily life. *Shoulds* are the demands that you or other people place upon yourself. These are the things that you feel you “should” do: pay the bills, walk the dog, fix the car, clean the house, go to work, and so on. People will have different lists of shoulds.

In contrast to the shoulds in your life are the “wants.” These are things that you really want to do. These things give you pleasure. They may be activities such as spending time with your children, reading, dancing, watching TV, and so on. Once again, each person will have his or her own list of wants. One person’s should (such as walking) may be another person’s want.

There is no way to avoid all the daily hassles or all the shoulds in your life. You could not survive. But, a healthy lifestyle should be balanced. It is normal to have both shoulds and wants. We call this a “balanced lifestyle.” It is easy for a lifestyle to get out of balance over time. With life come responsibilities, and these responsibilities tend to increase with age. This is fine, as long as the unpleasant shoulds are balanced with pleasant wants.