



STOP SMOKING
FOR GOOD

A full-page background image showing the silhouettes of a man and a woman in yoga poses on a beach at sunset. The woman is on the left in a kneeling pose with arms raised, and the man is on the right in a tree pose with arms raised. The sun is low on the horizon, creating a warm orange and yellow glow that reflects on the wet sand. The sky transitions from orange near the horizon to a clear blue at the top.

LIFESTYLE BALANCE

BOOKLET 7

This is Booklet 7 in the *Stop Smoking For Good* 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.

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Stress

The previous 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 remember the major life event stresses that happened in their lives. But the daily hassles, those little events of daily life, are often the 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 can 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 on you. 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 of the daily hassles or all of the shoulds. You could not survive. But a healthy lifestyle needs balance. 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 comes responsibilities, and these responsibilities tend to increase as we get older. This is fine, as long as the unpleasant shoulds are balanced with pleasant wants.

KEEP A BALANCE



Many, if not most people find that the shoulds slowly replace the wants in their lives. This may be especially true of smokers. Often, smokers use cigarettes as their want. That is, they begin to reward themselves by smoking rather than by doing other activities they enjoy. Over time, smokers use more cigarettes and do fewer other fun activities. It is easy to see how this happens. The nicotine in cigarettes can provide brief pleasure, energy, or even relaxation. Smoking is a quick and easy way to have a brief want. But it is a very poor way to get pleasure. It is not healthy and can harm you.

What happens after people quit smoking? If they had used cigarettes to satisfy their wants, then they may not remember how to get pleasure. Instead, their life falls more out of balance. The hassles and shoulds are still there, but the wants are not.

Now would be a good time to get balance in your life. First, list your daily hassles and the “shoulds” in your life. (You may have listed some of these hassles on page 3 of Booklet 6, so that list may help you.)

Next, list the wants in your life. These should be the things that you really like to do and that you do on a regular basis.

Your “Wants”

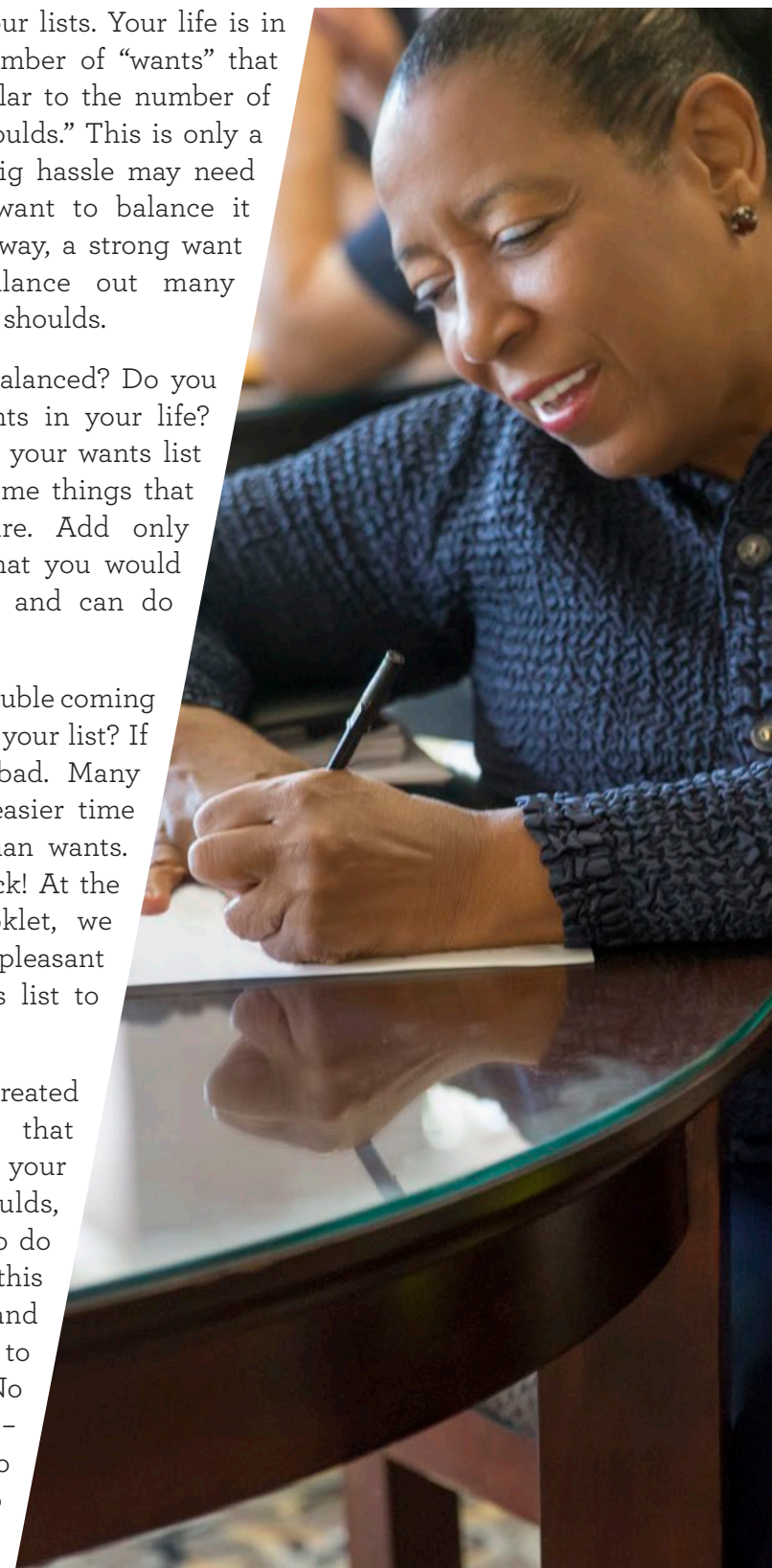
(Things you do because you want to)

Now look over your lists. Your life is in balance if the number of “wants” that you listed is similar to the number of “hassles” and “shoulds.” This is only a rough guide. A big hassle may need more than one want to balance it out. In the same way, a strong want activity may balance out many smaller hassles or shoulds.

Is your lifestyle balanced? Do you have enough wants in your life? If not, go back to your wants list and try to add some things that give you pleasure. Add only those activities that you would be willing to do and can do regularly.

Are you having trouble coming up with wants for your list? If so, do not feel bad. Many people have an easier time listing shoulds than wants. But you are in luck! At the end of this booklet, we included a list of “pleasant events.” Read this list to get some ideas.

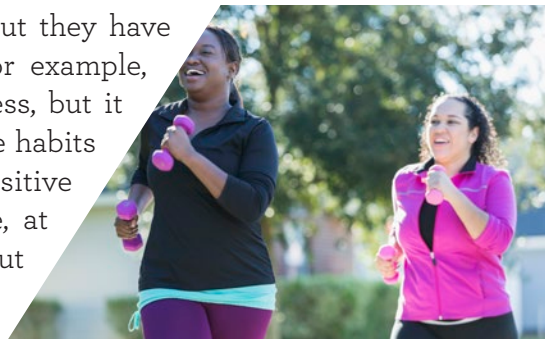
Once you have created a list of wants that can balance out your hassles and shoulds, the trick now is to do the wants. Keep this booklet handy and try to add wants to your daily life. No pressure though – you don’t want to turn a “want” into a “should”!



Positive Habits

As discussed in Booklet 1, smoking cigarettes is a harmful addiction. It is a repetitive and negative habit. You know it is bad for you, and you want to stop. There are also “positive habits” that are healthy. Positive habits can replace negative habits, such as smoking, in your life.

Addictions often feel good at first, but they have negative effects in the long run. For example, smoking may seem to get rid of stress, but it is unhealthy. It can harm you. Positive habits may feel bad at first but have positive effects in the long run. For example, at first running can be unpleasant, but with time, running can make you feel good. It is also healthy.



A positive habit involves an activity that you choose to do and that you can spend about an hour per day doing. It is easy to do and does not take a lot of mental effort to do well. You feel it has some value (physical, mental, or spiritual) for you. And it is an activity that you can do without criticizing yourself. And once again, you do not want to turn a positive habit into a should in your life.

One way to change your life is to replace harmful addictions (such as smoking) with positive habits. In other words, the goal is to change bad habits to good habits.

What kind of activities can become “positive habits”? Here are a few:

- Exercise (but speak to your doctor before greatly increasing your normal exercise level)
- Meditation
- Prayer
- Relaxation
- Hobbies

There is no room in this booklet to describe each of these positive habits in detail. But information can be found in books and online.

After Jenny quit smoking, she found that she did not seem to be enjoying life as much as she would like. Through the years, she had replaced most fun activities with smoking. After she quit, her life seemed empty. Jenny made lists of the “shoulds” and “wants” in her life. The “shoulds” included taking care of her older parents, getting ahead in her job, keeping the house clean, paying her bills, and so on. She had trouble coming up with even one “want” for her list. After reading the Pleasant Events List, she was able to think about the things she had liked to do when she was younger: going to the beach, eating out with friends, reading romance novels, and dancing. As she made time to put these activities back into her life, she became more satisfied with her life. And Jenny thought of cigarettes less and less often.



Many people who try to increase the “wants” or “positive habits” in their lives feel that they simply do not have time for more activities. Work and chores seem to take up every waking moment.

How can you possibly add pleasant events to your busy life?

Almost everybody feels this way at first. The key is to start small and set time for things you enjoy doing. If you do not set time aside for the “wants,” they will be crowded out by the “shoulds.” Perhaps start by setting aside just 30 minutes per week for doing something fun. As you get more and more into the habit of doing that activity, you will find that it becomes easier and easier to find the time. Eventually that activity becomes a “positive habit,” and you find the time to do it, just as you had found the time for smoking and for the “shoulds” in your life. Give it a try!!!



Most people find that they can reduce their level of stress by making minor changes in their lives. Increasing time spent on pleasant activities (wants) and developing “positive habits” can help fill the gap that is often felt after quitting smoking.

By quitting smoking, you improve your health and probably add years to your life. Now is the right time to make changes to increase your joy of living. Good luck!

Now Is The Time!

Pleasant Events List

This list was developed by asking a lot of people what they do for fun. Read through the list and check off the activities that could be Wants for you. Add to your Wants list on page 6 the activities that you are able to do. Then try to do them!*

- | | |
|--|---|
| ☐ Being out in the country. | ☐ Restoring antiques, refinishing furniture, etc. |
| ☐ Wearing nice clothes. | ☐ Watching TV. |
| ☐ Volunteering. | ☐ Talking to myself or a friend. |
| ☐ Talking about sports. | ☐ Camping. |
| ☐ Meeting someone new. | ☐ Saving money. |
| ☐ Going to a concert. | ☐ Working on machines (cars, bikes, motorcycles, tractors, etc.) |
| ☐ Playing ball. | ☐ Thinking about something good in the future. |
| ☐ Planning trips or vacations. | ☐ Playing cards. |
| ☐ Buying things for self or someone you care about. | ☐ Completing a hard task. |
| ☐ Going to the beach. | ☐ Laughing. |
| ☐ Doing art work (painting, sculpture, drawing, movie-making, etc.) | ☐ Solving a problem, puzzle, crossword, etc. |
| ☐ Rock climbing. | ☐ Being at weddings, baptisms, confirmations, etc. |
| ☐ Reading the Bible. | ☐ Having lunch with friends. |
| ☐ Playing golf. | ☐ Playing tennis. |
| ☐ Decorating my room or house. | ☐ Taking a shower. |
| ☐ Going to a sports event. | ☐ Driving long distances. |
| ☐ Reading a “How to Do It” book or article. | ☐ Woodworking, carpentry. |
| ☐ Going to the races (horse, car, boat, etc.) | ☐ Writing stories, novels plays, or poetry. |
| ☐ Reading stories, novels, poems, or plays. | ☐ Being with animals. |
| ☐ Going out with friends. | ☐ Connecting with friends on social media. |
| ☐ Going to lectures or hearing speakers. | ☐ Riding in an airplane. |
| ☐ Breathing clean air. | ☐ Hiking. |
| ☐ Writing a song or composing music. | ☐ Having a frank and open conversation. |
| ☐ Thinking about retirement. | ☐ Singing in a group. |
| ☐ Boating (canoeing, motor-boating, sailing, etc.) | ☐ Solving my problems. |
| | ☐ Succeeding in my job. |

- ☐ Going to a party.
- ☐ Going to church functions (socials, classes, etc.)
- ☐ Speaking/learning a foreign language and learning.
- ☐ Going to service, civic, or social club meetings.
- ☐ Going to a business meeting or a convention.
- ☐ Being in a sporty car.
- ☐ Playing in a band.
- ☐ Eating comfort food.
- ☐ Being helped and helping others.
- ☐ Combing or brushing my hair.
- ☐ Acting.
- ☐ Taking a nap.
- ☐ Being with friends.
- ☐ Canning, freezing, making preserves, etc.
- ☐ Solving a personal problem.
- ☐ Being in a city.
- ☐ Soaking in a bubble bath.
- ☐ Singing to myself.
- ☐ Making food or crafts to sell or give away.
- ☐ Playing pool or billiards.
- ☐ Surfing the internet.
- ☐ Texting.
- ☐ Being with children.
- ☐ Playing chess or checkers.
- ☐ Doing craft work (pottery, jewelry, leather, beads, weaving, etc.)
- ☐ Putting on makeup, fixing my hair, etc.
- ☐ Designing or drafting.
- ☐ Visiting people who are sick or in trouble.
- ☐ Cheering at an event.
- ☐ Bowling.
- ☐ Teaching someone a skill.
- ☐ Learning from someone.
- ☐ Doing something spontaneously.
- ☐ Traveling.
- ☐ Going to office parties or departmental get-togethers.
- ☐ Attending a concert, opera, or ballet.
- ☐ Playing with pets.
- ☐ Going to a play.
- ☐ Looking at the stars or moon.
- ☐ Being coached.
- ☐ Going canoeing or white-water rafting.
- ☐ Being popular at a gathering.
- ☐ Watching wild animals.
- ☐ Having a good idea.
- ☐ Gardening.
- ☐ Reading essays or technical, academic, or professional literature.
- ☐ Wearing new clothes.
- ☐ Dancing.
- ☐ Sitting in the sun.
- ☐ Riding a motorcycle.
- ☐ Just sitting and thinking.
- ☐ Seeing good things happen to my family or friends.
- ☐ Going to a fair, circus, zoo, or park.
- ☐ Talking about philosophy or religion.
- ☐ Planning something.
- ☐ Listening to the sounds of nature.
- ☐ Going on dates/being in a relationship.
- ☐ Having a lively talk.
- ☐ Racing in a car, motorcycle, boat, etc.
- ☐ Listening to music.
- ☐ Having friends come to visit.
- ☐ Playing in a sports competition.
- ☐ Introducing people I think would like each other.
- ☐ Giving gifts.



- ☐ Planning to go to college/university.
- ☐ Getting massages or backrubs.
- ☐ Getting letters, cards, or notes.
- ☐ Watching the sky, clouds, or a storm.
- ☐ Going on outings (to the park, a picnic, a barbecue, etc.)
- ☐ Playing basketball.
- ☐ Buying something for my family.
- ☐ Photography.
- ☐ Giving a speech or lecture.
- ☐ Making travel plans.
- ☐ Gathering natural objects (wild foods or fruit, rocks, driftwood, etc.)
- ☐ Working on my finances.
- ☐ Wearing clean clothes.
- ☐ Making a major purchase or investment (car, appliance, house, stocks, etc.)
- ☐ Helping someone.
- ☐ Being in the mountains.
- ☐ Getting a job advancement (being promoted, given a raise or, offered a better job; getting accepted to a better school, etc.)
- ☐ Hearing jokes.
- ☐ Talking about my children or grandchildren.
- ☐ Meeting someone new.
- ☐ Going to a pep rally.
- ☐ Taking ballet, jazz, tap dancing classes.
- ☐ Seeing beautiful sights.
- ☐ Eating good meals.
- ☐ Improving my health (having my teeth fixed, getting new glasses, changing my diet, etc.)
- ☐ Going to the city.
- ☐ Wrestling or boxing.
- ☐ Hunting.
- ☐ Playing in a musical group.
- ☐ Going to a museum or exhibit.
- ☐ Writing papers etc.
- ☐ Doing a job well.
- ☐ Having spare time.
- ☐ Fishing.
- ☐ Lending something.
- ☐ Being noticed as attractive.
- ☐ Pleasing employers, teachers, etc.
- ☐ Going to a health club, sauna bath, etc.
- ☐ Learning to do something new.
- ☐ Going to a fast food restaurant.
- ☐ Praising someone.
- ☐ Thinking about people I like.
- ☐ Being at a gathering.
- ☐ Being with my parents.
- ☐ Horseback riding.
- ☐ Talking on the telephone.
- ☐ Having daydreams.
- ☐ Kicking leaves, sand, pebbles, etc.
- ☐ Playing lawn sports (badminton, croquet, shuffleboard, horseshoes, etc.)
- ☐ Going to school reunions, alumni meetings, etc.
- ☐ Seeing/meeting famous people.
- ☐ Going to the movies.
- ☐ Kissing.
- ☐ Being alone.
- ☐ Managing/prioritizing my time.
- ☐ Cooking meals.
- ☐ Being praised by people I admire.
- ☐ Outwitting a "superior."
- ☐ Feeling the presence of the Lord in my life.
- ☐ Doing a project in my own way.
- ☐ Doing "odd jobs" around the house.
- ☐ Going on a tour of the city.
- ☐ Being told I am needed.
- ☐ Being at a family reunion or get-together.
- ☐ Washing my hair.

- ☐ Learning about a social cause.
- ☐ Going to a restaurant.
- ☐ Seeing or smelling a flower or plant.
- ☐ Being invited out.
- ☐ Inviting someone out.
- ☐ Receiving honors (civic, military, etc.)
- ☐ Using cologne, perfume, or aftershave.
- ☐ Having someone agree with me.
- ☐ Talking about old times.
- ☐ Getting up early in the morning or sleeping late.
- ☐ Having peace and quiet.
- ☐ Doing experiments or other scientific work.
- ☐ Visiting friends.
- ☐ Writing in a diary.
- ☐ Playing football.
- ☐ Saying prayers.
- ☐ Giving massages or backrubs.
- ☐ Doing yoga.
- ☐ Doing favors for people.
- ☐ Talking with people on the job or in class.
- ☐ Being relaxed.
- ☐ Being asked for my help or advice.
- ☐ Joining a book club.
- ☐ Playing board games (Monopoly, Scrabble, etc.)
- ☐ Sleeping well at night.
- ☐ Getting out of debt/paying down debt.
- ☐ Reading the news/watching the news.
- ☐ Dreaming at night.
- ☐ Being in a body-awareness, sensitivity, encounter, therapy, or "rap" group.
- ☐ Playing ping-pong.
- ☐ Brushing my teeth.
- ☐ Swimming.
- ☐ Running, jogging, or doing gymnastics, fitness, or field exercises.
- ☐ Walking barefoot.
- ☐ Playing frisbee or catch.
- ☐ Doing housework or laundry; cleaning things.
- ☐ Listening to music.
- ☐ Knitting, crocheting, embroidery, or fancy needlework.
- ☐ Making out.
- ☐ Amusing people.
- ☐ Going to a barber or beauty shop.
- ☐ Having house guests.
- ☐ Being with someone I love.
- ☐ Thinking about someone I love.
- ☐ Reading magazines.
- ☐ Sleeping late.
- ☐ Starting a new project.
- ☐ Being stubborn.
- ☐ Going to the library.
- ☐ Preparing a new or special food.
- ☐ Bird watching.
- ☐ Shopping.
- ☐ People watching.
- ☐ Building or watching a fire.
- ☐ Winning an argument.
- ☐ Selling or trading something.
- ☐ Finishing a project or task.
- ☐ Confessing or apologizing.
- ☐ Fixing things.
- ☐ Working with others as a team.
- ☐ Bicycling.
- ☐ Being a leader in a group.
- ☐ Being with happy people.
- ☐ Playing party games.
- ☐ Writing letters, cards, or notes.
- ☐ Talking about politics or public affairs.



- | | |
|---|---|
| ☐ Asking for help or advice. | ☐ Lighting candles. |
| ☐ Going to banquets, luncheons, potlucks, etc. | ☐ Being told I have done well. |
| ☐ Talking about my hobby or special interest. | ☐ Being told I am loved. |
| ☐ Watching attractive women or men. | ☐ Eating snacks. |
| ☐ Smiling at people. | ☐ Staying up late. |
| ☐ Playing in sand, a stream, the grass, etc. | ☐ Having family members or friends do something that makes me proud of them. |
| ☐ Talking about other people. | ☐ Being with my children. |
| ☐ Being with my husband, wife or partner. | ☐ Going to auctions, garage sales, etc. |
| ☐ Having people show interest in what I have said. | ☐ Thinking about an interesting question. |
| ☐ Going on field trips, nature walks, etc. | ☐ Doing volunteer work, working on community service projects. |
| ☐ Expressing my love to someone. | ☐ Water skiing, surfing, scuba diving. |
| ☐ Caring for houseplants. | ☐ Receiving money. |
| ☐ Having coffee, tea, a coke, etc., with friends. | ☐ Hearing a good sermon. |
| ☐ Taking a walk. | ☐ Winning a competition. |
| ☐ Collecting things. | ☐ Making a new friend. |
| ☐ Playing handball, paddleball, squash, etc. | ☐ Talking about my job or school. |
| ☐ Sewing. | ☐ Reading cartoons, comic strips, or comic books. |
| ☐ Remembering a departed friend or loved one, visiting the cemetery. | ☐ Borrowing something. |
| ☐ Doing activities with your children. | ☐ Traveling with a group. |
| | ☐ Seeing old friends. |
| | ☐ Going to the gym. |

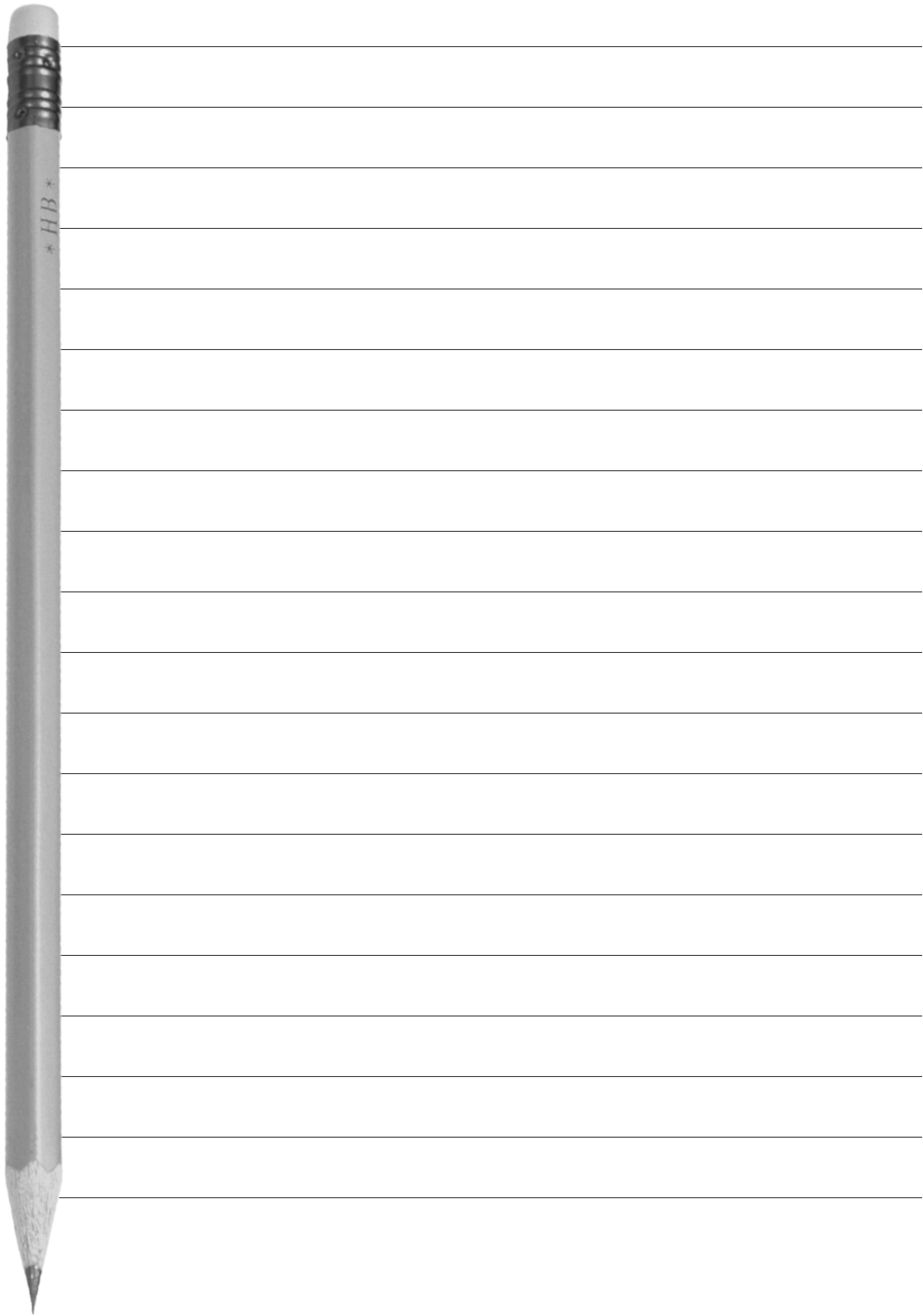
Sources:

*Many of the ideas in this booklet came from: Marlatt, G. A. (1985). *Lifestyle modification*. In G. A. Marlatt & J. R. Gordon (Eds.), *Relapse Prevention*. New York: Guilford.

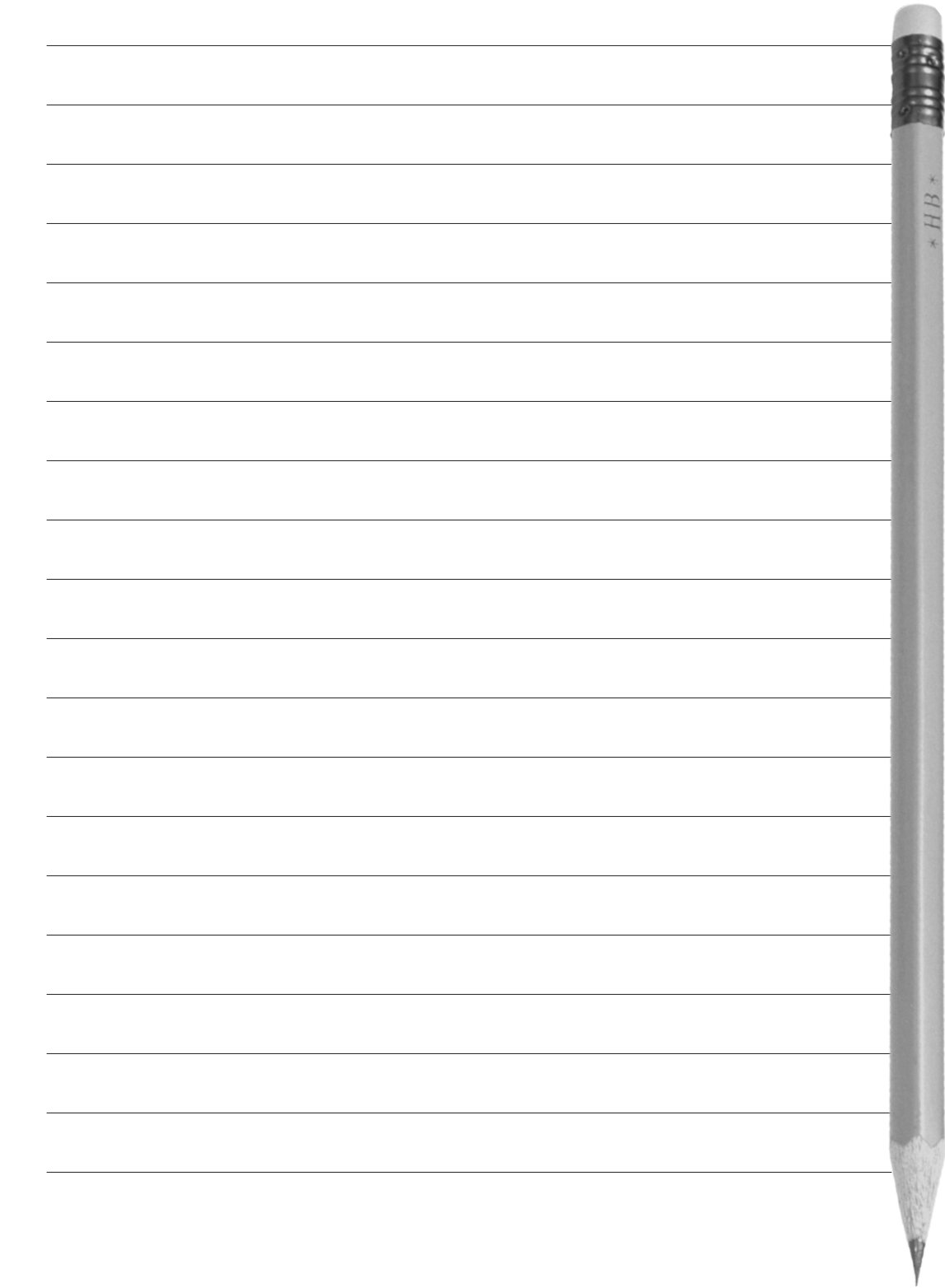
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Notes



Notes



Have you received all 7 *Stop Smoking For Good* booklets?

Booklet 1: An Overview
Booklet 2: Smoking Urges
Booklet 3: Smoking and Weight
Booklet 4: What If You Have a Cigarette?
Booklet 5: Your Health
Booklet 6: Stress, and Mood
Booklet 7: Lifestyle Balance



Check your collection and
let us know if any of these
booklets did not reach you.

1-877-9-KICK-IT

The Most Important Messages

You should be proud for deciding to quit smoking and taking a step toward a better and longer life. Once again, congratulations!

We ask that you save this copy of *Stop Smoking For Good* and re-read it many times during the first year or two after quitting. People often forget the important points. To help you remember, here are some important *Stop Smoking For Good* messages.

1

Try to balance the “shoulds” and “wants” in your life.

2

Replace your negative addiction with positive habits.

3

Start by making small changes in your life to reduce stress.

4

Add pleasant activities to help relieve stress and make your life more enjoyable.

STOP SMOKING FOR GOOD



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