

# NYC Quits!

## Develop a New Hobby

Activities and interests that you find meaningful can protect you from relapse. It's important to be involved in things that you enjoy and make you feel needed. When your life is filled with rewarding activities and a sense of purpose, your tobacco addiction will lose some of its appeal. Do things that challenge your creativity and spark your imagination or something you've always wanted to try.

### Here are some examples:

1. Astronomy
2. Building dollhouses
3. Camping
4. Chess
5. Coin or stamp collecting
6. Collecting art or antiques
7. Cooking
8. Cycling
9. Fashion
10. Hiking
11. Jigsaw puzzles
12. Knitting or crocheting
13. Learning a foreign language
14. Learning a musical instrument
15. Making model cars
16. Mountain climbing
17. Origami
18. Painting or drawing
19. Photography
20. Gardening
21. Playing board games
22. Playing cards or dominoes
23. Pottery
24. Quilting
25. Reading
26. Singing in a choir
27. Tennis
28. Travel
29. Volunteering at a food pantry or hospital
30. Woodworking

