

# IF YOU VAPE

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A GUIDE TO  
QUITTING SMOKING

BOOKLET 7

FOREVER  
*FREE*<sup>®</sup>

LIFESTYLE  
BALANCE

This is Booklet 7 in the **If You Vape** 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 and e-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.



**On a day-to-day basis, your mental and physical health is affected by the minor problems of life.**



## “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.

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 (or e-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. Maybe they now use e-cigarettes as their main want. If so, they may still be missing out on the better rewards in life.

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 4 of Booklet 6, so that list may help you.)**

**Your “Daily Hassles”**

*(The small stressful events of daily life)*

*For example pay bills, drive through traffic, interact with strangers, etc.*

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**Your “Shoulds”**

*(Things you do because you have to)*

*For example go to work, pump gas, get groceries, etc.*

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**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)*

*For example Reading, watching TV, spending time with family, etc.*

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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. Is vaping on your wants list? That’s ok, but don’t let it keep you from other wants.

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”!

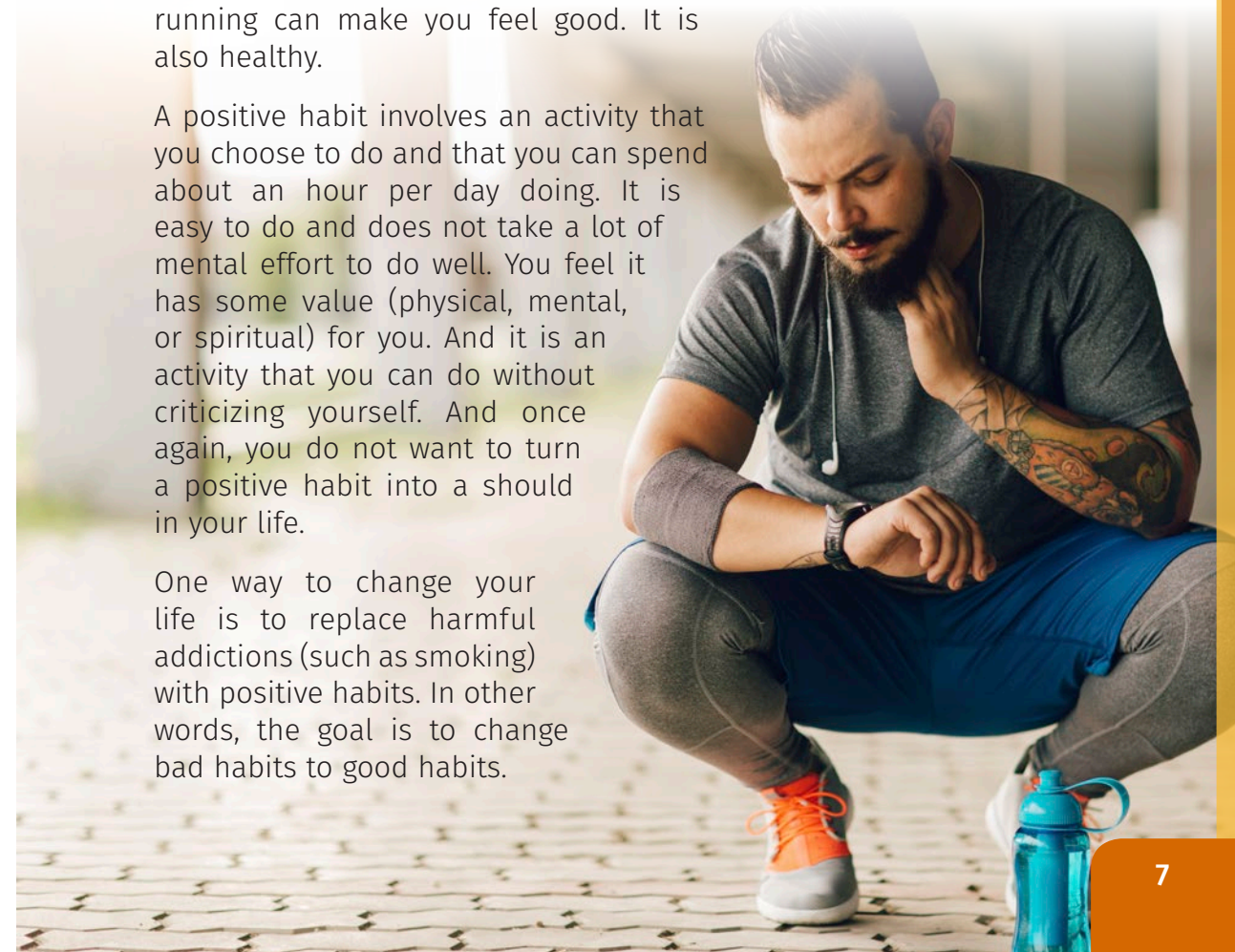
## Positive Habits

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. Positive habits may also be useful if you decide to give up e-cigarettes.

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.

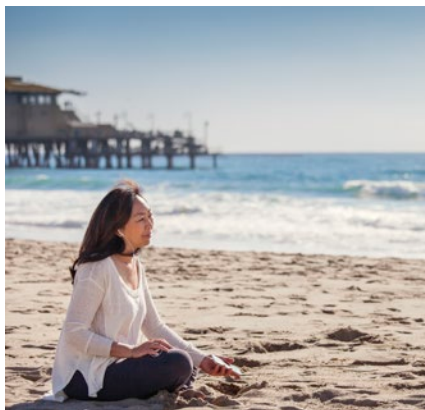




## What kind of activities can become positive habits? Here are a few:

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



## Are e-cigarettes a negative addiction or a positive habit?

We asked e-cigarette users this question and the answer was “both.” E-cigarettes can help you quit smoking, and they are less harmful than tobacco cigarettes, so that makes them a positive habit. But, vapers felt that the unknown health risks, the hassles of using e-cigarettes, and the continued need for nicotine also made them a negative addiction.

## 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!!!

## Summary

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!

- |  |   |
|--|---|
| <input type="checkbox"/> Being out in the country.   | <input type="checkbox"/> Going out with friends.  |
| <input type="checkbox"/> Wearing nice clothes.   | <input type="checkbox"/> Going to lectures or hearing speakers.                         |
| <input type="checkbox"/> Volunteering.   | <input type="checkbox"/> Breathing clean air.   |
| <input type="checkbox"/> Talking about sports.   | <input type="checkbox"/> Writing a song or composing music.                             |
| <input type="checkbox"/> Meeting someone new.  | <input type="checkbox"/> Thinking about retirement.                                     |
| <input type="checkbox"/> Going to a concert.   | <input type="checkbox"/> Boating (canoeing, motor-boating, sailing, etc.)               |
| <input type="checkbox"/> Playing baseball.   | <input type="checkbox"/> Restoring antiques, refinishing furniture, etc.                |
| <input type="checkbox"/> Planning trips or vacations.                                      | <input type="checkbox"/> Watching TV.   |
| <input type="checkbox"/> Buying things for self or someone you care about.                 | <input type="checkbox"/> Talking to a friend.   |
| <input type="checkbox"/> Going to the beach.   | <input type="checkbox"/> Camping.   |
| <input type="checkbox"/> Doing art work (painting, sculpture, drawing, movie-making, etc.) | <input type="checkbox"/> Saving money.  |
| <input type="checkbox"/> Rock climbing.  | <input type="checkbox"/> Working on machines (cars, bikes, motorcycles, tractors, etc.) |
| <input type="checkbox"/> Reading the Bible.  | <input type="checkbox"/> Thinking about something good in the future.                   |
| <input type="checkbox"/> Playing golf.   | <input type="checkbox"/> Playing cards.   |
| <input type="checkbox"/> Decorating my room or house.                                      | <input type="checkbox"/> Completing a hard task.  |
| <input type="checkbox"/> Going to a sports event.  | <input type="checkbox"/> Laughing.  |
| <input type="checkbox"/> Reading a “How to Do It” book or article.                         | <input type="checkbox"/> Solving a problem, puzzle, crossword, etc.                     |
| <input type="checkbox"/> Going to the races (horse, car, boat, etc.)                       |   |
| <input type="checkbox"/> Reading stories, novels, poems, or plays.                         |   |

- Being at weddings, baptisms, confirmations, etc.
- Having lunch with friends.
- Playing tennis.
- Taking a shower.
- Driving long distances.
- Woodworking, carpentry.
- Writing stories, novels, plays, or poetry.
- Being with animals.
- Connecting with friends on social media.
- Riding in an airplane.
- Hiking.
- Having a frank and open conversation.
- Singing in a group.
- Solving my problems.
- Succeeding in my job.
- Going to a party.
- Going to church functions (socials, classes, etc.)
- Speaking/learning a foreign language.
- 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.
- Being active in my local community.
- 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, essays, articles, reports, memos, etc.
- Doing a job well.
- Having spare time.
- Fishing.
- Loaning 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 phone.
- 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.
- Traveling to a new country.

- Dreaming at night.
- 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.
- 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.
- 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.
- Going to banquets, luncheons, potlucks, etc.
- Talking about my hobby or special interest.
- Watching attractive women or men.
- Smiling at people.
- Playing in sand, a stream, the grass, etc.
- Talking about other people.
- Being with my husband, wife or partner.

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

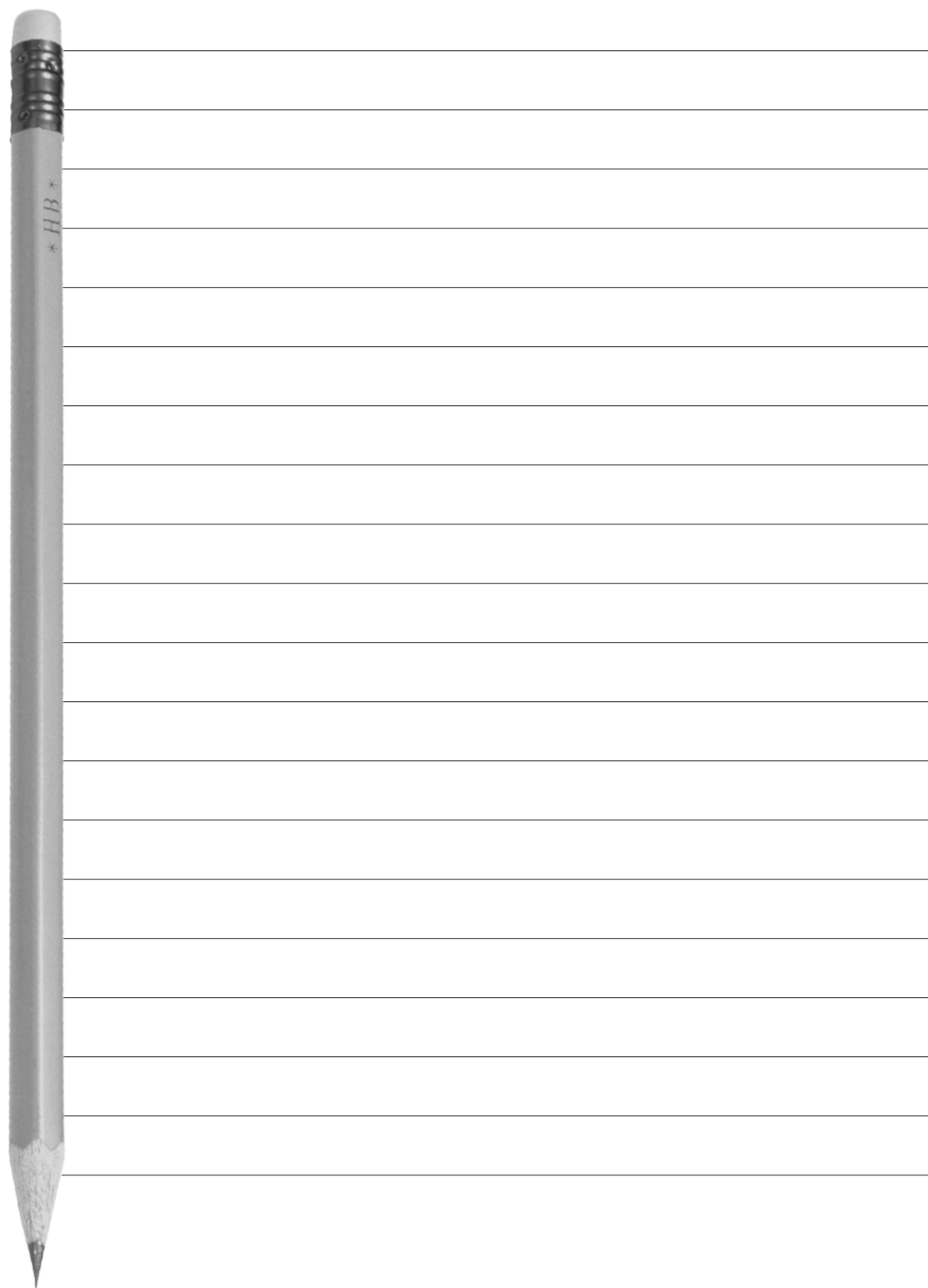
**Sources:**

\*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.

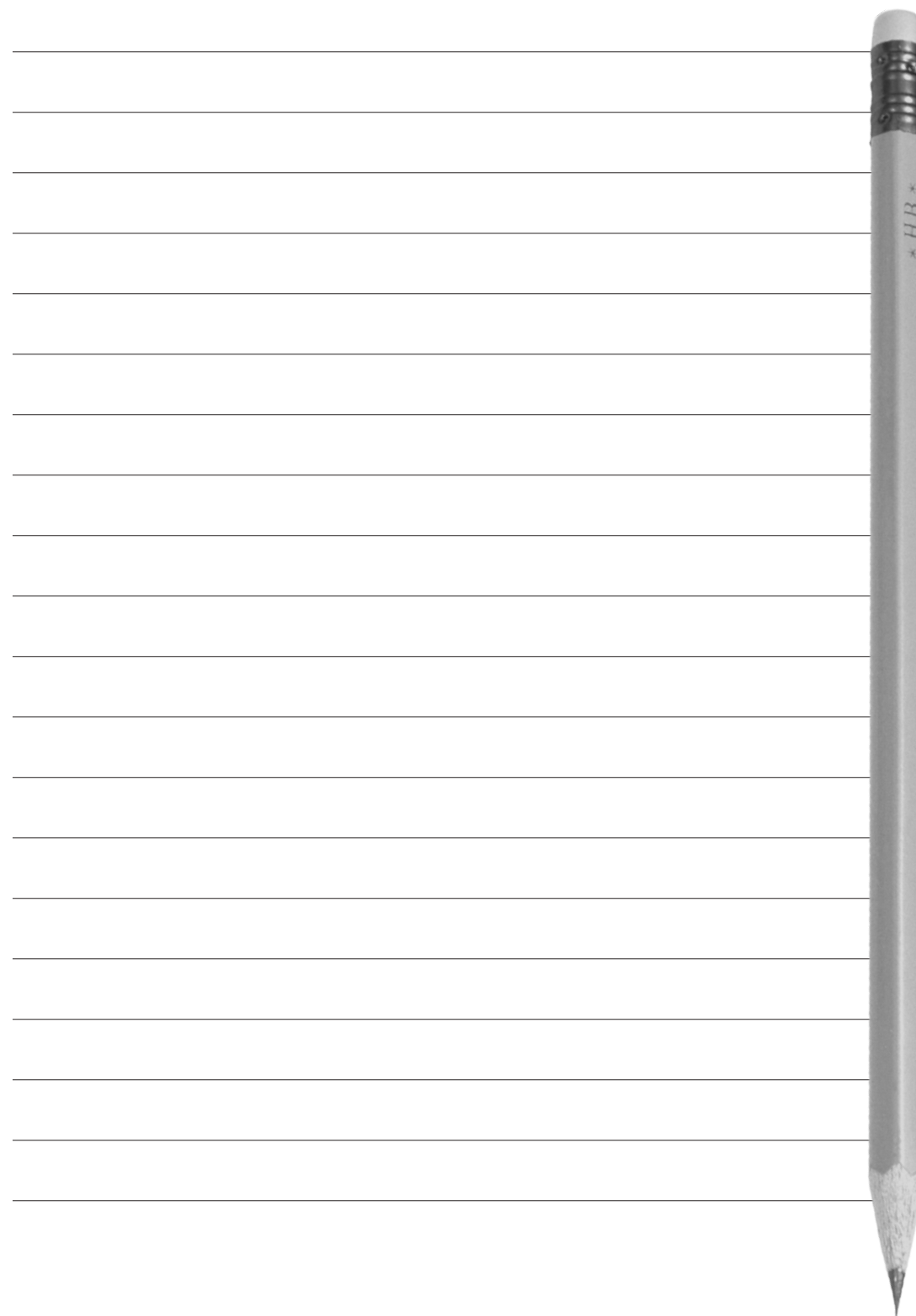
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\*Linehan, M. (1993). *Skills Training Manual for Treating Borderline Personality Disorder* (First ed.). New York: Guilford Press.

# Notes



# Notes



# Have you received all 7 **If You Vape** 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: Smoking, 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 *If You Vape* 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 If You Vape messages.

1

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

2

Replace your negative addiction with positive habits. Consider using vaping as one positive habit to replace smoking.

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.

# IF YOU VAPE



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