

# Tobacco: 5 Ways to Fit Quitting Into Your Social Life

Sometimes when people quit smoking or using tobacco, they wonder how it may change their social life and the connections they have with others.

But quitting smoking or tobacco doesn't have to mean quitting your friendships too.

Here are five ways to fit quitting into your social life.

One. Find new ways to enjoy time with your coworkers during breaks.

Maybe you can invite someone to join you on a walk.

Or get a group together to play basketball or play a quick card game.

And it doesn't have to be sports or a game.

Just get together a group of people who enjoy doing the same things you do, and make plans to meet at breaks.

Two. Try a new hobby.

Do you feel like you need another way to keep your hands busy?

Maybe this is your chance to finally learn how to play that musical instrument you've always wanted to try.

Or maybe it's time to join that knitting group your friend mentioned.

Three. Join a support group or quit program.

Ready to expand your social circle and get some extra help in your quit journey?

A support group or quit program might be worth a try.

Some programs have a quit coach you can call when you need help managing cravings or have a setback.

And being around other people who want to quit may give you motivation and inspiration to keep going.

Four. Ask other people in your life for support.

Quitting is hard work. And just like anything that's hard in life, it helps to get encouragement from the people who love you.

Let them know you need their support. And also let them know some ways they can support you.

Five. Give your friends and family time to adjust to your new routine.

After you ask your friends and family for their support, give them some time to get used to the new you.

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Remember that the people in your life are your biggest fans.

They'll be there, cheering you on, as you continue on your journey to quit.