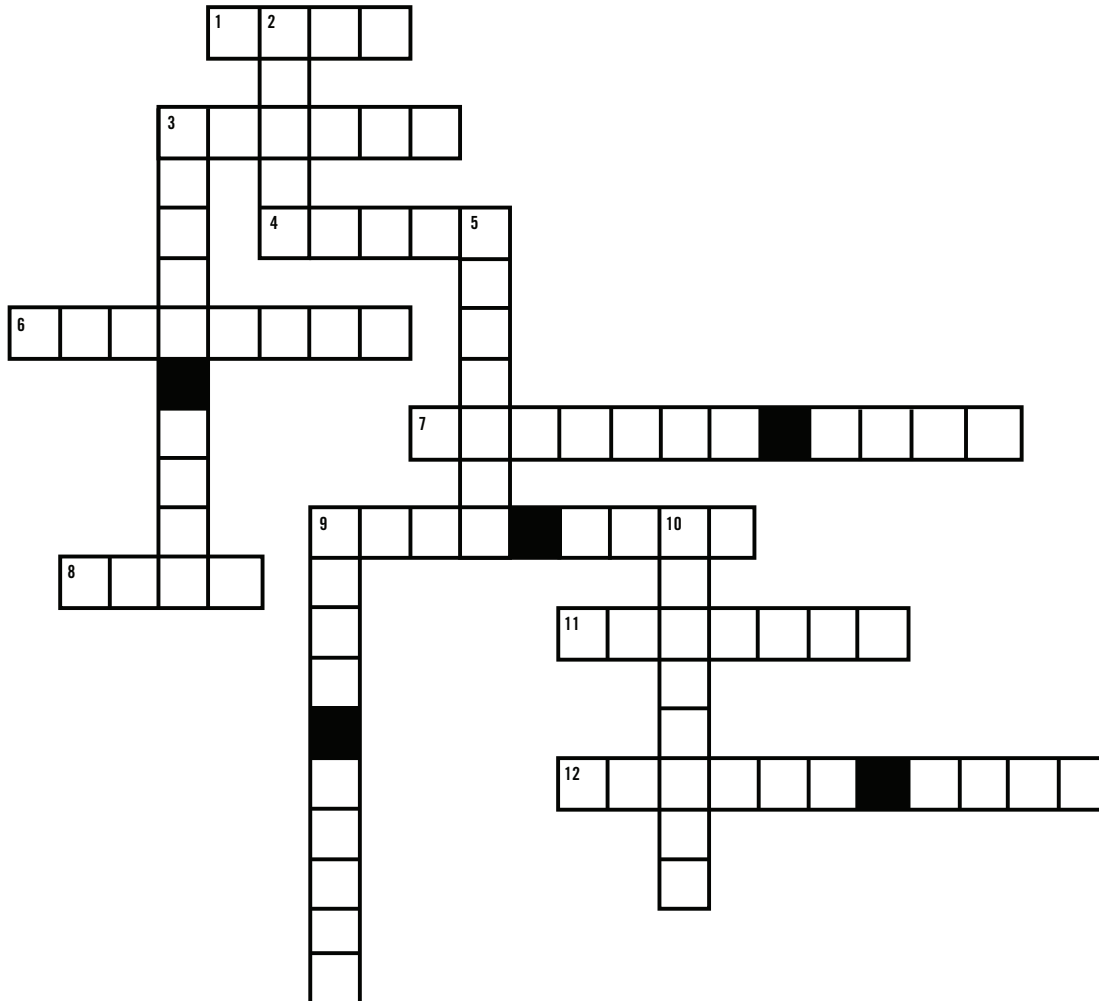


# TOBACCO-FREE BRAIN GAMES CROSSWORD: QUITTING TOBACCO

When quitting tobacco, cravings will come and go. Help fight them by keeping your hands and mind busy.

**Directions:** Use the clues related to quitting tobacco to fill in the puzzle.

For more puzzles, games and tips, visit [OKhelpline.com](http://OKhelpline.com).



## ACROSS

1. MESSAGE SENT BY PHONE, PART OF ONE HELPLINE SERVICE
3. WHEN YOU QUIT, THIS WILL IMPROVE---LEADING TO A LONGER LIFE
4. ORGANS THAT HELP YOU BREATHE
6. THROW THESE CIGARETTE COLLECTORS AWAY WHEN QUITTING
7. WHEN YOU QUIT SMOKING OR DIPPING YOU WILL BECOME THIS
8. COST OF USING THE OKLAHOMA TOBACCO HELPLINE
9. SPECIFIC DAY YOU PLAN ON QUITTING
11. GET SUPPORT FROM FAMILY AND THESE PEOPLE
12. HOURS PER DAY THE HELPLINE IS AVAILABLE

## DOWN

2. MESSAGE SENT TO YOUR INBOX, PART OF ONE HELPLINE SERVICE
3. THIS (AND YOUR BLOOD PRESSURE) DROPS 20 MINUTES AFTER QUITTING
5. ANOTHER WORD FOR HELP, AID OR ASSISTANCE
9. HELPLINE TRAINED PROFESSIONAL TO HELP YOU QUIT
10. DRIVING IN THE CAR AND SEEING OTHERS SMOKE ARE EXAMPLES OF THESE

- ANSWERS**
- ACROSS**
1. TEXT
  3. HEALTH
  4. LUNGS
  5. SUPPORT
  6. ASHTRAYS
  7. TOBACCO FREE
  8. FREE
  9. QUIT DATE
  11. FRIENDS
  12. TWENTY FOUR
- DOWN**
2. EMAIL
  3. HEART RATE
  5. SUPPORT
  6. QUIT COACH
  9. TRIGGERS
  10. TRIGGERS