

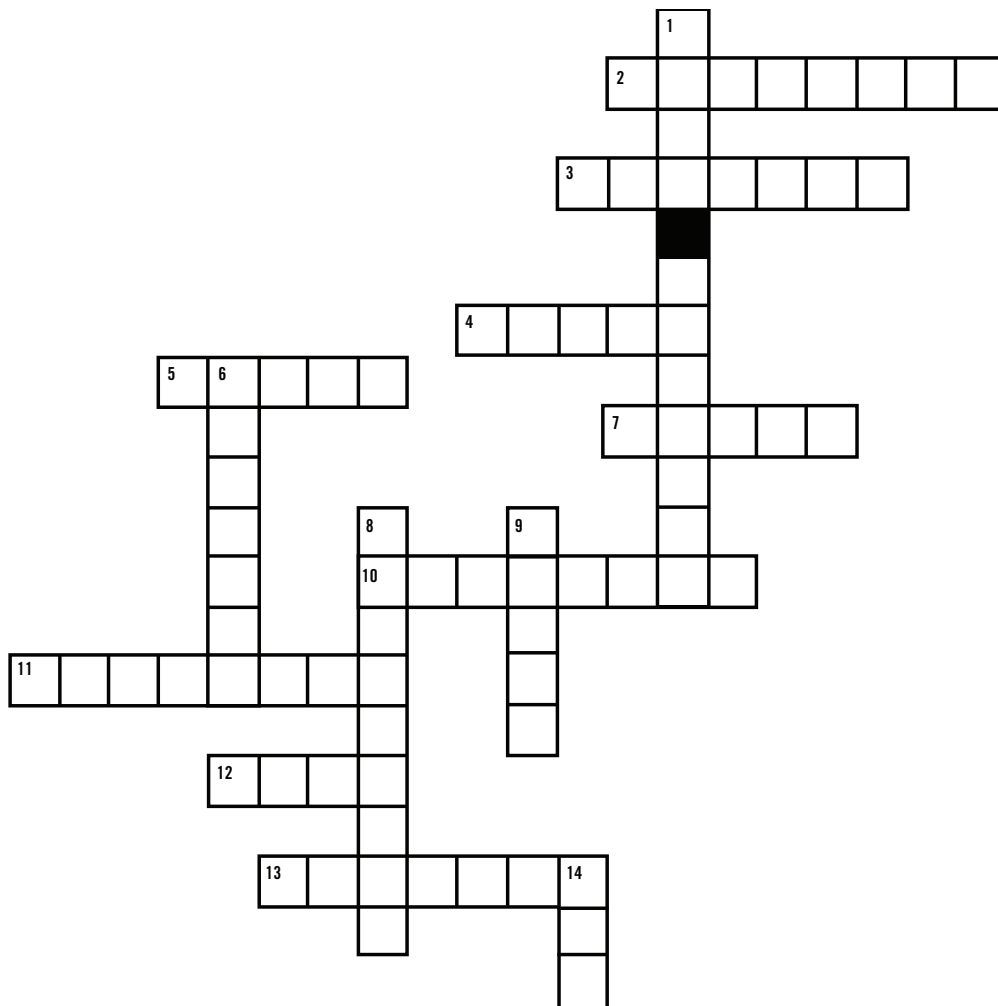
TOBACCO-FREE BRAIN GAMES

CROSSWORD: STAYING TOBACCO FREE

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

Directions: Use the clues related to staying tobacco free to fill in the puzzle.

For more puzzles, games and tips, visit OKhelpline.com.



ACROSS

2. ANOTHER WORD FOR TAKING A BREAK
3. WHEN A CRAVING HITS, LEAN ON FRIENDS AND FAMILY FOR THIS
4. DRINK LOTS OF THIS AFTER QUITTING
5. BE SURE TO GET A LOT OF THIS EVERY NIGHT
7. NICOTINE REPLACEMENT THERAPY WORN ON THE SKIN
10. ANOTHER WORD FOR PHYSICAL ACTIVITY
11. CUT OUT THIS CHEMICAL THAT CAN MAKE YOU JITTERY
12. SOOTHING EXERCISE FOR YOUR MIND AND BODY
13. SIMPLE EXERCISE TO HELP CURB A CRAVING

DOWN

1. WHEN YOU TAKE THESE, YOU INHALE AND EXHALE SLOWLY
6. NICOTINE REPLACEMENT THERAPY THAT DISSOLVES IN YOUR MOUTH
8. TYPE OF NUTRITIOUS FOOD INCLUDING KALE AND RADISHES
9. TYPE OF NUTRITIOUS FOOD INCLUDING APRICOTS AND KIWIS
14. NICOTINE REPLACEMENT THERAPY THAT YOU CHEW

- ANSWERS**
- ACROSS**
2. RELAXING
 3. SUPPORT
 4. WATER
 5. SLEEP
 7. PATCH
- DOWN**
1. DEEP BREATHS
 6. LOZENGES
 8. VEGETABLE
 9. FRUIT
 14. GUM
 10. EXERCISE
 11. CAFFEINE
 12. YOGA
 13. WALKING