

# TOBACCO-FREE BRAIN GAMES

## WORD SEARCH: QUITTING TOBACCO

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

**Directions:** Find the words in the puzzle related to quitting tobacco.

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



E Y E N R U O J P T S N D S H  
 E N V Z F O O A R E O E L S Q  
 R U P V Z U T O L I T O E E U  
 F T K F C C P T T E Z H X C I  
 O R K C H P X A R E G L W C T  
 C I P E U V V M N T E U L U T  
 C T S S I I I G K R P G M S I  
 A I L A T N E M G D U J N O N  
 B O Q O A S H E A L T H H G G  
 O N M T S M O K E F R E E Z W  
 T U I G O I B D N E R X I K A  
 R O Q U H C E N I L P L E H K  
 N E X E R C I S E Y T B L Y Q  
 C H V Y K A V L P S J G J X M  
 K W E R Q Q N W T O H K V J W

DETERMINATION

HELPLINE

NONJUDGMENTAL

SMOKEFREE

EXERCISE

JOURNEY

NUTRITION

SUCCESS

GUM

LOZENGES

PATCHES

SUPPORT

HEALTH

MOTIVATION

QUITTING

TOBACCOFREE