



FOREVER
FREE...for Baby and Me

A Guide To Remaining Smoke Free



Booklet 8: Lifestyle Balance

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This is Booklet 8 in the Forever Free for Baby and Me series. This booklet covers making lifestyle changes to replace smoking in your life. It talks about the importance of balancing your life with things that you like and want to do.

Stress

The last booklet, *Smoking, Stress & Mood*, discussed how stress can lead to urges for 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 7 talked about two types of stress: "major life events" and "daily hassles." Most people tend to remember the major events that occur in their lives. But the daily hassles, the little events of daily life, are often more important causes of stress. On a day-to-day basis, your mental and physical health are affected by the minor problems of life. These problems include money concerns, problems with family and friends, problems at work, and not enough time for rest and sleep, to name a few. Although these hassles may seem minor, they add up each day. You may have listed some of these hassles on page 3 of the last booklet, so you may want to refer to that list as a reminder.

"Shoulds" vs. "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 upon yourself. These are the things that you feel you "should" do: pay the bills, walk the dog, get the car fixed, clean the house, go to work, and so on. Each woman will have a different list 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, shopping, reading, dancing, watching TV, gardening, and so on. Once again, each woman will have her own list of wants. One woman's should (such as walking) may be another woman's want.

Some things, like caring for your baby, may seem like both "shoulds" or "wants" at different times. That is okay.



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There is no way to avoid all the daily hassles or all the shoulds in your life. But a healthy lifestyle is balanced. 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, especially when you are taking care of others. With life come things you must do, and these tasks tend to increase with becoming a mom and getting older. This is fine, as long as the shoulds are balanced with pleasant wants.

Many, if not most, women find that the shoulds slowly replace the wants in their lives. This may be very 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 fun activities. It is easy to see how this happens. The nicotine in cigarettes can provide brief pleasure, energy, or even relaxation. Smoking is a quick and easy way to have a brief want. Of course, it is also a very poor way to get pleasure. It costs a lot and is unhealthy for you and your baby.

What happens after people quit smoking? If they have been using cigarettes to meet most of their wants, then they may not remember how to get pleasure other ways. Instead, their life falls more out of balance. The hassles and shoulds are still there, but the wants are not. The following table shows some areas that are hard to balance for many pregnant women and new mothers.



SHOULD VS. WANT		
WORK	vs.	RELAXATION
DUTIES	vs.	FUN
BEING ALONE	vs.	BEING WITH OTHERS
SAVING MONEY	vs.	SPENDING MONEY
TAKING CARE OF OTHERS	vs.	TAKING CARE OF SELF
EXERCISE	vs.	REST



Now would be a good time to get balance in your life. On the next pages, list the *shoulds* in your life. Then, list the *wants* in your life. These *wants* are the things that you really like to do and that you could do on a regular basis.

Your "Shoulds": (Things you do because you should.)

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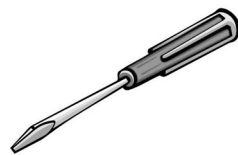
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Your "Wants":
(Things you do because you want to.)

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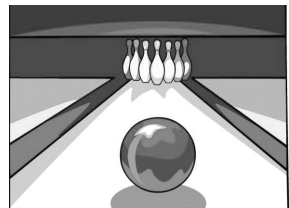
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Now look over your lists. Your life is in balance if you have a *want* listed for every *should* that you listed. This is only a rough guide, because a big hassle may need more than one want to balance it out. In the same way, a strong want activity 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 want 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 often.

Are you having trouble coming up with wants for your list? If so, do not feel bad. Many women have an easier time listing shoulds than wants. But you are in luck! We have listed at the end of this booklet a chart of "pleasant events." Read this list to get some ideas. Pick out the ones you enjoy.

Try to keep a list of wants that balances out your hassles and shoulds. Then the trick is to **do** the wants. Keep this booklet handy and try to add the wants to your daily life. But do not put so much pressure on yourself that the wants turn into shoulds!

Positive Addictions

Smoking cigarettes was a "negative addiction." That is, it was a habit that was bad for you and that you wanted to stop. There are also "positive addictions." These are habits that are healthy. They can replace negative addictions, such as smoking, in your life.

Negative addictions often feel good at first, but they have bad effects in the long run. For example, smoking may seem to get rid of stress, but it is unhealthy. It can harm you. Positive addictions may feel bad at first but have positive effects in the long run. For example, at first, exercise can be unpleasant, but with time, exercise can make you feel good. It is also healthy.



A positive addiction (habit) involves an activity that you choose to do and can spend about an hour per day doing. But, you do not have to spend the hour all at one time. Instead you can take smaller amounts of time, like 15 minutes breaks, throughout the day. A positive addiction is something 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 something that you can do without criticizing yourself. If you cannot accept yourself during this time, the activity will not be addicting. And once again, you do not want to turn a positive addiction into a *should* in your life.

One way to change your life is to replace negative addictions (such as smoking) with positive addictions. In other words, the goal is to change bad habits to good habits.

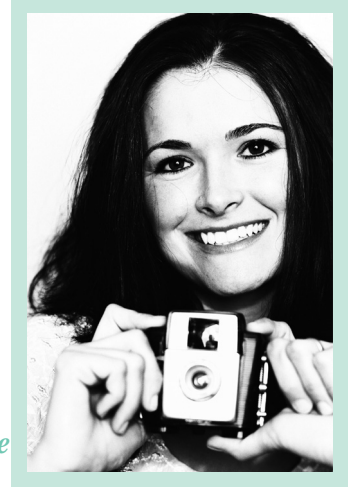
What kind of activities can become "positive addictions"? Here are a few:

- ◆ Exercise (speak to your doctor about exercises that are safe during pregnancy and after delivery).
- ◆ Relaxation.
- ◆ Meditation or Yoga.
- ◆ Prayer.
- ◆ Hobbies.



There is not room in this booklet to describe each of these positive addictions in detail. But books can be found at the library and bookstores.

After Jenny quit smoking, she found that she did not seem to be enjoying life as much as she would like. Before her pregnancy, many of the fun activities in her life were related to smoking. Now that she had quit smoking, she felt like she rarely had fun and - outside of her children - her life seemed empty. Jenny made lists of the "shoulds" and "wants" in her life. The "shoulds" included taking care of her children, 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 things that she would enjoy doing - without smoking: going to the beach, taking pictures, reading romance novels, and dancing. As she made time for putting fun activities back into her schedule, she became more happy with her life. Jenny thought of cigarettes less and less often.



A common concern of women who try to increase the "wants" or "positive habits" in their lives is that they simply do not have time for more activities. Work and chores seem to take up every waking moment.

How can you add more pleasant events to your busy life?

Almost everybody feels this way at first, especially new moms. The key is to start small, and set time aside for things you enjoy doing. If you do not set time aside for the "wants" at first, they tend to be crowded out by the "shoulds." Perhaps you could begin by setting aside just one half hour 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. Soon that activity becomes a "positive addiction," 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 women find that they can lower their level of stress by making small changes in their lives. This often means increasing the amount of pleasant activities (*wants*) in their lives, or by taking on "positive addictions." Both ways can help fill the gap that is often left after quitting smoking.



"You can have both a baby and a *life*."

By quitting smoking, you have improved your health and added years to your life. Now is the right time to make changes to increase your joy of living. Remember, you can have both a baby and a *life*. Good luck!!

¹Many 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.

Pleasant Events List

This list was developed by asking a lot of people what they do for fun. Read the list and check off the activities that could be *wants* for you. Add to your *wants* list on page 5 the activities that you are able to do. Then try to *do* them!²

- Being out in the country.
- Wearing nice clothes.
- Showing pictures of my baby.
- Meeting someone new.
- Playing ball.
- Planning trips or vacations.
- Buying things for self or someone you care about.
- Going to the beach.
- Doing art work (painting, sculpture, drawing, movie-making, etc.).
- Rock climbing.
- Reading the Bible.
- Playing golf.
- Decorating my room or house.
- Going to a sports event.
- Reading a "How to Do It" book or article.
- Going to the races (horse, car, boat, etc.).
- Reading stories, novels, poems, or plays.
- Going out with friends.
- Reaching a goal.
- Going to lectures or hearing speakers.
- Breathing clean air.
- Thinking up a song or music.
- Saying something clearly.
- Boating (canoeing, motor-boating, sailing, etc.).
- Restoring antiques, refinishing furniture, etc.
- Watching TV.
- Showing off your baby.
- Talking to myself or a friend.
- Camping.
- Working in politics.
- Surfing the Internet.
- Thinking about something good in the future.
- Playing cards.
- Completing a hard task.
- Laughing.
- Solving a problem, puzzle, crossword, etc.
- 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.
- Riding in an airplane.
- Hiking.
- Having a frank and open conversation.
- Singing in a group.
- Thinking about myself or my problems.
- Working on my job.
- Going to a party.
- Going to church functions (socials, classes, etc.).
- Speaking a foreign language and learning.
- Going to service, civic, or social club meetings.
- Going to a business meeting or a convention.
- Drinking a glass of cold water or juice.
- Being in a sporty car.
- Playing in a band.
- Making soup.
- Being helped and helping others.

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- 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.
- Taking a bath.
- Singing to myself.
- Making food or crafts to sell or give away.
- Playing pool or billiards.
- 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.
- Bowling.
- Teaching someone.
- Learning from someone.
- Imagining my life 20 years from now.
- Using my strength.
- 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.
- Coaching.
- 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.
- Emailing friends.
- Dating, courting, etc.
- Having a lively talk.
- Racing in a car, motorcycle, boat, etc.
- Listening to the radio.
- Having friends come to visit.
- Playing in a sports competition.
- Introducing people I think would like each other.
- Giving gifts.
- Going to school or government meetings, court sessions, etc.
- 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 volleyball.
- Buying something for my family.
- Photography.
- Giving a speech or lecture.
- Reading maps.
- Gathering natural objects (wild foods or fruit, rocks, driftwood, etc.).
- Working on my finances.

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- Wearing clean clothes.
- Making a major purchase or investment (car, appliance, house, stocks, etc.).
- Helping someone.
- Being in the mountains.
- Getting a job advancement (being promoted, given a raise or, offered a better job).
- Hearing jokes.
- Talking about my children or grandchildren.
- Talking about my health.
- Seeing beautiful sights.
- Eating good meals.
- Improving my health (having my teeth fixed, getting new glasses, changing my diet, etc.).
- Going to the city.
- Kickboxing.
- 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.
- Praising someone.
- Thinking about people I like.
- Being at a gathering.
- Being with my parents.
- Horseback riding.
- Talking on the telephone.
- Having daydreams.
- Kicking leaves, sand, pebbles, etc.
- Playing lawn sports (badminton, croquet, shuffleboard, horseshoes, etc.).
- Going to school reunions, alumni meetings, etc.
- Seeing famous people.
- Going to the movies.
- Kissing.
- Being alone.
- Budgeting my time.
- Cooking meals.
- Being praised by people I admire.
- Bathing with the baby.
- Doing a project in my own way.
- Doing "odd jobs" around the house.
- Crying.
- Being told I am needed.
- Being at a family reunion or get-together.
- Washing my hair.
- Going to a restaurant.
- Seeing or smelling a flower or plant.
- Being invited out.
- Inviting someone out.
- Receiving honors (civic, military, etc.).
- Using cologne or perfume.
- Having someone agree with me.
- Talking about old times.
- Getting up early in the morning.
- Having peace and quiet.
- Doing experiments or other scientific work.
- Visiting friends.
- Writing in a diary.
- Talking about sports.
- Saying prayers.
- Giving massages or backrubs.
- Doing yoga.
- Doing favors for people.
- Talking with people on the job or in class.
- Being relaxed.

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- Being asked for my help or advice.
- Thinking about other people's problems.
- Playing board games (Monopoly, Scrabble, etc.).
- Sleeping well at night.
- Doing heavy outdoor work (cutting or chopping wood, clearing land, farm work, etc.).
- Reading the newspaper.
- 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.
- Listening to music.
- Knitting, crocheting, embroidery, or fancy needlework.
- Petting, necking.
- 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.
- Being stubborn.
- Going to the library.
- Preparing a new or special food.
- Bird watching.
- Shopping.
- Watching people.
- 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.
- Telling people what to do.
- 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 things with children.
- Beachcombing.
- Being told I have done well.
- Being told I am loved.
- Eating snacks.
- Staying up late.

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- 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.



²Adapted from MacPhillamy, D. J., & Lewinsohn, P. M. (1982). *Journal of Consulting and Clinical Psychology*, 50, 363-380.

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Enjoy Better Health for You and Your Baby

Stay Smoke-Free!

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