

4 Healthier Alternatives to Replace Your Smoke Break

In this extremely stressful time, it's easy to turn to comfort habits like smoking, vaping or chewing tobacco. We want to help you and your family members avoid falling into the nicotine habit and find healthier outlets that help you avoid the cravings. Tobacco Cessation coaching from your GuidanceResources® program can help. WCSD employees and family members can take advantage of these services free of charge anytime just by calling the GuidanceResources® toll-free number. Whether you're trying to fight the habit yourself, or want to help a family member to be tobacco- and nicotine-free, our Health Coaches are standing by to help. Call to speak with a coach today!

Craving Busters

- Drink a glass of water
- Chew gum
- Have a healthy snack
- Brush your teeth

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Just Keep Busy

- Play with a fidget spinner
- Solve a Rubik's Cube
- Squeeze a stress ball
- Organize your work station

Move!

- Stand up and stretch
- Meditate or do some yoga
- Do 3 sets of 10 jumping jacks
- Go for a walk

Socialize

- Video call a co-worker
- Call a friend or loved one
- Give someone a hug (COVID restrictions applied)
- Make a list of things you're grateful for

Remember: Completing a Tobacco-Cessation Coaching program earns you 250 points through your Virgin Pulse Wellness Program.

Here when you need us.

Call: 855.401.9273

Online: [guidanceresources.com](https://www.guidanceresources.com)

Web ID: WCSDEAP

TTY: 800.697.0353

App: GuidanceNowSM



Washoe County
School District