



QUIT SMOKING TEA BREAK



The Challenge

There are a lot of mental hurdles involved in overcoming any habit. When trying to stop smoking, one effective practice is to say, "I choose not to smoke" instead of saying "I quit smoking." In fact, smoking cessation is really a series of choices. Each time you choose not to give into a craving is a success. Build a smoking diversion into the work day to help smokers trying to quit. All staff members can participate in this activity!

Resources Required

- Tea, coffee, kettle, and mugs.
- Informational posters
- Common area
- Optional: Snacks

Measures of Success

- Number of times people replaced smoke breaks with a tea/coffee break.
- Feedback from participating staff on whether this activity was helpful.

PROCESS

1 SCHEDULE CHALLENGE

Circulate an email to staff announcing the challenge

Consider sending calendar invites that employees can subscribe to as daily reminders.

Tip

A good time of day for the challenge would be in the afternoon, like 2:30pm, during the last stretch of the day.

2 PROMOTE CHALLENGE

Raise awareness of the daily break time & purpose of the challenge

Place posters in common areas, including information about why quitting smoking is important and the benefits of a smoke-free lifestyle. This can also be posted on the organizational intranet and email blast.

3 TEA TIME!

Boil the kettle, steep the tea, prepare the snacks

Participating employees meet in the kitchen at the designated time to have a cup of tea and enjoy some snacks instead of a smoke break.