



**TOBACCO &
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Isolation



Headaches



Coughing



Lung damage



Nausea



Addiction



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Music



Knitting



Journaling



Naps



Video Games



Yoga



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Chemicals



Asthma



Second-hand smoke



Chest pain



Eye irritation



Dry mouth



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Running



Gardening



Time with friends



Cooking



Painting



Writing



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Expensive



Bad breath



Reduced taste



Sore throat



Burning feeling
on lips



Sleepiness



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Riding a bike



Spending time
with pets



Baking



Reading



Coloring



Crocheting



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Strokes



Seizures



Popcorn lung



Heart attacks



Heavy metals
in lungs



Nicotine



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Meditation



Deep breathing



Cooking



Playing football



Using a
stress ball



Cleaning



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Frustration



Sadness



Dizziness



Nicotine pouches



Third-hand smoke



Addiction



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Board games



Going out to eat



Feeling happy



Learning a new
language



Doing a puzzle



Watching tv



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Lower immune system



Sores on tongue



Light headed



Less motivation



Brain development



Cravings



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Playing soccer



Drawing



Stretching



Playing softball
or baseball



Sewing



Sudoku



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Yellow teeth



Wrinkles



Dry skin



Short of breath



Less energy



Sore gums



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Playing volleyball



Painting



Walking



Getting fresh air



Volunteering



Art



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Dry lips



Less money



Moody



Easily stressed



Can't focus



Anxiety



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Crafts



Word search puzzle



Playing cards



Writing



Photography



Telestrations



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Less focus at school



Split ends



Higher chances of depression



Mouth irritation



Tooth decay



Sinus pain



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Playing basketball



Cross word puzzle



Poetry



Journaling



Going outside



Skating



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Less focus at school



Slower hair growth



Harder to breath during sports



Inhaling chemicals



Hiding things from your parents



Dry hair



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Fresh breath



White teeth



Singing



Jogging



Going to the beach



Swimming



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