



I'm a STAR! Mom

Start Thinking About Reducing Secondhand Smoke

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Try This:

Deep Muscle Relaxation

Here's another good way to release tension and relax in stressful situations. Don't forget to use the deep breathing strategies from last time for twice the benefit!

- Get comfortable and close your eyes. Take a few slow breaths and continue breathing slowly throughout the entire exercise.
- For each of these body parts, tense your muscles and count to 8, then relax for 30 seconds: arms, stomach, legs, knees, feet, toes, shoulders, jaw, eyes and chin (ex. tuck your chin against your chest and **squeeze!** then release).
- Let your body go limp: drop your head and shoulders forward. Can you feel the warm energy flowing through your body? Slowly open your eyes.

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Separating fact from fiction

"The holidays are such a stressful time! This is not the time to think about making changes to my smoking."

FALSE: There is never a perfect time to quit smoking, but that doesn't mean you can't make small changes. These small changes add up and make a big difference to the health of both you and your kids.

Feeling stressed and strapped for cash this holiday season?

How about trying some of these fun and cost effective ways to get through the holidays. These activities are family friendly, low cost, and best of all, they keep your hands busy so you're less likely to reach for a cigarette!

- Knit the cold away! Knitting is a great way to keep your hands busy while making wonderful homemade gifts. Look online or in fabric stores for DIY instructions. Your children will love their warm gifts, no matter how they turn out! With practice, you can make some homemade gifts to give away.
- Warm up with delicious holiday cookies! There are lots of easy recipes online or even on the back of chocolate chip bags. Make cookies to give out as gifts to friends and family. This is a fun activity to do with your kids. And it will keep your hands busy so you won't grab for a cigarette. Baking can get expensive, so consider starting a cookie exchange. Or get some friends together and buy in bulk.

Also check out these websites (found on our Moms Matter webpage) for great holiday ideas and fun games for your kids!

<http://www.holidays.net/>
<http://www.claus.com/>

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