

Thwart the trap

15/12/2005

The younger you start smoking, the greater the consumption and addiction.

If the **first cigarette** corresponds to a social gesture, it can also **reveal a certain malaise**, a worry that hasn't been located. Sometimes, particularly during your teenage, you don't feel happy in yourself, you're scared of the future and you're unable to set goals for yourself. At any age, every period of doubt can lead to a desire to hide behind a drug of some kind, including tobacco.

By having **centres of interest**, activities and regular occupations, you **avoid the temptation to smoke**.

A sporting, cultural or intellectual activity is an excellent distraction against tobacco and is good for social integration. The more alert your mind, the more useful you feel, the less you want to smoke.

By setting yourself life goals, by having varied centres of interest, you'll never feel the need to be tempted by cigarettes.

Une initiative de l'Union Européenne

