

REMEMBER THE 4 D'S

1. Distract yourself

- Read, listen to music
- Spend time in a non-smoking place
- Exercise
- Clean the house
- Change your routine

3. Drink water

- Six to eight glasses every day
- Try to avoid alcohol, coffee

2. Deep breathe

- Take a few deep breaths
- Take a one-minute vacation

4. Do something else

- Anything but smoke!
- Chew gum, eat carrots, get out of the tempting situation, visit a friend, take a walk.