

4 D'S

How do I handle a nic fit?

If you're addicted, your body's going to protest when it doesn't get nicotine. Take nic fits in stride with the **Four D's**:

Delay - Wait for the craving to pass. It will only take a few minutes.

Deeply breathe - Breathe in through the nose, out through the mouth as slowly as possible.

Drink Water - Sip it slowly and hold each sip in your mouth for a few seconds.

Distract yourself - By doing something that makes smoking impossible, such as having a shower or going for a swim.