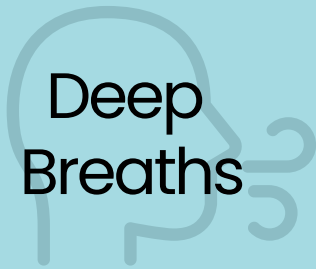


Distract yourself

When you're craving a cigarette, the 4-Ds are a really useful way to distract yourself until it passes.



Delay acting on the urge to smoke.
Don't open a pack or light a cigarette.
After a few minutes, the urge to smoke will pass.



Take a long slow breath in – then let it out slowly.
Do that 3 times.



Sip water slowly, hold it in your mouth a little while to savour the taste.



Take your mind off smoking by doing something else instead.

Here's a few ideas to get you started...

- Count 10 long, slow breaths.
- Do some exercise – walk around the block or do a couple of press-ups. This can help you reduce cravings as well as distracting you.
- Watch a funny video on Facebook or YouTube.
- Phone a mate.
- Have a healthy snack, like a piece of fruit.