

# Got Cravings?

## Distract yourself with the '4-Ds'



### **Delay**

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.



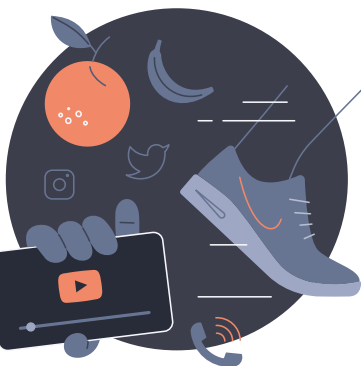
### **Drink water**

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



### **Deep breaths**

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



### **Do something else**

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.



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