

▶ **Step 2**

Four Ds

Practice the Four Ds to help you get through a craving:

▶ **Delay**

Wait out the urge to smoke. It will pass in a few minutes.

▶ **Deep breathing**

Breathe in slowly and as deeply as you can, then breathe out slowly. Repeat this five times.

(CONTINUED ON BACK) ▶

Step 2 ←.....

▶ **Drink water**

Sip the water slowly and hold it in your mouth a little while.

▶ **Distract**

Talk to a friend, focus on the task you are doing, or get up and move around. Do something that takes your mind off smoking for a few minutes.