

Surviving Those Cravings

The 4-D Solution

1. **Drink water**
 - ☺ This is a good way to rid your body of nicotine and other chemicals in tobacco more quickly. Bonus, it keeps your mouth busy.
2. **Deep breaths**
 - ☺ This is an option to use instead of taking a smoke break, taking a few deep breaths in through your nose and out blowing the air out through your mouth will help you to relax.
3. **Delay**
 - ☺ When the urge to smoke comes, wait a few minutes, because often the urge will pass. The urge to continue smoking is the strongest within the first week, after that it subsides.
4. **Do something different**
 - ☺ Change the activity you are doing when a craving hits. Suggestions given are: go outside, call a friend, read a book, or find something to do with your hands. It is never too late to take up a new hobby such as knitting or sketching.