

How to Cope with Craving

The most severe cravings last no more than 10 minutes and become less frequent and less intense as time goes on.

4D's:

Delay: The strongest craving lasts only a few minutes. Simply waiting helps. Just remind yourself to wait and it will pass.

Distract/Do something: Doing something that changes your physical state, energy level and thoughts will help the craving disappear.

Deep Breath: Various forms of deep breathing are very effective.

Drink Water: This satisfies a craving. Water also helps clear the body of nicotine and other toxins.



3 # R's:

Remember: Remind yourself of the reason for quitting.

Refuse: Do not give into negative thoughts. Tell yourself that smoking is not an option.

Rehearse: Be prepared for difficult situations. Imagine yourself in a difficult situation and do something different than smoking.