

5 D's to Reducing the Use

Adapted from: San Francisco General Hospital Stop Smoking Program



Delay the Craving:

Delay until the craving to smoke passes. Most urges come and go in 3 to 5 minutes. Set a time goal of how long you can wait each time.



Distract:

Shift your attention away from the cravings -- play a game on your phone, go for a walk, brush your teeth, or do a crossword puzzle.



Drink Water:

Drinking water can decrease the craving, flushes out toxins, and it gives you something to do. Good hydration helps you to feel better overall!



Deep Breaths:

Close your eyes. Breathe in slowly while counting to 5, and breathe out counting to 5. This will help you relax and de-stress.



Discuss

Connecting with those who are also changing their smoking, or who have changed their smoking successfully.