

Why I Want to Be Smoke-free

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You Can Do It!

THE FIVE “ D’s” TO QUITTING SMOKING

- Delay the Craving (It will pass)
- Do Something Else
- Drink Water
- Deep Breathe
- Dialogue with a Friend

Stop... think...

Don't Smoke!

Take A Relaxing Breath

You may do this sitting with your back straight, lying on your back, or eventually standing or walking...

- Exhale completely through the mouth, making an audible sound.
- Close the mouth and inhale quietly through the nose to a (silent) count of four. Inflate your lower belly or abdomen.
- Hold the breath for a count of four.
- Exhale audibly through the mouth to a count of eight.
- Repeat for four or more cycles, then breathe normally.

No effort is wasted