

Smoke free!

CHANGE YOUR ROUTINE

PRACTICE THE 4 D'S

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

Drink water
Sip the water slowly and hold it in your mouth awhile.

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

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.

CALL THE QUITLINE

TALK TO YOUR DOCTOR



MAKE A QUIT PLAN

DOWNLOAD APPS



JOURNEY TO SMOKE FREE

