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**4 D’s**

* **Delay:** Cravings only last a few minutes, the longer you give up the less frequent they become.
* **Deep breath:** This helps you to relax and focus your mind on something else.
* **Drink water:** To help flush the nicotine and other toxins out of your system.
* **Do something else:** Distract yourself - go for a brisk walk or go and meet a friend. If you choose to stay indoors, go into a different room. Put on some music, open a book or browse through a magazine.

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