Print to give to your clients

**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, listen to music, open a book or browse a smokefree app.

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