

The 6 "D's"

The 6 "D's" are tips that quitters say helped them a lot.
They are:

1. **DEEP** breathe
2. **DRINK** a lot of water
3. **DISTRACT** yourself
4. **DIAL** a friend
5. **DELAY**
6. **DO** physical exercise

1. Deep breathe

Take sets of 4 deep breaths throughout the day.
Breathe in through your nose and out through your mouth.

2. Drink a lot of water

Drinking water flushes poisons from your body.
Drinking water makes you feel full, so you'll be less likely to overeat, and water quiets the body's hunger for cigarettes.

3. Distract yourself

Keep busy. Go for a walk, write a letter, play a video game, or read a book. When you don't smoke, you have more free time, so plan some activities.

4. Dial a friend

Talking is good medicine. Call a friend and talk about your struggles and your victories.

5. Delay

Wait it out and go with the flow.
Cravings last about 1 - 3 minutes.
The craving will pass whether you smoke or not.



6. Do physical exercise

Exercise helps your lungs and body clean themselves from smoking.
Physical activity will raise your metabolism, and help keep you from gaining weight. Exercise will give you a "natural high," and is a great way to reduce your stress.



A vertical column of ten horizontal grey rectangular boxes, likely for taking notes or marking progress.