

Got cravings?

DELAY

Delay for at least five minutes,
the urge will pass

DEEP BREATHE

Breathe slowly and deeply

DO SOMETHING ELSE

Keep your hands busy

DRINK WATER

Take time out, sip slowly

 **Quitline**
ME MUTU

0800 778 778 or text 4006

www.quit.org.nz

N.O.P.
NOT ONE PUFF EVER