

The 4D's

What to Do When You Have an Urge to Smoke

The 4 D's can lessen the discomfort associated with the physical urge to smoke.
Try these 4 D's and see which will work for you.

1. **Deep Breath** – Deep breathing (whether sitting, standing, or lying down) is one of the most effective ways to relax and to deal with tension from stopping smoking. A simple deep breathing exercise can be used just about any time or any place to help you control the urge to smoke.

Here's how it works:

- a. Close your eyes and relax your shoulders. Put your hand on your stomach. Breathe in slowly through your nose and feel your stomach expand as you breathe in.
- b. Hold your breath while counting silently to four.
- c. Exhale slowly while counting silently to eight. Feel your stomach move down and feel your shoulders relax.
- d. Do this slow, deep breathing cycle of exercises five times.

As the days and weeks pass, try to increase the length of your three silent counts as much as you can.

2. **Drink Water** – Drink lots of liquids, especially water and fruit juice, to remove the nicotine from your system and to keep your body hydrated. A well-hydrated body recovers more quickly from the harmful effects of smoking. Try to stay away from or reduce coffee and cola drinks for a while.
3. **Delay** – When your craving is a mild one, it's possible to wait it out. After a few moments, you will find that the urge fades and then disappears. The urge goes away whether or not you smoke – normally within 30 to 60 seconds.
4. **Do Something Else** – Here is a short list of activities that you can do when you have the urge to smoke or chew.
 - Review your most important reasons for quitting tobacco use
 - Talk yourself through the urge
 - Exercise / Stretch / Walk Around the Block / Jumping Jacks
 - Alter your routine
 - Doodle
 - Deep breath
 - Work on a hobby or crossword puzzle
 - Take a shower
 - Brush your teeth
 - Chew cinnamon gum
 - Listen to music
 - Contact a support person

Remember,

Each urge to smoke passes in 3 to 5 minutes.

Deep Breathing

A lot of people ask, "What do I do when I feel nervous or upset about not smoking?" Deep breathing is one of the best ways to help you relax. Taking a deep breath can help you control the urge to smoke or the tenseness after quitting.

Deep Breathing Relaxation Technique (Relax Without Smoking)



1. Take time from your routine. Sit or lie down. Get as comfortable as possible (arms, legs uncrossed, shoes off, loosen belt).
2. Close your eyes. Breathe in slowly through your nose. Put your hand on your stomach. Feel your stomach expand as you breathe in. Hold for the count of 3.
3. Breathe out slowly through your mouth. Let your stomach move down. Count to 3. Feel your neck and shoulders relax.
4. Slowly repeat these steps for at least 5-10 breaths.
5. Add some pleasant images. As you inhale, picture yourself in your favorite restful spot. Exhale slowly holding that scene in your mind.
6. Feel the pleasure in that scene and how relaxed you feel.
7. Open your eyes, bringing these pleasant thoughts and feelings with you.

