

# The 4 Ds

## 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.

**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.

- 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.
- Hold your breath while counting silently to four.
- Exhale slowly while counting silently to eight. Feel your stomach move down and feel your shoulders relax.
- 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.

**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.

**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.

**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.