Ireland now has more quitters than smokers

WE CAN HELP YOU QUIT

Call us today for advice and support on 1800 201 203
www.quit.ie
Deal with those cravings!
Follow the 4 Ds

DRINK WATER
Drinking water or fruit juice helps the cravings to pass

DELAY
Wait at least 3-5 minutes and the urge will pass

DISTRACT YOURSELF
Move away from the situation

DEEP BREATHS
Breath slowly and deeply