

**Our support will
double your chances
of quitting smoking
for good**

Freephone 1800 201 203



QUIT.ie
FREEPHONE 1800 201 203



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



QUIT

Deal with those cravings! Follow the 5 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

Breathe slowly and deeply

DON'T DWELL ON IT

Don't overthink things!
