The Six D’s…

- **Delay**: Wait 5 minutes to have a cigarette.

- **Distract Yourself**: Talk to a friend.

- **Drink Water**: Try for eight 8 oz. glasses a day.

- **Do Something **Different**: Go for a walk.

- **Deep Breathing**: Learn how to deep breathe slowly into your stomach and out through your mouth.

- **Don’t Give Up!**