



The 5, 4, 3, 2, 1

TO CRUSHING A CRAVING



Next time you crave a cigarette, try this:

Put it off by **5** minutes

Tell yourself to wait 5 minutes before smoking and distract yourself with something else, when the time is up you may have forgotten about smoking.

Take **4** deep breaths

Breathe in through your nose and out through your mouth for a count of 4. Deep breathing helps you relax, reduce stress, and reduce your craving.

Repeat to yourself **3** times why you want to quit smoking

Stay motivated by reminding yourself why you want to quit whenever you get a craving.

Take **2** big gulps of water

Water can change the taste in your mouth and reduce cravings. Water will also keep you hydrated and keep your hands busy.

Do **1** thing out of your routine

Try something new to keep your mind and body busy. Here are a few things you can try – get some exercise (do 20 jumping jacks or climb the stairs), sing the lyrics to your favorite song, call an old friend, or try out a new recipe in the kitchen.

