

To help with cravings, try the **4Ds**:



Delay



Deep
breathe



Do some-
thing else



Drink
water

 **Quit**[®]

quit.org.au

 **Quitline**[®]
13 7848

Within a week of being smokefree:

- All the nicotine is out of your system and
- You could have saved \$189

Your next appointment is with:

Date: _____ Time: _____

Date: _____ Time: _____

Date: _____ Time: _____