PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

4 D's:

How do I handle a nic fit?

If you're addicted, your body's going to try to protest when it doesn't get nicotine. Take nic fits in stride with the Four D's:

Delay- Wait for the craving to pass. It will only take a few minutes.

Deeply Breathe- Breathe in through the nose, and out through the mouth as slowly as possible.

Drink Water- Sip it slowly and hold each sip in your mouth for a few seconds.

Distract Yourself- By doing something that makes smoking impossible, such as having a shower or going for a swim.

Adapted from: Staying Quit, Smart Steps