

Inova TobaccoNET

The 4 D's

The 4 D's can lessen the discomfort associated with the physical urge to use tobacco:

DEEP BREATHE – Deep breathing (whether sitting, standing, or lying down) is an effective way of dealing with tension from nicotine cravings and fulfills an oral need. See bottom of tipsheet for a simple deep breathing exercise that can be used just about anytime or anyplace.

DELAY – Cut down by cutting back. When your craving is a mild one, it is possible to wait it out. After a few moments, you will find that the urge fades and then disappears. Remember, the urge goes away whether or not you use tobacco—normally within 30 to 60 seconds. To prove it, time your urges.

DRINK WATER – Flush out your system. Drink lots of liquids, especially water and fruit juice. Many report that this helps to alleviate the physical urge to smoke or chew.

DO SOMETHING ELSE – Here is a list of activities that you can do when the urge for nicotine strikes:

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|-----------------------|-------------------------|
| Go for a run | Talk yourself out of it |
| Stand up and stretch | Change your routine |
| Take a short walk | Deep breathe |
| Doodle | Change activities |
| Chew gum or eat candy | |

Deep Breathing Exercise

With your mouth closed and your shoulders relaxed inhale as slowly and as deeply as you can while silently counting to eight. As you do this, push your stomach out.

Hold your breath while counting silently to four.

Exhale slowly while counting silently to eight.

Do this slow, deep breathing cycle of exercise five times.

