

# THANK YOU FOR NOT SMOKING



## RESIST THE URGE BY:



### DELAYING

Delay for 1-2 minutes and the urge will pass



### DRINKING WATER

Sip it slowly



### DEEP BREATHING

Take three slow, deep breathes of fresh air



### DOING SOMETHING ELSE

To take your mind off smoking

If you'd like to reduce and quit smoking, speak to a member of our staff or call the trained counsellors at the Quitline support service on 13 7848. They'd love to help.