

PRACTICE THE 4

D's



DELAY

Delay acting on the urge to vape. Wait out the urge, which only lasts a few minutes.



DRINK WATER

Sip the water slowly and hold it in your mouth a little while.

DEEP BREATHING

Take two deep breaths. Breathe in slowly and deeply; then breathe out slowly.



DO SOMETHING ELSE

Take your mind off vaping.

