

Stay uit
Beat the Crave

Delay

Delay for at least five minutes,
the urge will pass

Deep breathe

Breathe slowly and deeply

Do something else

Keep your hands busy

Drink water

Take 'time out', sip slowly

The uit Group
TE ROOPU ME MUTU

0800 778 778

Code HE10142 [New Zealand Government](http://www.quit.govt.nz)