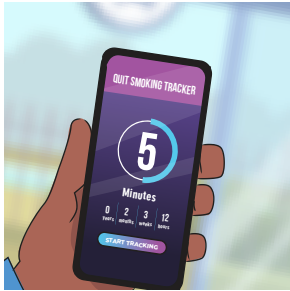


The four D's

The four D's are another way to help deal with cravings



Delay

Delay for at least five minutes



Drink water

Sip slowly



Distract

Keep busy



Deep breathe

Breathe slowly and deeply

Write ideas for how you could distract yourself when you have a craving: