

Tips in case of an emergency! **15/12/2005**

Feel an irresistible urge to smoke? Check the following tips out.

- Concentrate on a pleasant subject.
- Keep your mind busy by reading a magazine.
- Eat some fruit, chew sugar-free gum, or drink a glass of water ...
- Keep your fingers busy (play with a pencil, draw, write, stretch...)
- Walk around, go and talk to a non-smoker friend about the urge you feel.
- Breathe slowly, do some neck, back and wrist stretching exercises

Eventually, you will discover other tips and methods: remember to share these with other would-be quitters.

Une initiative de l'Union Européenne

