

## TO HELP WITH CRAVINGS - TRY THE 8D'S

- ▶ **Delay...** for at least 5 minutes, the urge will pass
- ▶ **Deep Breathe...** breathe slowly and deeply (6 secs)
- ▶ **Dispute...** remind yourself of the consequences
- ▶ **Distract...** do something else alternative or positive
- ▶ **Describe...** observe your experience-ground/mindful
- ▶ **Drink water...** take 'time out', sip slowly
- ▶ **Discuss...** talk to someone
- ▶ **Detour/Depart...** temporarily or permanently leave a situation
- ▶ **Do...** something pleasant or calming