Tempted?

Sometimes, we need help dealing with temptation.

Here is one method you can use:

1. Yell “STOP!” either aloud or silently to yourself.

2. Take 5 slow, deep breaths. Relax . . .

3. Think of how avoiding the impulse will benefit your health and help you meet your goals.

4. Quickly think of something you can do instead, and do it!