

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!