IS IT TIME TO QUIT NICOTINE?

DID YOU KNOW?
CRavings DECREASE AFTER JUST 3-5 MINUTES

WAYS TO BUST CRAVINGS
- TAKE A WALK
- CALL A FRIEND
- VISIT WITH FAMILY
- PLAY A VIDEO GAME
- CHEW GUM
- EXERCISE
- GO OUTSIDE
- SING OR DANCE

WHERE TO GET HELP
STUDENT HEALTH SERVICE-TOBACCO TREATMENT SPECIALIST
MAKE AN APPOINTMENT ON THE SHS STUDENT HEALTH PORTAL

Think... promoting well-being at NDSU
NDSU PRESIDENT’S COUNCIL FOR CAMPUS WELL-BEING