

IS IT TIME TO QUIT NICOTINE?

DID YOU KNOW?

CRAVINGS DECREASE AFTER JUST 3-5 MINUTES

WAYS TO BUST CRAVINGS

**TAKE A
WALK**

EXERCISE

**CALL A
FRIEND**

**GO
OUTSIDE**

**VISIT
WITH
FAMILY**

**PLAY A
VIDEO
GAME**

**SING OR
DANCE**

**CHEW
GUM**

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