

Handout: Reminder Card

 Cut

	<u>REASONS TO MAINTAIN SMOKING AND ALCOHOL GOALS</u>	
1		
2		
3		
4		
5		

	<u>SOBER BREATHING SPACE</u>	
	1 Stop – pause wherever you are	
	2 Observe – notice what’s going on right now	
	3 Breath – direct focus to your breathing	
	4 Expand – your awareness	
	5 Respond – with awareness	

	<u>CONTACT NUMBERS</u>	
	1 Crisis Center of Tampa Bay 2-1-1	
	2	
	3	
	4	
	5	

	<u>ALTERNATIVE PLANS/ACTIVITIES</u>	
	1	
	2	
	3	
	4	
	5	