

## Handout: Reminder Card

**REASONS TO MAINTAIN SMOKING AND  
ALCOHOL GOALS**

- 1
- 2
- 3
- 4
- 5

**SOBER BREATHING SPACE**

- 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

**CONTACT NUMBERS**

- 1 Crisis Center of Tampa Bay 2-1-1
- 2
- 3
- 4
- 5

**ALTERNATIVE PLANS/ACTIVITIES**

- 1
- 2
- 3
- 4
- 5

