

Managing Cravings

Practical strategies for managing cravings and urges.

Cravings are a normal part of changing habits. They can feel strong, distracting, uncomfortable, but they usually rise and fall over time. A craving does not mean you have to act on it.

What can help in the moment

- slow things down
- contact someone supportive
- create space before acting

Change the situation

- leave the environment if possible
- remove reminders or triggers
- go somewhere safe

Keep moving

- Go for a walk
- shower
- do one practical task

Delay the decision

- “I’ll wait 20 minutes first.”
- “I don’t need to decide right now.”
- let the urge pass

Try this today

Choose one practical strategy you could use during a difficult moment. Keep it simple. Small actions still matter.

This resource provides practical wellbeing and self-help information. It is not an emergency or crisis service.

If difficulties continue or increase, additional support may help.

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