

Coping with Withdrawal Symptoms

Withdrawal symptoms can be tough but they are temporary and *a sign that the body is starting to heal*. Every person is different as to what they will experience regarding withdrawal symptoms. A few will not experience any symptoms but most will experience some to all of them. All symptoms are temporary and you will learn to live well and be healthy without cigarettes. The symptoms will manifest within the first 1-2 days, peak within the first week and resolve within 2-4 weeks. Cravings can last longer, up to several months to years. The best ways to help relieve the symptoms are: get extra sleep; drink lots of water; and stay active. See the chart below to aid you in the relief of the symptoms with emphases on "*the craving or urge will pass whether you smoke or not*".

Symptoms	What to do for Relief
Feeling irritable, moody or tense	Do relaxation techniques; go for a walk; try using a quit-smoking medication
Fatigue	Get at least 8 hours of sleep a night; take naps; don't push yourself
Cravings	Wait out the urge, remember <u>the urge passes whether you smoke a cigarette or not</u> ; brush your teeth; drink a glass of water; distract yourself; exercise; go for a walk around the block; seek the company of nonsmokers; Think of the most important reason for wanting to stop smoking; take deep breaths
Insomnia	Avoid caffeine after 3 p.m.; take warm baths; use relaxation techniques before going to bed; drink warm milk
Headaches or dizziness	Sit or lie down and close your eyes; do relaxation techniques
Coughing, dry throat, nasal drip	Drink plenty of fluids; try cough drops
Difficulty concentrating	Avoid or decrease stress; take breaks; plan workload accordingly
Increase appetite	Drink water; eat low-calorie snacks; chew sugarless gum
Feeling restless	Go for a walk; exercise; do a hobby



Additional Resources to Aid you in your effort to Quit the use of Tobacco Products:

The American Cancer Society
1-800-ACS-2345
www.cancer.org

American Lung Association
1-800-LUNGUSA
(1-800-586-4872)
www.lungusa.org

1-800-Quit-Now.

This toll-free telephone number connects you to counseling and information about quitting smoking in your State.

CDC Help Line
1-800-QUIT-NOW
(1-800-784-8669)
1-800-332-8615 (TTY)
www.smokefree.gov

National Cancer Institute's Cancer Information Services
www.cancer.gov
1-800-4-CANCER
(1-800-422-6237)
1-800-332-8615 (TTY)

Nicotine Anonymous
www.nicotine-anonymous.org

<http://www.ucanquit2.org/widgets/Default.aspx>

A widget is an online application that displays Quit Tobacco—directly on your Web page. You may add it to installation homepages, personal Web sites, blogs, and other sites. Once you've added the widget to your Webpage, no technical maintenance is needed—content news items are updated automatically.

<http://www.ucanquit2.org/thinkingaboutquitting/games/default.aspx>

Fun, free games are a great way to pass the time when you crave that cigarette or chew due to nicotine withdrawal. Remember, most cravings last only 3 to 5 minutes, and these fun games will help keep you distracted to pass the time.



QUITTING TOBACCO USE IS A MATTER OF HAVING A GOOD PLAN, LOTS OF SUPPORT,
AND TOOLS FOR COPING WITH TEMPTATIONS
TO USE TOBACCO PRODUCTS.

"COMMIT TO QUIT" CONTRACT

I, _____, commit
to not smoking for the next _____ days.

By committing to a life of breathing free, I will ensure a healthier future for myself, and I will protect the well-being of my loved ones and everyone around me who will no longer be exposed to the dangers of secondhand smoke. **I am not only motivated but also committed and willing to make the effort to become a ex-smoker.**

As a reward for my efforts
I will give myself the following:

Signature

Witness

Date

