

BEING IN CONTROL OF WITHDRAWAL SYMPTOMS

There will be withdrawal symptoms after you quit. These symptoms are good signs that your body is recovering from smoking. The symptoms may come and go, get stronger or weaker, or stay the same. Most symptoms end with 2 to 4 weeks. Your knowing this will help you stay in control and not smoke.

When symptoms occur, you can distract yourself from them or reduce them. The table below tells you some things you can do. It is helpful to remind yourself that these symptoms will be over soon. **You will not smoke in spite of these symptoms like millions of other former smokers.**

Withdrawal Symptom	Things You Might Do
Craving for cigarettes	Do something else; take slow deep breaths; tell yourself, “Don’t do it.”
Anxiety	Take slow deep breaths; don’t drink caffeine drinks; do other things
Irritability	Walk; take slow deep breaths; do other things
Trouble sleeping	Don’t drink caffeine drinks in the evening; don’t take naps during the day; imagine something relaxing like a favorite spot
Lack of concentration	Do something else; take a walk
Tiredness	Exercise; get plenty of rest
Dizziness	Sit or lie down when needed; know it will pass
Headaches	Relax; take mild pain medication as needed
Coughing	Sip water
Tightness in chest	Know it will pass
Constipation	Drinks lots of water; eat high-fiber foods like vegetables and fruits
Hunger	Eat well-balanced meals; eat low-calorie snacks; drink cold water

List Other Things You Could Do:
