

Dealing with withdrawal



Nicotine withdrawal causes some of the discomfort you experience when you quit smoking. This can be tough to deal with, but it's a sign that you are recovering. Luckily, withdrawal symptoms start to get better within a few weeks. In the meantime, try some of the following tools for relief:

Symptom	Tools to try
Urge to smoke	<ul style="list-style-type: none">• Use a nicotine replacement product (NRT)• Utilize your support team• Distract yourself: drink water, listen to music, move, chew gum, etc.• Take a deep breath• Wait it out (urges only last a few minutes)• Go to a smoke-free environment• Use positive self-talk, or think about the benefits of quitting
Cough or nasal drip	<ul style="list-style-type: none">• Drink fluids• Use cough drops
Lightheadedness or dizziness	<ul style="list-style-type: none">• Sit down, move slowly
Trouble sleeping	<ul style="list-style-type: none">• Limit caffeine or avoid it late in the day• Practice relaxation techniques
Tension, agitation, irritability, or moodiness	<ul style="list-style-type: none">• Practice relaxation techniques such as deep breathing• Use positive self-talk• Go for a walk, move, engage in physical exercise• Try your favorite stress-reliever
Stomach discomfort or constipation	<ul style="list-style-type: none">• Drink plenty of fluids• Add more fiber to your diet (fruits, vegetables, beans, whole grains, etc.)
Decreased concentration	<ul style="list-style-type: none">• Create a to-do list to stay on track• Avoid taking on extra work or commitments for now• Avoid additional stress
Tiredness or fatigue	<ul style="list-style-type: none">• Take breaks• Take a short nap• Schedule extra time for yourself• Delegate tasks or ask others for help
Increased hunger & appetite	<ul style="list-style-type: none">• Drink water• Have small and frequent meals/snacks• Keep healthy snacks on hand
Weight gain	<ul style="list-style-type: none">• Drink plenty of water and eat good-for-you foods• Stay active• Concentrate on quitting now & address weight concerns later

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Next step

What has helped you deal with withdrawal symptoms in the past?

What is your plan to help you deal with your symptoms this time?