

Coping With Withdrawal

When you quit smoking, you can experience both physical and emotional symptoms. Most symptoms occur in the first 3 days, and gradually get better over the next 2 - 3 weeks. Some people have more symptoms than others. Here are some ways you can cope with the symptoms of withdrawal:

SYMPTOM

COPING SKILLS

Fatigue

Take naps. Go easy on yourself. Try to walk or get some exercise. Make sure you get enough sleep.

Grouchiness

Do relaxation exercises. Work out. Walk the dog. Say you are sorry. Plan something fun.

Insomnia

Drink warm milk at bedtime. Do relaxation exercises. Read. Stay away from caffeine.

Sore throat

Have mints or hard candies. Drink water or juice.

Lack of concentration

If possible, change your work load. Don't expect too much of yourself. Do some non-stressful mental activities.

Constipation

Drink lots of water. Exercise. Avoid gassy foods.

The "Blahs"

Try new things. Get involved in some activities that involve your hands, like carpentry, knitting, sewing, gardening, etc. Keep busy.

Hunger for a cigarette

Wait. It will pass. Cravings last 1 - 3 minutes. Distract yourself. Do deep breathing. Go with the flow.

Coughing

Drink water or suck on a cough drop.