

DEALING WITH WITHDRAWAL

When you stop smoking, your brain and body begin the process of healing themselves. For most people, withdrawal is at its worst one day after they stop smoking. It starts to get better after three or four days. After a week to 10 days, all withdrawal symptoms should be gone.

Withdrawal Symptoms	Suggestions for Coping
<p>Cravings Your body is physically craving nicotine. You may feel jittery, restless, irritable, have trouble concentrating. Some people describe it as feeling wired, or wired and tired, up one minute and crashing the next.</p>	<p>Drink water, take slow and deep breaths take time off, start a project/hobby, talk to a health care professional, take a walk.</p>
<p>Difficulty Sleeping Your body is adapting to the removal of nicotine. It could also be medication related.</p>	<p>Avoid caffeine after noon, relax during the evening, relaxation activity (deep breathing, visualization, meditation).</p>
<p>Fatigue Nicotine is a stimulant and you may no longer have the drug in your system. It may also be related to difficulty sleeping.</p>	<p>Nap, walk, get fresh air.</p>
<p>Constipation Your intestines will slow down temporarily for 1 - 2 weeks.</p>	<p>Drink plenty of water. Eat high fiber foods such as fruits, vegetables, and whole grains.</p>
<p>Itchy Scalp or Dizziness Your body is getting more oxygen.</p>	<p>Change positions more slowly.</p>
<p>Hunger Food tastes and smells better, mouth missing something, cilia in nose activated, emotional response to quitting.</p>	<p>Drink plenty of water, eat crunchy healthy snacks (e.g., baby carrots, cereal).</p>
<p>Depression or Anger You miss smoking. You may be grieving.</p>	<p>Talk to friends and support-people.</p>
<p>Tension or Irritability</p>	<p>Go for a walk. Take deep breaths.</p>

Try using the 4 D's

1. **D**rink plenty of water - between 6 and 8 glasses per day.
2. **D**elay for 5 to 7 minutes. The urge should pass.
3. **D**o something else.
4. **D**eep breathing.