

# WITHDRAWAL

Everyone experiences different withdrawal symptoms after quitting tobacco. Below are some of the most common withdrawal symptoms and how to deal with them.

## WHAT UP?

## WHAT TO DO

<b>I feel tense and on edge</b>	Your body is craving nicotine	<ul style="list-style-type: none"><li>- Avoid coffee, energy drinks and pop</li><li>- Try a relaxation technique like breathing deeply or going for a walk (Check Out the "Dealing With Stress" handout)</li></ul>
<b>I'm coughing</b>	Your lungs are clearing out mucus. This is a sign that you are recovering from the harmful effects of tobacco smoke	<ul style="list-style-type: none"><li>- Drink lots of water</li><li>- Suck on cough drops</li></ul>
<b>I'm hungry all the time</b>	Nicotine suppresses hunger and dulls your taste buds. When you stop smoking your taste will return to normal so food will taste better (bonus!)	<ul style="list-style-type: none"><li>- Keep healthy snacks like carrot sticks or popcorn handy</li><li>- Go for a short walk</li><li>- Drink water</li></ul>
<b>I'm tired</b>	Nicotine is a stimulant (similar to coffee) and as a result it makes your heart beat faster and makes you feel more energetic. Once your body doesn't have nicotine anymore, you may feel tired until you have recovered	<ul style="list-style-type: none"><li>- Get more sleep until your body is able to recover (about a week)</li><li>- Getting some exercise can also re-energize your body</li></ul>
<b>I can't concentrate</b>	Your body is adjusting to being without nicotine	<ul style="list-style-type: none"><li>- Go outside for a walk to get some fresh air and clear your mind</li><li>- Play frisbee or hackey sack outside</li></ul>
<b>I'm restless and bored</b>	Using tobacco was something to do and now you don't have it	Find new things to do to keep yourself busy. Get a new hobby or visit with friends. The possibilities are endless.