



Coping With Your Withdrawal

Nicotine is a very addictive drug. Withdrawal symptoms are usually the hardest part of becoming tobacco-free. Symptoms can include strong cravings, headaches, irritability and other reactions such as dry mouth, sore throat and trouble sleeping. Withdrawal symptoms are temporary, usually lasting only 1-2 weeks; they are a sign that your body is healing. Here are some tips to help you cope with your withdrawal:



Feel irritable, moody or tense?

This is a sign that your body is craving nicotine. Find a way to relax even if it is just for a minute or two. Call a friend or a relative and tell them about how you are feeling. Watch a movie, meditate, read a book, listen to some quiet music, take a walk or exercise, work on a hobby, write in a journal, or do anything that makes you happy!



Upset stomach or constipation?

Intestinal movement decreases for a brief time. Try to drink 6-8 glasses of water a day. Exercise regularly if it is ok with your doctor. Eat more fruits, vegetables, and whole grains.



Feel Dizzy?

Your body is getting extra oxygen now. Take extra caution and change positions slowly.



Feel Hungry?

Cravings for cigarettes can be confused with hunger pain. Drink water or low calorie liquids. Sometimes just having something in your mouth can help. Have low calories snacks around like fruits and veggies.



Coughing, dry mouth or a sore throat?

Your body is getting rid of mucus which has blocked your airways and restricted your breathing. Drink plenty of fluids. Sit or lie down and close your eyes. Do some relaxation techniques. Take a bath or hot shower. Suck on some ice cubes or lollipops. Try some cough drops.



Feel Tired?

Nicotine is a stimulant that may help keep people awake. Take naps, rest when you feel tired and do not push yourself.



Trouble Concentrating?

Your body needs some time to adjust to not having the constant stimulation of nicotine. Plan your work so that you do not have a lot of different things to do when you first start to quit smoking/vaping. Avoid additional stress during your first few weeks of becoming tobacco-free.



Trouble sleeping?

Nicotine affects brain wave function and influences sleep patterns. Dreams about smoking/vaping or using other tobacco products are common. Avoid caffeine in the afternoon and evening. Exercise regularly if it is ok with your doctor. Take deep breathes for ten minutes before going to bed. Read in bed. Set aside some quiet time for yourself before going to sleep. Eat a well-balanced diet.

What other things are you feeling and what can you do to cope with your withdrawal symptoms?

