



TobaccoFree
NORTHEAST PA

Dealing with Quitting

This is a list of common symptoms of tobacco cessation and what you can do to manage them:

- Craving a cigarette-Wait it out, do something else, distract yourself.
- Irritable-Take a walk or warm bath, use relaxation techniques.
- Cough, dry throat, nasal drip-Drink water or low calorie liquids, suck on cough drops or hard candy, chew sugarless gum.
- Not able to sleep-Avoid caffeine after 6pm, take a warm bath, use relaxation techniques.
- Hunger-Drink water or low calorie liquids, eat low calorie snacks.
- Unable to focus-Plan work, reduce stress.
- Constipation, gas, stomach pain-Drink 6-8 glasses of water a day. Add raw fruits and vegetables to your diet, exercise.
- Dizziness-Change position slowly.



Symptoms are related to physical and mental withdrawal

Most symptoms go away in about 2-4 weeks after quitting