

Symptom	What You Can Do
◆ Craving a Cigarette	Wait it out Do something else
◆ Irritable	Take a walk Warm bath Relaxation techniques
◆ Cough, Dry Throat, Nasal Drip	Drink water or low calorie liquids, Suck on cough drops or hard candy, Chew gum
◆ Not able to Sleep	Avoid caffeine after 6 pm Use relaxation techniques
◆ Hunger	Drink water or low calorie liquids Eat low calorie snacks
◆ Unable to focus	Plan work Avoid added stress
◆ Constipation, gas, stomach pain	Drink 6-8 glasses of water a day, Add raw fruits, vegetables and fiber, Exercise
◆ Dizziness	Change position slowly

# Dealing with Quitting



## PLAN AND PREPARE

- ◆ *Symptoms are related to physical and mental withdrawal*
- ◆ *Most symptoms go away in about 2-4 weeks after quitting*