

ANXIETY

WHAT IS GOING TO HAPPEN?

You may feel quite tense or uneasy within 24 hours of quitting.

Your muscles may feel tight --especially around the neck and shoulders.

These discomforts will pass with time.

HOW OFTEN WILL I FEEL THIS WAY?

Recent studies have found that 60-90% of those who quit tobacco use report feelings of increased anxiety within 1 week of quitting.

If anxiety occurs, it will usually begin within the first 24 hours, peak in the first 1-2 weeks and disappear within a month.

WHAT COULD I DO?

Take a walk.

Start an exercise routine (check with your doctor beforehand).

Take a hot bath.

Get a massage.

Try meditating, or stretching exercises.

Set aside some "quiet time" for yourself.

HOW IS ANXIETY CAUSED BY NICOTINE WITHDRAWAL?

Anxiety is an increase in muscle tension; laboratory research shows that the anxiety produced from quitting tobacco may be due to temporary changes in your brain chemistry.

Nicotine is a stimulant and withdrawal from nicotine can make you feel anxious, otherwise known as cravings.

These withdrawal symptoms are temporary and will subside with time, as well as, not be as intense if you combine nicotine replacement products in your treatment plan with your counseling.