

IRRITABILITY (FEELING EDGY)

WHAT HAPPENS?

When you quit smoking you may feel more irritable. What normally would not bother you may now disturb you a great deal. You may become very short tempered or argue with everyone.

HOW OFTEN?

Current research studies have found that as many as 50-80% of those who recently quit tobacco use experience some form of irritability within one week of quitting. These feelings will usually occur within first 24 hours, peaking in the first 1-2 weeks and usually ending within a month.

WHAT TO DO?

Distract yourself from the situation by taking a walk or soaking in a hot tub.

Decrease your caffeine intake including coffee, tea and chocolate.

Start an exercise program to help you feel better. (Consult your doctor beforehand).

Do Relaxation techniques. *Relaxation techniques*

Do deep breathing exercises by breathing in deeply through your nose and out through your mouth.

NICOTINE'S EFFECT ON YOUR BODY

Nicotine has been effecting your brain chemistry for some time now. When you stop supplying the brain with nicotine, you may experience some negative feelings.