

RESTLESSNESS

WHAT HAPPENS

You may not be able to sit still or you will need something to keep your hands busy.

“What else should I be doing?”: is often a common thought.

These thoughts and feelings usually pass within a week or two. You may still have episodes of restlessness for up to a month after quitting.

HOW OFTEN

Recent studies have found that 55-75% of those who stop using tobacco report increases in restlessness within one week of quitting.

If restlessness occurs, it will usually begin within the first 24 hours, remain strong the first 1-2 weeks, and disappear within a month.

WHAT TO DO

First of all, listen to your body. If you need to move around, you probably need a break...get up and stretch, go for a brief walk.

Expect feelings of restlessness -- take regular 10-minute mental and physical breaks from whatever work you are doing. Be active during those breaks...walk, stretch, run.

You may want to try squeezing a rubber ball or one of many "stress relief" items to help keep your hands busy.

Focus on the tasks at hand. Make lists of things you want to get done.

NICOTINE AND YOUR BODY

Restlessness may be due to the lack of nicotine in the body's system, biochemical changes in your brain, and also can be due to conditioned responses to various smoking situations.

Now that you have stopped using tobacco, you may not know what to do with yourself in situations that used to be associated with smoking.