

Coping with Nicotine Withdrawal

Withdrawal from nicotine can last from a few days to a few weeks. Adopting new behaviors may help you cope with your withdrawal symptoms.

Craving

- Distract yourself.
- Do a deep-breathing exercise, or take a short walk.
- Realize that the urge will pass.
- Seek support from friends and family.

Irritability

- Take a few slow, deep breaths.
- Imagine an enjoyable outdoor scene, and take a mini-vacation.
- Soak in a hot bath.
- Exercise to increase your body's natural mood-boosting hormones - endorphins.

Insomnia

- Take a walk before going to bed.
- Unwind by reading for a while.
- Take a warm bath.
- Eat a banana or drink warm milk.
- Avoid caffeinated beverages after 6 p.m.

Increased Appetite

- Make a personal survival kit. Include straws, cinnamon sticks, coffee stirrers, licorice, toothpicks, gum or fresh veggies.
- Drink water or low-calorie liquids.

Inability to Concentrate

- Drink lots of water to clear toxins from your system.
- Take a brisk walk - outside if possible.
- Simplify your schedule for a few days.
- Take a break!

Fatigue

- Get more exercise.
- Get an adequate amount of sleep each night.
- Take a nap.
- Try not to push yourself for two to four weeks.

Constipation, Gas, Stomach Pain

- Drink plenty of fluids.
- Add roughage like fruit, raw vegetables and whole grain cereals to your diet.

