

Quitting Smoking: How to Work Through it

You may feel some symptoms after you quit smoking. This is very normal. These symptoms will go away in a couple of weeks. Be patient and stick to your goal of being smoke-free. To quit smoking is the best thing you can do for your health!

If you have...	Try this:
Dry, itchy throat or cough	<ul style="list-style-type: none"> • Drink more water (you can try warm water with honey and lemon) • Try cough drops
Headaches	<ul style="list-style-type: none"> • Take a nap • Do deep breathing
Lack of bowel movement or Constipation	<ul style="list-style-type: none"> • Eat foods with more fiber such as fruits and vegetables • Be active – try walking or taking stairs • Drink more water
Trouble focusing	<ul style="list-style-type: none"> • Take a break • Close and rest your eyes for a few minutes • Relax, take a deep breath
Stress or anxiety	<ul style="list-style-type: none"> • Do some deep breathing • Do some stretches • Be active - try new workouts like yoga • Talk to a friend or family member
A hard time sleeping	<ul style="list-style-type: none"> • Exercise during the day • Avoid drinks with caffeine (coffee, soda or tea) • Read a book or magazine
Fatigue or are tired often	<ul style="list-style-type: none"> • Get enough sleep (8 hours a day) • Take walks before or after work • Do some stretches
A craving for a cigarette	<ul style="list-style-type: none"> • Chew on sugarless gum • <u>Distract</u> yourself – run errands, work in the garden, call a friend, exercise • <u>Delay</u> the cravings by doing things you like such as reading a book, playing sports, walking • <u>Drink</u> more water • <u>Do some deep breathing</u> to help you relax