*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**Dealing with Withdrawal**

When you stop smoking, the beginning of the recovery process may include symptoms of nicotine withdrawal. For most people, withdrawal is at its worse one day after they quit smoking. This is when you are most likely to start smoking again. It gets better after 3-4 days and after 10 days, all withdrawal symptoms should be gone.

It is for this reason to find positive ways to cope especially during the first few days. Your main task in quitting is to find a way to get through the first few days.

Fill in the blanks in the second column or add on:

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| Withdrawal Symptoms | Coping Technique  |
| Tension, irritability  | Deep breathing.  |
| Depression | Positive self talk. |
| Headaches | Take a mild pain reliever. |
| Dizziness | Take deep breaths and stay calm. It should pass. If persists, see doctor. |
| Trouble sleeping | Avoid caffeine. Do relaxation exercises before bed. |
| Difficulty concentrating  | Re-focus your thoughts. Write to-do lists and stay on target. |
| Coughing | Use soothing lozenges. Drink plenty of water. |
| Hunger | Eat healthy foods [ie: vegetables/hummus, fruit/nuts] and drink water to help ward off hunger. |
| Constipation | Eat high-fibre foods (fruits, vegetables whole grains)  |

Source: <http://www.gosmokefree.gc.ca>