PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Withdrawal

Everyone experiences different withdrawal symptoms after quitting tobacco. Below are some of the most common withdrawal symptoms and how to deal with them.

	What's up?	What to Do?
I feel tense and on edge	Your body is craving nicotine	-Avoid coffee, energy drinks, and pop -Try a relaxation technique like breathing deeply or going for a walk (Check Out the "Deal with Stress" Handout
I'm coughing	Your lungs are clearing out mucus. This is a sign that you are recovering from the harmful effects of tobacco smoke	-Drink lots of water -Suck on cough drops
I'm hungry all the time	Nicotine suppresses hunger and dulls your taste buds. When you stop smoking your taste buds will return to normal so food will taste better (bonus!)	-Keep healthy snacks like carrot sticks or popcorn handy -Go for a short walk -Drink water
I'm Tired	Nicotine is a stimulant (similar to coffee) and as a result it makes your heart beat faster and makes you feel more energetic. Once your body doesn't have nicotine anymore, you may feel tired until you have recovered.	-Get more sleep until your body is able to recover (about a week) -Getting some exercise can also re-energize your body

I can't concentrate	Your body is adjusting to being without nicotine	-Go outside for a walk to get some fresh air and clear your mind -Play frisbee or hacky sack outside
I'm restless and bored	Using tobacco was something to do and now you don't have it	Find new things to do to keep yourself busy. Get a new hobby or visit with friends. The possibilities are endless