

# Coping with Nicotine Withdrawal

People use tobacco out of routine, social interaction, emotional, and physical reasons.

Physically your body has become used to the nicotine from tobacco.

Nicotine is an addictive drug that affects the brain and the central nervous system.

When you stop using tobacco, your body has to re-learn to feel normal without the nicotine.

This process is called withdrawal.

Withdrawal symptoms can include irritability, difficulty concentrating, lightheadedness, or drowsiness.

Fortunately, the worst symptoms are usually over in a few days . . . and completely gone within a few weeks.

As you go through this process, make yourself as comfortable as possible.

If you are having trouble with withdrawal symptoms, talk to your healthcare provider or pharmacist about medications to help.

You may also have a strong craving to smoke. This may cause other symptoms such as irritability.

Many people keep their nicotine replacement therapies on hand to help them deal with these cravings.

A popular way to deal with a craving is to do one of the 4 D's. Delay, Deep Breathe, Do Something Else, Drink water.

Delay. Wait a few minutes and the craving should pass...

Deep breathe. Taking deep breaths can help to re-channel your focus away from smoking.

Do something else. Take a walk, read a book, have a snack, or do a hobby. Get your mind away from smoking...

Drink water. This can help replace the physical act of smoking, lessen a craving and help cleanse your body of nicotine...

And each time you get through a craving, you'll feel better about yourself and eventually it will get easier and easier.