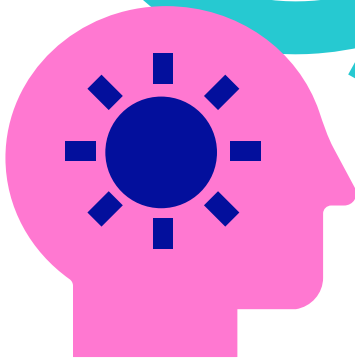


# UNDERSTANDING MY WITHDRAWAL SYMPTOMS



As your body is addicted to nicotine, managing nicotine cravings and withdrawal symptoms can be one of the hardest parts of quitting – especially in the first few days as your body begins to recover.

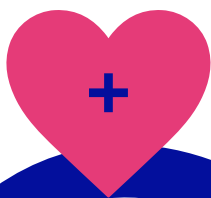
It is completely normal to have withdrawal symptoms when starting your quit journey. Remember, these withdrawal symptoms do not last long and soon pass. Using products to replace the nicotine, like Nicotine Replacement Therapy (NRT) or a nicotine vape, can make withdrawal symptoms less severe and easier to manage.

Keep in mind that you will be feeling great and more like your usual self within a few weeks.

## How to deal with withdrawal symptoms

When you stop smoking, you may experience some of the following symptoms, but don't worry; they are all signs that your body is getting rid of all the harmful toxins and that it is starting to recover.

You may only experience one or two of these symptoms, or you experience a few. Our guide below lets you know what's causing them, how long they usually last and some things that other people have done to help manage them.



# How to deal with withdrawal symptoms



How I'm feeling...	What is causing it?	How long will it last?	How can I help myself?
<b>IRRITABLE, TEARFUL, LOW MOOD</b>	The body is craving nicotine.	2-4 weeks	Walks, hot baths, meditation, breathing exercises.
<b>FATIGUE</b>	Energy levels are lower as nicotine is a stimulant.	2-4 weeks	Take it easy, allow your energy levels to re-charge.
<b>INSOMNIA</b>	Nicotine affects sleeps.	2-4 weeks	Avoid caffeinated drinks in the evening, exercise to naturally use-up energy.
<b>COUGHING, DRY THROAT</b>	The body is removing mucous which has blocked airways.	A few days	Suck some cough drops, drink plenty of fluids, take medicines if necessary.
<b>DIZZINESS</b>	Brain is receiving more oxygen.	1 or 2 days	Take it easy, get fresh air.
<b>LACK OF CONCENTRATION</b>	Body is adjusting to lack of stimulation from nicotine.	A few weeks	Plan workload, avoid additional stress.
<b>TIGHT CHEST</b>	Tension from body's reliance on nicotine, or from sore muscles due to coughing.	A few days	Relaxation techniques, deep breathing, hot bath.
<b>CONSTIPATION, GAS, STOMACH PAIN</b>	Intestinal movement decreases for a brief period.	1-2 weeks	Drink plenty of fluids, add fibre to your diet.
<b>HUNGER</b>	Craving for cigarettes may be confused with hunger pangs.	Up to several weeks	Drink water, enjoy some fruit or low calorie snacks.
<b>CRAVING FOR CIGARETTES</b>	Withdrawal from nicotine.	Usually 2-4 weeks, but can last longer	Drink water, go for a walk, exercise, distract yourself. Use fast acting NRT or a nicotine vape
<b>HEADACHE</b>	More oxygen in your system and the body flushes out carbon monoxide.	1-2 weeks	Drink water, relaxation techniques.

