

Withdrawal from Nicotine

Symptom	Cause	Relief
Craving for a cigarette	Withdrawal from nicotine a strongly addictive drug	Wait out the urge, urges last only a few minutes; distract yourself; exercise or go for a walk around the block Walks; hot baths; relaxation techniques Take naps; do not push yourself Avoid caffeine after 6 p.m.; relaxation; physical activity during the day.
Irritability	Body's craving for nicotine	
Fatigue	Nicotine is a stimulant	
Insomnia	Nicotine affects brain wave function and influences sleep patterns; dreams about smoking are common.	Drink plenty of fluids; try cough drops
Cough, Dry Throat, Nasal drip	Body getting rid of mucus which has blocked airways and restricted breathing	Take extra caution; change positions slowly Plan workload accordingly; avoid additional stress during first few weeks
Dizziness	Body is getting extra oxygen	
Lack of concentration	Body needs time to adjust to not having constant stimulation from nicotine	Relaxation techniques, especially deep breathing
Tightness in chest	Probably due to tension created by the body's need for nicotine; may be caused by sore muscles from coughing	Drink water; or low - calorie liquids; be prepared with low-calorie snacks; increase physical activity
Hunger	Craving for cigarette can be confused with hunger pain; oral craving desire for something in the month	Drink plenty of fluids; add roughage to diet (i.e. fruits, vegetables, whole grain cereals)
Constipation, Gas, Stomach Pain	Intestinal movement decreases for a brief period	

