

# Smoking Withdrawal: How to Handle Symptoms

Symptom	How long it lasts	What you can do
<b>Irritability</b>	2 to 4 weeks	Walks, hot baths, relaxation techniques, nicotine gum
<b>Insomnia</b>	1 week	Avoid caffeine in the evening, practice relaxation techniques
<b>Fatigue</b>	2 to 4 weeks	Take naps, do not push yourself, nicotine gum
<b>Cough, dry throat, nasal drip</b>	A few days	Drink plenty of fluids, try cough drops
<b>Dizziness</b>	1 or 2 days	Take extra caution, change positions to keep your balance
<b>Lack of concentration</b>	A few weeks	Plan work load accordingly and avoid additional stress during first few weeks
<b>Tightness in the chest</b>	From tension of nicotine withdrawal or caused by sore muscles from coughing – a few weeks	Use relaxation techniques, especially deep breathing; nicotine gum may help
<b>Constipation, gas, stomach pain</b>	1 or 2 weeks	Drink plenty of fluids and eat plenty of fruit, vegetables, and whole grain foods
<b>Hunger</b>	Up to several weeks	Drink water or low-calorie liquid and be prepared with low calorie snacks
<b>Craving for a cigarette</b>	Most severe the first 2 or 3 days - urges can last about 2-10 minutes	Wait out urges and distract yourself with an exercise like walking or deep breathing