

After You Quit

Many people experience symptoms and challenges after quitting tobacco. Planning ahead can help you cope with them. Here are some suggestions from successful quitters. Talk over your plan with your tobacco treatment counselor or healthcare provider.

Craving Tobacco – Think twice. The craving will usually pass in 3-5 minutes.

Stress-Anxiety – Cut back on caffeine. Get some exercise. Talk to a friend.

Short Tempered – Go for a walk. Breathe slowly and deeply.

Sadness – Watch a funny movie. Read a book. Meet with a friend.

Lack of Concentration – Take a walk. Change activity. Try meditation.

Trouble Sleeping – Cut back on caffeine. Exercise.

Weight Gain – Eat low calorie snacks and well balanced meals. Drink lots of water. Exercise.

Feeling Tired – Get plenty of rest. Try not to push yourself.

Dizziness – Sit or lie down. Call your doctor if it continues.

Headaches – Take a break. Take a bath. Try deep breathing. Talk with your doctor or nurse.

Coughing – Use hard candy. Sip on water or herbal tea.

Tightness in Chest – Call your doctor if it continues.

Constipation – Drink lots of water. Eat fruits and vegetables.

Remember – this all will pass!!
Call The Maine Tobacco HelpLine
1-800-207-1230

I Quit Using Tobacco, and Now I'm Feeling...

Depressed

Positive things to do:

- ◆ Call a relative or friend
- ◆ Go to a movie, concert or a show with someone
- ◆ Use prayer or meditation

Insomnia

Positive things to do:

- ◆ Avoid caffeine after 6 p.m.
- ◆ Read in bed
- ◆ Allow 10-15 minutes of "quiet time" before bedtime

Irritability, Frustration or Anger

Positive things to do:

- ◆ Take a walk or exercise
- ◆ Talk to a friend or relative about how you feel
- ◆ STOP, close your eyes (unless you're driving), breath in deeply through your nose and breath out through your mouth (repeat this a few times)

Anxiety

Positive things to do:

- ◆ Do nothing for 10 minutes
- ◆ Do some stretching exercises
- ◆ Do one thing at a time

Difficulty Concentrating

Positive things to do:

- ◆ Take breaks
- ◆ Do important tasks when you are most alert
- ◆ Avoid sitting in the same position too long

Restlessness

Positive things to do:

- ◆ Try squeezing a rubber ball or "stress reliever"
- ◆ Chew sugarless gum or candy, a carrot, or a toothpick
- ◆ Work on a hobby; take one day at a time

Increased Appetite or Weight Gain

Positive things to do:

- ◆ Eat snack products like bagels (no butter), pretzels or popcorn (no butter)
- ◆ Eat at least 5 servings of fruits and vegetables every day
- ◆ Eat lean cuts of meat and low fat dairy products
- ◆ Avoid "fast foods", convenience foods and fried foods
- ◆ Walk whenever possible, aim for 20 to 30 minutes a day
- ◆ Keep your "survival" bag with you at all times
- ◆ Drink lots of water

Tell Yourself Positive things

"I'm getting healthier." "I'm changing for the better." "I'm feeling better."
"I'm confident in myself."

MaineHealth
**Center for Tobacco
Independence**

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