

Tips for Getting Through the Day

When a person quits or cuts back on tobacco, it is common to feel uncomfortable. After a few hours of not smoking, we can feel irritable, restless and/or crave tobacco. These are withdrawal symptoms. Here is a list of ideas that might make getting through the day a bit easier:

- Bring gum, lollipops, toothpicks or straws to work to use as substitutes for holding a cigarette
- Drink plenty of water
- Wear a nicotine patch: it can help cut down on cravings while you are at work
- Use a piece of nicotine gum or nicotine lozenge: these can also cut down on cravings
- Cut down on caffeine (cutting down on caffeine can reduce cravings for tobacco)
- Consider cutting down on tobacco use while away from work (the less you use, the less you will crave when at work)
- Ask your doctor about whether Chantix or Zyban might be right for you. These are very effective quit smoking pills which your doctor may consider for you if you are struggling with getting through the day.
- Find a substitute for what used to be your “smoke breaks”
 - Read a magazine
 - Do a crossword puzzle
 - Call a friend or family member on the phone
 - Take a walk (form a walking group!)
 - Have a healthy snack
 - Do some stretches
 - Listen to music or a book on tape
 - Try a new hobby - something you can do at breaks