

MANAGING NICOTINE WITHDRAWAL

Nicotine withdrawal symptoms are common when trying to quit smoking. Many individuals experience various symptoms that usually last 2 to 4 weeks. Here's information that will help you understand withdrawal symptoms and what you can do to get through them.

COMMON WITHDRAWAL SYMPTOMS



Anxiety or nervousness

Anxiety is a normal part of withdrawal. It usually passes within two weeks as your body adjusts to functioning without nicotine.



Feeling down

It is normal to have feelings of sadness or depression after you quit. Quitting smoking is a big change, physically and emotionally.



Difficulty concentrating

Nicotine is a stimulant. It increases your body's release of stored sugars and fats, which helps you stay alert. When you quit, you may feel foggy or have difficulty focusing.



Fatigue

Nicotine is a stimulant, so you may feel tired or have difficulty sleeping during your quit attempt.



Irritability, tension, restlessness

Your body is craving nicotine, and it is responding in a way that is uncomfortable because it doesn't have it. These feelings are a physiological reaction to not having nicotine.

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REMEMBER. YOU ARE NOT ALONE – THERE IS HELP AVAILABLE!

Please contact your primary healthcare provider or call the Smoker's Helpline.

**Visit [PRINCEEDWARDISLAND.CA/QUITSMOKING](https://princeedwardisland.ca/quit-smoking)
Smoker's Helpline 1-877-513-5333**



MANAGING WITHDRAWAL SYMPTOMS

Tips to help you manage withdrawal symptoms



Anxiety or nervousness

This common symptom usually occurs within the first two weeks of quitting. Try and find something that helps ease these feelings. You could play a game, go for a walk, talk to a friend, take a few deep breaths, and reduce caffeine consumption.



Feeling down or sad

This is a common emotion when quitting. Having a support system in place that you can lean on when these emotions arise will be important. Mood-boosting options include moving your body and talking to a friend or loved one. If feelings of depression last over a month, consult your healthcare provider.



Having strong cravings

Cravings are typically short-lived and only last about 3 to 5 minutes, so find ways to distract yourself until it passes. Drink water, turn on a show, contact a loved one, or use nicotine replacement therapy to reduce the frequency and intensity of cravings.



Having fatigue and trouble sleeping

Withdrawal from nicotine can make you feel fatigued and interfere with sleep. It can take 2-4 weeks for your energy levels to return to normal as your body adjusts. Try to get into a good sleeping routine and exercise to raise your energy level.



Feeling irritable or grumpy

Irritability is normal during the first few weeks of your quit journey. Be patient with yourself and inform your friends and family. Try doing activities you enjoy to lift your spirits, change your frame of thought, and reset.

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