

What to Expect When You Quit

For a Few Days After Quitting:

You may feel dizzy or light-headed. You may also have a cough or a runny nose. These symptoms will go away first.

For a Week or Two After Quitting:

You can get physical withdrawal symptoms such as headaches, sleepiness or trouble sleeping, increased phlegm, increased hunger, or digestive changes.

For a Month or Two After Quitting:

Psychological cravings or urges to smoke usually last for a month or more, until the habit of smoking starts to fade. You will develop your defenses against these urges.

You might also feel more stress and emotional pressure. Feeling cranky and not being able to concentrate are common. But if you are prepared, they won't overwhelm you. And remember, there are plenty of positive emotions linked with quitting. It's not an easy task, and you should be proud of yourself for having the courage to take it on.

Remember the Three R's

One of the hardest things is to start thinking of yourself as a non-smoker. You may find yourself thinking thoughts like "one cigarette won't hurt" or "I don't have to quit right now – I'll try again in a few weeks." If this happens, remember the three R's:

Remind yourself why you're quitting.

Refuse to let negative thoughts take over your brain. If you start thinking, "One puff won't hurt," push that thought away. Remember you are a non-smoker.

Rehearse difficult situations ahead of time. Remember the plan you made for dealing with those situations and practice what you're going to say out loud.

It's Worth It

Quitting may be difficult at times, but think of all you get in return: a longer and healthier life and more money in your pocket. Try not to think about what you're giving up – think about what you are giving yourself.

