

What to Expect When You Quit Smoking

Planning Ahead

- Throw away all reminders (cigarettes, matches, lighters, ashtrays, etc.)
- Keep phone numbers of supportive friends and family members handy
- Keep a record of your quitting process
- Put together emergency kit (cinnamon/ peppermint gum or lemon drops, music playlist, something for hands with like a stress ball or fidget toy)
- Reward yourself after overcoming hurdles

Immediately After Quitting

- Spend as much time as possible where smoking is not allowed
- Drink large quantities of water
- Avoid alcohol, coffee, and beverages associated with smoking
- Keep hands busy (stress ball, fidget toy)
- Be physically active
- Watch or read something funny
- Ask family, friends, and coworkers to support you

Within First Few Days

- Smoker's cough will get worse before it gets better
- **Withdrawal symptoms will start to go away...**
- You may feel edgy, nervous, dizzy, "out of sorts"
- Trouble concentrating, headaches, sweaty, upset stomach, trouble sleeping

After 1-2 Weeks

- Many withdrawal symptoms will be gone
- You will feel more confident you can handle smoking urges
- Less coughing, better breathing, and improved sense of taste and smell

After 1 Month

- Skin less likely to wrinkle, teeth will appear whiter/cleaner, breath fresher, hair and clothes will smell better
- Urges/craving will still occur, but less often

In Case of Slips

- Forgive yourself and try again
- Don't get discouraged
- Identify what triggered you to smoke and prepare a better plan
- Use positive self-talk
- Use the nicotine patches and gum to reduce urges

Some Relevant Treatment Videos

- Video 8: Preparing to Quit
- Video 10: What to Expect When You Quit
- Video 11: Smoking Triggers
- Video 12: Dealing with the Urge to Smoke
- Video 13: Grounding and Breathing
- Video 15: Social Support for Quitting
- Video 16: NRT and Other Aids
- Video 18: Managing Relapse
- Video 20: Forming New Habits
- Video 22: Smoky Thinking
- Video 23: Revisiting Withdrawal
- Video 24: Replacing Old Habits
- Video 25: Dealing with Unexpected Situations
- Video 26: Life After Quitting