



Withdrawal symptoms - how to cope

Symptom	When it will pass	What to do
<p>Urges to smoke.</p>	<p>Week 2</p> <p>2 weeks</p>	<p>The urge will pass in a few minutes. Remember your quitting plan.</p>
<p>Hard to sleep.</p>	<p>Week 1</p> <p>1 week</p>	<p>Avoid tea and coffee late in day.</p>
<p>Hard to concentrate.</p>	<p>Week 1</p> <p>1 week</p>	<p>Plan work carefully.</p> <p>Plan</p> <ol style="list-style-type: none"> 1. Start with... 2. Then do... 3. Finish off... 4. If time...
<p>Anxiety and restlessness</p>	<p>Week 2</p> <p>2 weeks</p>	<p>Deep breathe or use a relaxation method.</p>
<p>Irritable</p>	<p>Week 4</p> <p>4 weeks</p>	<p>Exercise.</p>
<p>Increased appetite</p>	<p>Week 11</p> <p>11 weeks</p>	<p>Have a healthy diet. Drink water.</p>