

[Patient Handout for Teens: Dealing With Physical Withdrawal Symptoms \[1\]](#)

Description: Printable Handout about Tobacco Withdrawal for teens.

How Do I Deal With the Physical Withdrawal Symptoms After I Quit Smoking?

Symptoms	How to Deal
Dry mouth, sore throat.	Chew gum or drink water. Use throat sprays and cough drops only when necessary.
Headache	Do deep breathing and other relaxation techniques; nap; take a bath or hot shower. Take headache medicine only if needed, and take it with food.
Difficulty sleeping	Avoid caffeine in the evening and do relaxation techniques. Stay more active during your waking hours by getting physical activity. Do deep breathing or read a relaxing book to help you fall asleep.
Irregularity	Drink water; eat high-fiber foods such as apples.
Feeling tired during the day	Do deep breathing; take a nap; try to get more sleep at night.
Hunger	Drink water; eat low-calorie snacks; eat smaller but more frequent meals during the day.

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Cravings	Practice the 4 D's: Deep breaths, Drink water, Do something else, Delay.
Tension, anxiety, irritability	Do relaxation exercises; drink water; do something you enjoy. Ask the people around you to be patient for the time being.
Numbness/tingling in the arms and legs.	Get up and move around.
Difficulty concentrating	Take a quick walk; do deep breathing; avoid alcohol.
Feeling lightheaded or dizzy	Do deep breathing; get regular physical activity.
Coughing	Drink hot herbal teas; use cough drops or sugarless hard candy. Be patient as your lungs work overtime to clean themselves out. The cough may get worse before it gets better. If the coughing persists, talk to your medical provider.

(Sources: ACS, 2003; ALA, 2003; NCI, 2004)

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