Sentara Health Plans

**MyLife MyPlan**

# Preparing to quit

Withdrawal, or nicotine recovery symptoms, may occur when nicotine is no longer in the body's system.

Your body expects the nicotine and is used to receiving it daily. You may experience discomfort while your body is recovering. **Over time, these symptoms will fade as long as you stay tobacco free.**

**Cravings or urges** to use tobacco can be very powerful because your body is used to the presence of nicotine. **Cravings may be strong, but they will pass.**

**Triggers** are things or situations that make you want to use tobacco. Different people have different triggers, such as a stressful situation, sipping coffee, going to a party, or smelling cigarette smoke.

**For more information, visit:**
**sentarahealthplans.com/quitsmoking**

You can also scan this code with your smartphone camera or **QR code** reader app.


**Sources:**

*Centers for Disease Control and Prevention, 2024,*
**cdc.gov/tobacco/campaign/tips/quit-smoking/7-common-withdrawal-symptoms**

*Smokefree.gov, 2024,*
**smokefree.gov/challenges-when-quitting/cravings-triggers**

Knowing what to expect and what to do about withdrawal symptoms, cravings, urges and triggers can help you come up with a plan to handle them. Here are some common symptoms of nicotine recovery and tips to deal with those symptoms:

- **Irritability** - Take a few deep breaths and release each slowly. Stay active, get enough sleep, and eat well.
- **Fatigue** - Drink plenty of water. Get seven to nine hours of sleep a day. Be kind to yourself.
- **Insomnia** - Try ending your day with healthy relaxation techniques, such as a hot bath, calm music, reading, and muscle relaxation exercises. Limit your screen time to one hour before bed.
- **Hunger** - Stock your house and car with healthy snack options, drink water, stay active, and use sugar free gum.
- **Feelings of sadness** - Acknowledge the "loss" of tobacco use. Lean on your support system and talk to your friends and loved ones about your feelings.
- **Coughing** - Your body is clearing the mucus and repairing the damage caused by tobacco use. Drink plenty of water.


*Sentara Health Plans is the trade name of Sentara Health Plans, Sentara Health Insurance Company, Sentara Health Administration, Inc., and Sentara Behavioral Health Services, Inc.*



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