

I Quit Using Tobacco, and Now I'm Feeling...

Depressed

Positive things to do:

- ◆ Call a relative or friend
- ◆ Go to a movie, concert or a show with someone
- ◆ Use prayer or meditation

Insomnia

Positive things to do:

- ◆ Avoid caffeine after 6 p.m.
- ◆ Read in bed
- ◆ Allow 10-15 minutes of "quiet time" before bedtime

Irritability, Frustration or Anger

Positive things to do:

- ◆ Take a walk or exercise
- ◆ Talk to a friend or relative about how you feel
- ◆ STOP, close your eyes (unless you're driving), breath in deeply through your nose and breath out through your mouth (repeat this a few times)

Anxiety

Positive things to do:

- ◆ Do nothing for 10 minutes
- ◆ Do some stretching exercises
- ◆ Do one thing at a time

Difficulty Concentrating

Positive things to do:

- ◆ Take breaks
- ◆ Do important tasks when you are most alert
- ◆ Avoid sitting in the same position too long

Restlessness

Positive things to do:

- ◆ Try squeezing a rubber ball or "stress reliever"
- ◆ Chew sugarless gum or candy, a carrot, or a toothpick
- ▲ Work on a hobby, take one day at a time

Increased Appetite or Weight Gain

Positive things to do:

- ◆ Eat snack products like bagels (no butter), pretzels or popcorn (no butter)
- ◆ Eat at least 5 servings of fruits and vegetables every day
- ◆ Eat lean cuts of meat and low fat dairy products
- ◆ Avoid "fast foods", convenience foods and fried foods
- ◆ Walk whenever possible, aim for 20 to 30 minutes a day
- ◆ Keep your "survival" bag with you at all times
- ◆ Drink lots of water

Tell Yourself Positive things

"I'm getting healthier." "I'm changing for the better." "I'm feeling better."
"I'm confident in myself."

Partnership For A Tobacco-Free Maine

Adapted from Arizona Tobacco Education and Prevention Program
Arizona Board of Regents