



## Relax without lighting up

You may still want a cigarette whenever you start relaxing, especially if you have been smoking for years. It can be harder to unwind when you first stop smoking, so you might find yourself reaching for a cigarette-- or thinking about it. **PLANNING AHEAD FOR THESE TIMES IS KEY.**

### Addiction is not relaxing

- Nicotine is a stimulant. By quitting, at first you may miss the instant kick that cigarettes once gave you. This will naturally disappear in time.
- Nicotine replacement therapy can make you feel happy and less anxious, by taking the edge off withdrawal symptoms.

### Anxiety will disappear

- Some notice higher anxiety within one week of quitting. They report feeling uneasy, worried, or troubled.
- If you feel anxious, it will usually begin within the first 24 hours after quitting and disappear within the month.

### What can you do about it?

- Remember, you can relax without having a cigarette.
- Keep your hands active: sew, carve, do puzzles, play cards, etc.
- Make an extra effort to share your time with a friend, a child or pet.
- If the urge to smoke gets too strong, do something physical until the urge passes (walk, ride a bike, etc).
- Deep breathing is a good way to deal with tension almost anywhere and at any time.

*It isn't "just in your head"...cigarettes did make you feel relaxed as they relieved the anxiety of nicotine withdrawal. As your body recovers from nicotine dependence, this will get easier.*

### When you feel the urge to smoke REMEMBER THE 5Ds

- 1 Delay
- 2 Drink Water
- 3 Do Something Else
- 4 Deep Breathe
- 5 Discuss With A Friend