

Inova TobaccoNET

Chat & Stats Session 5

Quit Week

- This can be a tough week but you're ready for it!
- Your quit date is here
- Take a moment and review your personal reasons for quitting tobacco



I Can Do It!

- Celebrate your accomplishments
 - You've gotten in touch with your personal reasons for quitting
 - You have learned about yourself – physically, psychologically and socially
 - You've mastered relaxation breathing
 - You have a share buddy to support you
 - You have your Quit Coach to help and guide you through your quit plan

Withdrawal Symptoms

- This week, you may have some uncomfortable withdrawal symptoms
- **These are temporary and they will pass**
- Everyone's experience with withdrawal symptoms is unique

Physical Symptoms

- These symptoms may be strong in the first three days after quitting as your body is flushing out nicotine
- Take time to be good to yourself
- Aspirin or a mild analgesic may make you more comfortable
- Be active
 - exercise helps



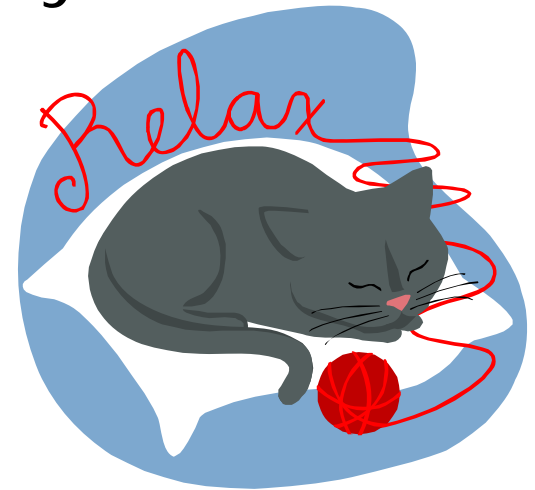
Physical Symptoms

- You may have:
 - Headaches
 - Nausea
 - Sweating
 - Fatigue
 - Sore throat
 - Coughing
 - Stomach pains, gas, constipation
 - Lightheadedness, dizziness
 - Tightness in the chest
 - Gastro-intestinal irregularity
 - Craving for tobacco



Psychological Symptoms

- Especially during your quit week, get plenty of rest and use relaxation techniques to reduce stress
- Engage yourself in an activity you love that you didn't do when using tobacco
- Smoke-free buildings are your friends!



Psychological Symptoms

- You may feel:
 - Irritable
 - Anxious
 - Depressed
 - Jumpy
 - Tense
 - Cravings
 - Unable to concentrate



Social Symptoms

- You may also be feeling
 - Lonely
 - Disoriented and like you are missing something
 - Distressed because you're avoiding people and places associated with your habit



This Too Will Pass

- You must shake up your routine and change anything that has to do with your tobacco habit
- A trigger is anything that creates the urge to use tobacco
- Look at your quit plan
 - Use your alternative coping activities in place of triggers

H.A.L.T.



During your quit week
remember **HALT**

H = don't get hungry

A = angry

L = lonely

T = or tired

You Can Succeed

You can be tobacco-free

Your body, mind and heart
are invested in it



Next Steps

- Return to Session 5
- Read the Tipsheet
- Prepare to spend time on your personal activities
 - There are several activities to help you get through this difficult week