

## TOBACCO CESSATION SELF HELP AND RESOURCES:

### DEALING WITH CRAVINGS:

Cravings can be caused by nicotine withdrawal, stress, a familiar tobacco situation or a pleasurable memory. They can make you feel like your mildly uncomfortable or going completely crazy. Most cravings are short lived. They begin to build and peak within a few minutes and are generally gone within 10 to 30 minutes. Some ways of dealing with cravings follow:

**First and foremost:** "Take one day at a time and take one craving at a time!"

**Delay** - Delay acting on the urge to use tobacco products. Remind yourself why you quit and reward yourself when you beat the urge!

**Deep Breathing** – Take 5 to 10 deep breaths. Breathe in gently, slowly and deeply, then breathe out in the same manner. Breathing is a very useful coping strategy because oxygen both energizes and relaxes the brain, producing a state of "alert relaxation," similar to nicotine. The inhalation and exhalation action of breathing also mimics your smoking behavior.

**Drink Water** – Sip slowly and hold in your mouth for a little while. Try using a straw with your beverages.

**Distract** – Take your mind off tobacco. Anything that shifts your attention can help. Remember **H.A.L.T** from Alcoholics Anonymous...don't get too Hungry, Angry, Lonely, or Tired and you can lessen or even prevent cravings.

### Dealing With Withdrawal Symptoms

Symptom	Cause	Duration	Relief
Irritability	Body's craving for nicotine	2-4 Weeks	Walks, hot baths, relation exercises
Fatigue	Nicotine is a stimulant	2-4 Weeks	Take naps and don't push yourself
Insomnia	Nicotine effects brain wave function	2-4 Weeks	Avoid caffeine after 6pm, relaxation techniques

Coughing, Dry Throat, Nasal Drip	Body getting rid of mucous which has blocked airways	A few days	Drink plenty of fluids, try cough drops
Dizziness	Body is getting extra oxygen	1 or 2 days	Take extra caution, avoid sudden movements
Headaches	More oxygen in body and less carbon monoxide	1-2 Weeks	Drink water, relaxation techniques
Hunger	Craving for cigarette may be confused with hunger pangs	Several Weeks	Consume low calorie snacks and drinks

## **INTERNET RESOURCES & SELF HELP**

### **CIGARETTE TOBACCO:**

- [Navy and Marine Corps Public Health Center](#)
- [American Lung Association](#)
- [American Cancer Society](#)
- [Center for Disease Control](#)
- [Nicotine Anonymous](#)

### **DIP, SPIT, SMOKELESS TOBACCO:**

- [Navy and Marine Corps Public Health Center](#)
- [National Spit Tobacco Education Program](#)
- [National Cancer Institute](#)
- [Center for Disease Control](#)
- [American Cancer Society](#)
- [Mayo Clinic](#)
- [American Dental Association](#)

### **VIDEOS:**

#### **Navy and Marine Corps Health Center Videos:**

- [Spit Tobacco: The Real Truth](#)

**American Dental Association Videos:**

- Dangers of Spit Tobacco: [Broadband/1.8mb](#) – [Dial up/317K](#)
- Gum Disease: [Broadband/753k](#) – [Dial up/322k](#)
- Join the Great American Smoke-Out: [Broadband/748k](#) – [Dial up/260k](#)
- Smokeless Tobacco: [Broadband/1.7mb](#) – [Dial up/257k](#)

**CIGAR TOBACCO:**

- [Navy and Marine Corps Health Center](#)
- [National Cancer Institute](#)
- [National Institutes of Health](#)

**VIDEOS AND PRESENTATIONS:**

- [Cigars, Cigars, Cigars](#)
- [Cigars](#)
- Cigars: What's So Cool About Bad Breath, Stained Teeth and Oral Cancer:  
[Broadband/1.0mb](#) – [Dial up/212k](#)

**ADOLESCENT AND TEEN TOBACCO RESOURCES:**

- [Navy and Marine Corps Health Center](#)