

After You Quit Tobacco

When you quit tobacco, you may notice changes in your mood and emotions. You may feel sad, anxious or just moody and irritable. Learning how to manage mood changes can help you stick to your quit plan.

KNOW WHAT TO EXPECT WHEN YOU QUIT

Feelings like anxiety, sadness and/or irritability are normal and expected after you quit using tobacco. They are symptoms of nicotine withdrawal, **but these feelings won't last long!** You should be feeling like yourself in a few weeks. You can also talk with your provider about using a nicotine replacement product (like patches or gum) during your quit. This can help ease your body into being nicotine and tobacco-free and can help with these feelings.



TRY THESE FIVE WAYS TO MANAGE YOUR MOOD

1. **Get physical:** Find more ways to move. Go for walks, try a new workout class or sign up and train for a race.
2. **Plan your day:** Think about your day and note where you used to take tobacco breaks. Find other activities to do during those specific times instead. Set an alarm on your phone so a nicotine craving or bad mood doesn't sneak up on you.
3. **Connect with people:** Spend more time with friends or family. Call or text a friend and tell them how you are feeling. Your network will cheer you on and help get you through it.
4. **Reward yourself:** Replace the time you used to spend using tobacco with something that will make you feel good. Get to sleep 30 minutes earlier, take a long shower or watch a great movie.
5. **Relax:** Download an app to help you with [breathing exercises](#) (Try Breathe2Relax) to relieve anxiety or find a [new relaxation method or resource](#) to use when the stress of a craving strikes.

IF IT DOESN'T GET BETTER, TELL SOMEONE.

- If you still feel sad or depressed, talk to your health care provider or a loved one.
- Call [Military OneSource](#) at 1-800-342-9647 if you need to talk to someone. The counselors understand military life and its unique challenges.

REMINDE YOURSELF ABOUT THE END RESULT!

- You won't regret quitting.
- Besides immediate and long-term physical health benefits, quitting smoking has been found to improve depression, anxiety and stress if you were feeling that way before you quit.