



## **The Great American Smokeout®**

# **BE A QUITTER**

## **Here's What to Expect**

As smoking is a physical and emotional addiction, be prepared for nicotine cravings. The good news is the urge to smoke will pass.

### **Nicotine Withdrawal Timeline**

- First 10 hours: Expect craving, restlessness, irritability, more craving
- First 24 hours: increase of appetite, irritability, craving
- First 3 days: All of the above plus insomnia, fatigue, anxiety
- First week: You've passed GO! Stick to the plan; keep strong!

### **Emotional Reactions**

As your body adjusts to the lack of nicotine, you may experience some of these strong emotional reactions:

- Anxiety
- Irritability
- Frustration
- Sadness
- Lack of concentration
- Restlessness
- Anger

