



# 5 Things About...

## PLANNING TO QUIT SMOKING

**Withdrawal symptoms will pass, and you will feel better if you hang on and quit for good.**

Quitting smoking is the best thing you can do for your health and that of others around you.



Smoking is an addiction. Shortly after you quit smoking, you may experience nicotine withdrawal symptoms such as cravings, restlessness, trouble concentrating or sleeping, irritability and anxiety.



Withdrawal symptoms can be challenging. Talk to your doctor about Nicotine Replacement Therapies (NRT) that can help reduce the withdrawal feelings and cigarette cravings.



Know your triggers: things, places, activities, and emotions that you may associate with smoking; may include alcohol, coffee, stress, inactivity, or driving.



Be prepared for potential normal setbacks, commonly referred to as slips and falls. Try not to focus on self-blame; instead, plan to revise your quitting strategy.



Help is available. There are many resources in our community and online to support you through the quit journey. Go to [Windsor-Essex County Health Unit - Quit Smoking website](#).

We look forward to welcoming you to our smoke-free campus in the fall 2021.



**SMOKE-FREE CAMPUS**

*Fall 2021*

Visit [uwindsor.ca/smokefreecampus](http://uwindsor.ca/smokefreecampus) for more information, resources and supports.

Sources listed online.

*Scan me!*

