



HOW TO HANDLE WITHDRAWAL SYMPTOMS

When you quit smoking, the lack of nicotine in your body causes you to experience some tough withdrawal symptoms.

Symptoms could include:

1 Irritability

When you first quit, you may feel irritable or get angry easier than usual. These symptoms are usually the worst within the first week of quitting and will gradually decrease over time.

2 Frustration

Feeling frustrated is a natural part of quitting smoking. You may feel disappointed with yourself for getting yourself into this situation in the first place. Just remember to take it one day at a time – every day you don't smoke is a step in the right direction, and something to feel positive about.

3 Anxiety

Smoking is often used as a coping mechanism for stress and anxiety. Don't worry – experiencing anxiety after quitting smoking is normal. Understanding and identifying your stress signals can help you avoid situations that could trigger cravings.

4 Restlessness

Quitting smoking means changing up your daily habits, and that can lead to feelings of unease and restlessness. Create a new routine that will help you avoid places and situations that tempt you to smoke. Instead of going for a smoke break, take a brisk walk. If coffee makes you crave a cigarette, switch to tea or lemon water.

When used as directed, Thrive® Complete™ helps relieve these symptoms by providing a lower level of nicotine to your blood than cigarettes, which allows you to slowly decrease your body's need for nicotine.

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The Thrive product range includes Gum, Lozenges. Thrive is a stop smoking aid. Always read and follow the label to ensure this product is right for you.