Support for Quitting

If you’ve decided to quit using nicotine/tobacco products; we’re here to help...

No one smoking/tobacco-cessation tool or technique is right for everyone. We have provided a variety of evidence-based tools to assist you in managing any cravings, feelings of anxiety, or discomfort that may arise. We encourage you to experiment and see what works best for you.

What’s in your Quit Kit?

• Try these to help beat cravings:
  - Black pepper essential oil from Sugarhill Farm
  - Big Red cinnamon gum
  - Cinnamon sticks (hold in your mouth and inhale like a cigarette or vaping device)
  - Peppermint candies
  - Tea bags: lung-restorative/deep breath, peppermint, and coconut

• Distract yourself with these:
  - Worry stone with thumb groove
  - Fidget cube

Other supports to consider

• Nicotine replacement therapies (NRTs) may help relieve your withdrawal symptoms. NRTs help relieve irritability, headache, disturbed sleep, anger and/or nicotine cravings that may be experienced when trying to quit. After a few weeks, the body will have cleared itself of

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nicotine, and these symptoms will go away. The pharmacy at Cornell Health stocks nicotine patches and gum, and can order other NRT products upon request (with a prescription). Talk with our pharmacists.

- **Do what you can to set a daily routine that will support your decision to quit.**
  - Keep well-hydrated with water.
  - Nourish your body with healthy food.
  - Try to get 8–9 hours of sleep each night.
  - Establish some new routines that do not include smoking/using tobacco.
  - Hang out in places that don’t allow you to smoke, like a movie theater or gym.
  - Avoid places and situations that could trigger your use of nicotine products.
  - Hang out with non-smokers.
  - Set small rewards for your efforts each day.

- **Check out our online resources:** You may especially appreciate the Mood Tracking Log, stress management, and other tobacco cessation resources in our online Fact Sheet Library: [health.cornell.edu/resources/fact-sheet-library](http://health.cornell.edu/resources/fact-sheet-library)