

# Support for Quitting

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

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

## Quit Kits

Quit Kits are available from the Behavioral Health Consultants and in the pharmacy at Cornell Health. They contain the following items:

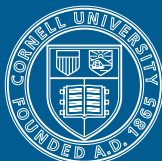
- ***...to help beat cravings:***
  - Black pepper essential oil: rub a drop into your wrists or under your nose, or add a drop to a tissue or cloth and inhale the scent
  - Big Red cinnamon gum
  - Cinnamon stick: hold the stick in your mouth and inhale like a cigarette or vaping device
  - Peppermint candies
  - Teas: mint, coconut, and lung-restorative/deep breath loose tea (with drawstring tea bags) for steeping in hot water
- ***.. for distraction:***
  - Worry stone
  - Fidget cube

See the reverse side for additional cessation tools and support.

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## 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 only a few weeks, the body will have cleared itself of 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 nicotine/tobacco.
  - Hang out in places that don't allow you to smoke/vape/use, like a movie theater or gym.
  - Avoid places and situations that could trigger your use of tobacco/nicotine products.
  - Hang out with people who don't smoke/vape/use.
  - 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/nicotine cessation resources in our online Fact Sheet Library: [health.cornell.edu/resources/fact-sheet-library](http://health.cornell.edu/resources/fact-sheet-library)

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