

5 Ways to Ease Side Effects When You Quit Smoking



It is normal to feel some side effects after you quit smoking such as:

- Headaches
- Dry, itchy throat or cough
- Trouble focusing
- Trouble sleeping
- Stress or anxiety
- Fatigue or feeling tired often

These side effects will go away in a couple of weeks. Be patient and stick to your goal of being smoke-free. Quitting a smoking habit is one of the best things you can do for your health!

Here are five tips to ease your side effects when you quit smoking:



Drink more water



Move your body more throughout the day



Eat daily balanced meals



Get regular sleep, at least 8 hours each day



Do deep breathing



If you have any questions about this content, call CalOptima Health Customer Service at the toll-free numbers below. We have staff who speak your language. Please visit us at www.caloptima.org/healthandwellness or scan the QR code to see health videos. Medi-Cal: 1-888-587-8088 (TTY 711), Monday - Friday, from 8 a.m. to 5:30 p.m. OneCare (HMO D-SNP), a Medicare Medi-Cal Plan: 1-877-412-2734 (TTY 711), 24 hours a day, 7 days a week.