



Crush it!

Coping with withdrawals

Having strategies to hand will help you cope with the symptoms of smoking withdrawal. Practice mindfulness, get active, drink plenty of water, eat high-fibre foods or do something that brings you joy. **Take control today.**

Upset stomach

Insomnia **Stained teeth** dry mouth

Tension Headaches **Sore throat**

Cravings **Irritability** Dizziness
Difficulty concentrating

Drowsiness **restlessness** Mood swings

Coughing Constipation low energy

Increased appetite

For help stopping smoking, search Aetna International's **'Quit smoking support & resources'** hub. With the right tips and support, you can break the habit. Stay strong. If you slip up one day, just refocus and try again. **You can do this.**

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