



Irritability & Frustration

ARIZONA SMOKERS' HELPLINE 1-800-556-6222 - WWW.ASHLINE.ORG

What to Expect

- ▼ When you quit smoking, you may feel more "edgy" and short-tempered.
- ▼ You may want to give up on certain tasks more quickly than usual.
- ▼ You may be less tolerant of others' behavior.
- ▼ You may get into more arguments with others.

Frequency

- ▼ Recent studies have found that 50-80% of quitters report increased feelings of irritability, anger, and frustration within 1 week of quitting.
- ▼ If feelings of irritability, anger, and frustration occur, they will usually begin within the first 24 hours, peak (stay high) the first 1-2 weeks, and disappear within a month.

Self Management

- ▼ Take a walk.
- ▼ Exercise.
- ▼ Avoid caffeine.
- ▼ Soak in a hot bath.
- ▼ Read up on relaxation/meditation techniques and use one.
- ▼ Take one minute and, with your eyes closed, pay attention to your breathing pattern. Breathe in deeply through your nose and breathe out through your mouth.

Nicotine and Your Body and Mind

- ▼ When your body does not get nicotine, feelings of irritability, anger, and frustration will often result.
- ▼ Quitting will temporarily change your brain chemistry. These temporary changes may result in your experiencing negative emotions.

Related Notes

- ▼ Feelings of anger, irritability, and frustration may be reduced by using the nicotine patch or nicotine gum.

References available upon request.