

# TACKLING INDIGENOUS SMOKING

## Cravings

Cravings peak 2 to 3 days after  
quitting and end around 4-6  
weeks all together

**CRAVINGS ONLY LAST  
3-5 MINUTES EACH,  
GETTING THROUGH  
THEM CAN BE DONE IF  
YOU STICK IT OUT.**

### Cravings summary

- Cravings are a short lived discomfort when your body is wanting Nicotine
- There are two types of cravings – psychological and physical
- Cravings can be different for everyone
- There are things you can do to make the cravings less intense

Cravings can happen to those who are quitting. Your body is telling you that it needs the highly addictive drug nicotine.

Cravings can be triggered by being around people that smoke or in a place you would usually smoke, by doing an activity that you would usually smoke during or simply by your body recognizing its nicotine levels are dropping.

After quitting your body will go through a withdrawal process from nicotine and you may feel moody (sad, angry, agitated or anxious), have trouble sleeping or sleep too much, get mouth ulcers, experience constipation, have headaches or have the sweats.

Nicotine replacement therapy or NRT like patches, gum, lozenges and mouth sprays help keep cravings under control.

NRT gives the body a small amount of Nicotine to help your body adjust to having none and without all the nasty chemicals that are in smokes. Over time you won't need the NRT.

There are also other options you can use instead of or with NRT. Such as mindfulness, exercise, getting support from your family and friends or getting in contact with the Quitline.

“It always seems  
impossible until it's  
done.”  
- Nelson Mandela

### Get the cravings under control now.

- Quit smoking
- See your GP or midwife for access to NRT (patches, gums, lozenges etc.) these are safer than continuing to smoke
- Tell your friends and family you're quitting
- Get your partner in on the act too if you can
- Practice the 4Ds - Delay, drink water, distract yourself and practice deep breathing
- Call the Quitline on 137 848

