

# Smoking increases insulin resistance, risk of diabetes and its complications

## Managing common withdrawal symptoms

- **Feeling irritable**

(Your brain is adjusting to a nicotine-free life)

- Do light exercises (e.g., brisk walking) to release endorphins to lift your mood
- Engage in relaxing hobbies

- **Having headaches**

(Your brain is most likely adapting to the increased level of oxygen)

- Get enough sleep
- Read or watch TV with adequate lighting

- **Coughing**

(Your lungs are starting to function properly again and are working to clear tar, dead cells and extra mucus accumulated from smoking)

- Sip warm water

- **Feeling tired**

(Nicotine is a stimulant that forces your body to feel awake; as your blood circulation improves, you will feel alert without the need to smoke)

- Take small, regular meals to regulate your blood sugar level and boost your energy

- **Tingling hands and feet**

(Your blood circulation is slowly improving; as more oxygen gets to your fingers and toes, the tingling will stop)

- Do stretching exercises

- **Constant cravings**

- Distract yourself by doing something else