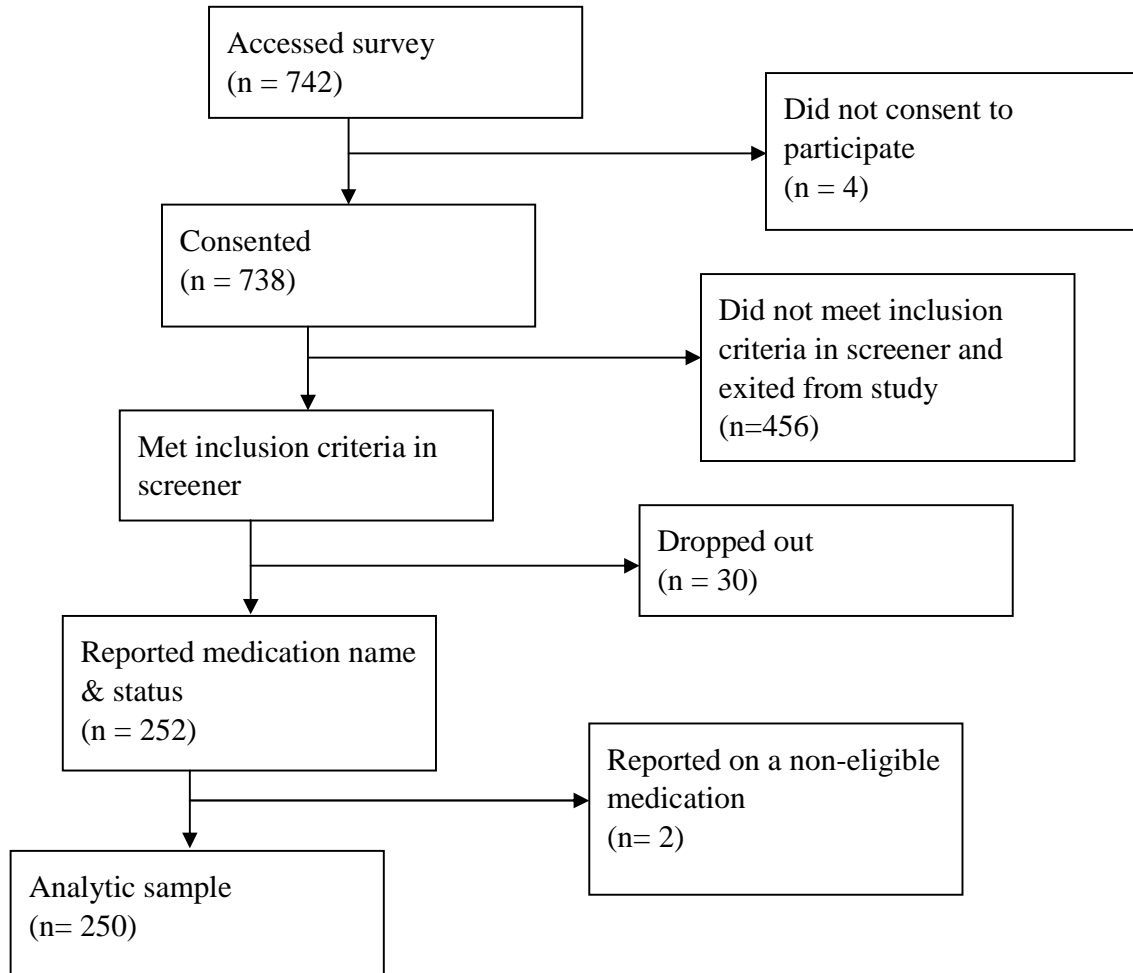


Respondent flow and sample:



Coping with Discontinuation:

Variable	Total N=250	
Self-Care Strategies Used	N	%
Self-Education about coming off	174	76
<i>Item nonresponse</i>	20	--
Being outdoors	173	74
<i>Item nonresponse</i>	15	--
Get Sleep	156	67
<i>Item nonresponse</i>	18	--
Being with pets/animals	153	67
<i>Item nonresponse</i>	21	--
Expressing Feelings	154	67
<i>Item nonresponse</i>	21	--
Physical Exercise	155	66
<i>Item nonresponse</i>	15	--
Entertainment like TV, movies, reading	142	63
<i>Item nonresponse</i>	23	--
Dietary and nutritional changes	132	57
<i>Item nonresponse</i>	17	--
Mindfulness/meditation	134	57
<i>Item nonresponse</i>	16	--
Being in water/baths	125	55
<i>Item nonresponse</i>	21	--
Hobbies	115	55
<i>Item nonresponse</i>	40	--
Journaling/Writing	105	46
<i>Item nonresponse</i>	20	--
Over the counter substances	88	39
<i>Item nonresponse</i>	23	--
Reducing stimulation	89	39
<i>Item nonresponse</i>	24	--
Prayer/mantra/chanting	86	38
<i>Item nonresponse</i>	26	--