

JANUARY 2022

# QUIT BRIEF



## QUIT RESOURCES

Let Service members know about these online interactive tools so they can make their future tobacco free.

[24/7 QUIT TOBACCO LIVE CHAT](#)

[YOU CAN QUIT 2 QUIT PLAN](#)

## BUILD A TOBACCO FREE 2022

It's 2022 and some Service members might be making the resolution to quit tobacco. If they want to start building a healthier life by going tobacco free, share the following quit tips so they can be successful every step of the way:

- **Find your motivation.** Having a reason (or a few!) to quit tobacco can help jumpstart your motivation. Maybe you want to know how much you'll save by quitting tobacco products? This [Savings Calculator](#) shows how much extra cash could be in your bank account by quitting tobacco products like cigarettes, smokeless tobacco or e-cigs!
- **Prepare for your quit.** Set yourself up for a successful quit by thinking ahead and taking action. As a starting point, make a [personalized quit plan](#) to become tobacco free and stay on track. Also, start including [healthy habits](#) in your routine like meditating before bed - it can help to increase your chances of staying quit in the long run.
- **Tackle quit day like a champ.** The big day has arrived! Quitting tobacco is tough, so take a moment to celebrate making a plan and sticking to it. Also - find more tips on how to [crush your quit day](#) by distracting yourself with tobacco free activities (think: hitting the gym or spending time with a buddy).
- **Leave tobacco behind.** Staying quit is a journey in and of itself. You may be in situations that [trigger tobacco cravings](#) or you may even have a slip, but that's part of the quit process. It can take multiple attempts before you stay quit for good, so when the going gets tough, revisit your quit plan and think about your [reasons for staying quit](#). Keep your head up and stay proud!

The path to living tobacco free can be challenging, but remind Service members that resources are available to support their quit goals in 2022!

## THE CAMPAIGN

Smokeless tobacco is not harmless; it has risks just like all other tobacco products. Share [frequently asked questions about smokeless tobacco](#) (like what types there are and why it doesn't help people quit smoking) so Service members have the answers and resources to live tobacco free.

## ONE LAST THING

[The Great American Spit Out \(GASpO\)](#) is on February 24. This annual event raises awareness about the dangers of smokeless tobacco and encourages users to quit. Take this opportunity to educate Service members about the [harmful effects of smokeless tobacco](#) and how it's just as addictive as tobacco that is smoked. Remind them that it's never too late to quit all forms of tobacco!

All topics and resources highlighted in the e-Newsletter can be found at [www.ycq2.org](http://www.ycq2.org).

YOU CAN QUIT 2

[www.ycq2.org](http://www.ycq2.org)

### MAKE YOUR FUTURE TOBACCO FREE

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