

MAY 2022

QUIT BRIEF



EMOTIONAL WELLNESS AND TOBACCO

May is Mental Health Awareness month - an opportunity to talk to Service members about how using tobacco may cause negative short and long-term impacts on their emotional wellness (think: the ability to handle everyday stressors and changes). Share these tips to remind them it's never too late to quit tobacco to prioritize their emotional health and successfully tackle each day:

- **See lower stress levels.** Using tobacco increases the risk of anxiety and tension (even though tobacco users may think the opposite). Therefore, quitting tobacco can lower your overall stress level by helping you avoid the ups and downs of nicotine use and withdrawal. Skip tobacco to welcome the calm.
- **Manage moods more easily.** Nicotine temporarily disguises bad moods by releasing dopamine (think: the happy hormone) but can leave you feeling worse off than before using tobacco. Without tobacco, you'll experience fewer shifts in moods, making daily or long-term mood swings easier to manage.
- **Boost your happiness.** Studies show that smokers have lower levels of happiness compared to those who have quit or never smoked. The good news is that happiness levels can improve once you quit. Set yourself up for sunnier days by ditching tobacco.
- **Get better and deeper sleep.** [Nicotine disrupts sleep](#) (think: nicotine stimulates your brain and can throw off sleep patterns). A lack of sleep can increase your sensitivity to stress and triggers and decrease coping abilities. Drop the bedtime (or anytime) tobacco use to boost your sleep quality and emotional wellness.

Service members' emotional wellness is personal to them, just like their journey to live tobacco free. Set them up for success and share these helpful [quit resources](#).

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



SUPPORT LOCATOR

THE CAMPAIGN

Deployments are a chance for Service members to begin their quit or continue living tobacco free. Encourage them to use these [resources for quitting tobacco while deployed](#) (or when preparing to deploy).

Military duties often include 12 hr.+ shifts which could mean turning to tobacco to stay alert. Share this article to help Service members [stay alert without nicotine](#).

ONE LAST THING

Tobacco use is a risk to a Service members' readiness and health. While the latest U.S. adult data shows decreases in overall tobacco product use, Service member tobacco use rates remain much higher and appear to be increasing for some types of tobacco products. [YouCanQuit2](#) can support you and Service members on their journey to be tobacco free.

All topics and resources highlighted in the e-Newsletter can be found at www.ycq2.org.

YOU CAN QUIT 2

www.ycq2.org

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