

MARCH 2023

QUIT BRIEF



SPRING INTO SELF-CARE (WITHOUT TOBACCO)

Spring is in the air, which means Service members may be thinking of ditching old habits for healthier ones (thanks, spring cleaning!). Take this opportunity (especially with upcoming health observances) to show Service members how they can swap tobacco for self-care practices.

For March's National Sleep Awareness observance, share:

- **Get better sleep (without tobacco).** What better way to start the season than feeling rested and refreshed? [Nicotine can disrupt sleep](#), so ditch tobacco and focus on [healthy ways to wind down before bed](#) instead. Swap tobacco for some Z's this spring and remember – sleep is not only vital to your health (hint hint: keeps stress down and performance up), but also helps you stay on top of your career.

For April's Oral Cancer Awareness Month, share:

- **Revamp your oral care.** It's no secret that [smokeless tobacco is harmful](#) (think: gum disease, oral cancer, tooth loss), but have no fear – kick tobacco to the curb and watch the benefits pay off! Fresher breath and a brighter smile are some [benefits of quitting all forms of tobacco](#) and becoming a healthier version of you.

During May's Mental Health Awareness Month, share:

- **Lose tobacco to level up your emotional health.** Spring into the new season ready to prioritize your emotional health. Tobacco use can increase anxiety and stress – so leave tobacco and the winter blues behind to set yourself up for sunnier days. [Revamp your routine](#) by grabbing some friends and going for a hike or a pick-up game (hello spring fever!). There's no better time to quit tobacco and prioritize [healthy habits for your body and mind!](#)

Help Service members grow into the best versions of themselves by leaving tobacco behind and prioritizing self-care this spring!

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

Remind Service members that all forms of tobacco are harmful, and modified risk tobacco products (MRTPs) are no exception. Ensure they know [what MRTPs are and specific ones to watch out for](#) so they can live tobacco free.

ONE LAST THING

Did you know that relighting cigarettes is becoming more prevalent? Cigarette relighting means relighting an unfinished cigarette later (often done to [save money](#) or when someone is quitting smoking). While people may think they're cutting back, relighting may cause them to smoke more intensely or be exposed to more toxins. If you're a professional helping someone quit smoking, this could impact treatment aspects like nicotine dependence. Consider asking Service members if they are relighting and let them know the risks.

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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