

OCTOBER 2023

QUIT BRIEF

GREAT AMERICAN SMOKEOUT

NOVEMBER 16



COMMIT TO QUITTING TOBACCO, TOGETHER

As leaves begin to fall and autumn approaches, it's a great time to encourage Service members to quit smoking or other forms of tobacco. Tobacco Cessation Month and the [Great American Smokeout \(GASO\)](#) are just around the corner. GASO, taking place on November 16, is the American Cancer Society's annual event where people commit to quitting tobacco. The YouCanQuit2 Campaign has many resources, including a [GASO Resource Guide](#) and [ready-to-use messaging](#), to complement your outreach and tobacco cessation efforts. Empower Service members to kickstart their quit journey and ditch tobacco for good by sharing the following:

- **You're not quitting alone.** Feel the commitment of thousands of people across the country and beyond who are also quitting tobacco and remember you're not doing it alone. If that isn't enough, check out YouCanQuit2's [Interactive Support Locator](#) to discover programs and resources near you. Use the search filters to find the exact type of support you need (filters include geographic location, base or installation, type of support and more!).
- **Create a plan to help you be successful in your quit.** Use YouCanQuit2's [Interactive Quit Plan tool](#) to map out your plan to quit for good. Access the app-like tool on any device (phone, computer or tablet!) and receive tips on how to address quitting obstacles, crush your goals and track progress. If November 16 doesn't work, find another day that works better to set yourself up for success.
- **Build healthy habits early on.** As you consider quitting, take time to reflect on how [becoming tobacco free can improve your life](#). Use this opportunity to [build healthy habits](#) for your mind and body. Manage your cravings by keeping your body moving, trying new hobbies and eating healthier. Don't fall (pun intended) into old habits this season, quit them!
- **Tackle your tobacco triggers.** Tobacco cravings can often feel like big barriers during your quit journey. Build a habit of recognizing your cravings to [refocus your energy](#) and [tackle your triggers](#). Don't forget that triggers look different for everyone. [Make a plan to face your triggers](#) head-on to stay quit.
- **Remember your 'why'.** When the quit gets tough, reflect on your motivation for quitting in the first place. There are so many [benefits of kicking tobacco to the curb](#); one of which might be having more time to spend with friends and family. As Thanksgiving approaches, commit to going tobacco free for your loved ones.

Quitting tobacco is never easy, but it can feel better knowing that there are resources to rely on and support no matter where someone might be on their tobacco-free journey. If Service members are thinking about quitting tobacco, remind them that people across the country are quitting on November 16, and they can too.

QUIT RESOURCES

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



YOU CAN QUIT 2 QUIT PLAN



SUPPORT LOCATOR

THE CAMPAIGN

The key to successfully quitting tobacco is keeping your health and well-being in check. With the help of [these tools and steps to follow](#), Service members can live a tobacco-free life. Bonus points for sharing just in time for this November 16!

ONE LAST THING



Did you know that National Stress Awareness Day is November 1? Encourage Service members to know their stressors as they become tobacco free. Apply the 4 A's: Avoid the stressor, Alter the situation, Accept what you can't change, and Adapt to the situation. For more guidance, check out YouCanQuit2's articles on how to [beat stress](#) and [de-stress](#) during your quit journey!

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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